

Apple Recipes

The following recipes are from "APPLE COMPANION" by Liz Clark with Jill Vorbeck.

Baked Beans with Bacon Lattice Topping

1 pound of Great Northern beans and water to cover
2 tsp. of salt
1 large yellow onion peeled and diced
2 large firm apples, cored and sliced
¼ pound of thick bacon, diced
½ cup of dark brown sugar, firmly packed
¼ cup of dark molasses
¼ cup of cider vinegar
2 tsp. of dry mustard
½ tsp. of crushed red pepper
1 tsp. of ground ginger
1 tsp. of ground allspice
Reserved liquid from cooking beans
½ pound of thick slab bacon

1. Cover the beans with cold water in a large cast iron enameled Dutch oven.
 2. Run your fingers through the beans and discard any shriveled beans or pebbles.
(Do not salt the water, as this will toughen the beans.)
 3. Bring the water to a boil over medium high heat.
 4. Allow to boil for 2 to 3 minutes.
 5. Remove beans from heat and allow to set for 2 to 3 hours. Drain beans and discard liquid.
 6. Place the beans back in the Dutch oven and cover with fresh cold water, and again bring to a boil.
 7. Reduce heat to medium and simmer until beans are tender to the bite (about 1 hour).
 8. Add the salt to the cooking water once the beans are tender.
- Preheat oven to 350°F.**
9. Drain the beans, reserving the cooking liquid.
 10. Place the beans in a 9x12" cast iron or glass baking dish.
 11. Using the apple machine, core and slice the apple, leaving the peel on.
 12. Add the onion, apples and bacon and mix thoroughly.
 13. In a 2-cup measuring cup, combine the brown sugar, molasses, cider vinegar, mustard, red pepper, ginger, allspice and enough of the reserved bean liquid to equal 2 cups.
 14. Pour this mixture over the beans and mix again.
 15. Cover the pan with aluminum foil and crimp the edges to seal.
 16. Place on the center shelf of the pre-heated oven and bake undisturbed for 1 hour.
 17. Remove beans from oven and reduce oven temperature to 300°F. Lift the foil from a corner away from you, as the steam will rush out.
 18. Check the level of the liquid, adding more bean cooking liquid if a great deal has evaporated.
 19. Recover the beans with the foil and return to the oven for 1 hour longer.
 20. When the beans have baked for another hour, remove the pan from the oven and remove the foil.
 21. Taste a bean for tenderness and return the pan to the oven for a while longer, if necessary.
 22. Meanwhile, on a 12 x 14" baking sheet with sides weave the bacon strips like a children's paper place mat, to form a rectangle slightly larger than the pan containing the beans. Leave approximately 1 ½ inches between the woven rows of bacon, as you want the beans to show through the lattice in the final presentation.
 23. Place bacon lattice in oven; cook until crisp. Pour off rendered fat.
 24. When the beans are tender, place the bacon lattice on top of the beans; return the beans to the oven to warm bacon through.

APPLESAUCE Early Transparent

6 pounds of Early Transparent apples (or other sauce apple)
½ cup of water
¾ cup of sugar, or to taste
1 tsp. of ground cinnamon
1 Tbsp. of lemon juice (optional)

Cut the apples using the apple peeler, corer, slicer machine. Place the apples in a large heavy bottomed Dutch oven. Add the water. Place over medium low heat, and stir constantly. The apples will begin to soften. Cook until soft. Place apples in a food mill. Run the apples through the food mill and discard any peels or core that me be left. Season the applesauce with sugar to taste. Also add cinnamon and lemon if desired.

Gratin of Apples Sweet Potatoes and Onions

Pre-heat oven to 350°F

non-stick coating spray
6 firm tart apples, cored, peeled and sliced
2 medium yellow onions, peeled and sliced
5 medium sweet potatoes, peeled and sliced
5 extra large eggs
1 cup of heavy whipping cream
4 Tbsp. of butter, cut into bits
Sea salt, freshly grated nutmeg and pepper to taste

Lightly spray a baking dish a nonstick spray.

Peel, core and slice the apples on the apple peeling machine, cutting to make rings.

Layer the apples, onions, and sweet potatoes in the dish, alternating layers until all of the slices are used.

In a bowl, whisk together the eggs, cream, sea salt nutmeg and pepper.

Pour the mixture over the apples, sweet potatoes and onions.

Dot the top of the dish with the bits of butter.

Bake until puffed and golden, about 45 minutes.

Baby Garden Green Salad

4 quarts of mixed baby salad greens (mizuna, arugula, baby oak leaf, red tipped lettuce
or substitute the inner leaves of commercial variety lettuces

1 small sweet red onion, peeled and diced

4 ounces of well ripened Nauvoo, or other quality blue cheese, crumbled

3 aromatic, firm apples, cored and sliced. Do not peel.

¼ cup of blackberry, or other fruit vinegar

¾ cup of hazelnut oil

sea salt and freshly ground pepper, to taste

Core and slice apples machine. Then cut each circle into 8 pieces.

In a large bowl, gently toss together the greens, onion, cheese, and apples.

Dress the salad to taste with the fruit vinegar, hazelnut oil, sea salt and pepper to taste.

Cinnamon Candy Stewed Apples

8 large firm apples, cored, wedged and peeled
1 ½ cup
s of water
9 ounces of red cinnamon-flavored candies

Peel the apples on the machine. Core and cut into wedges for thick crescents.

Place the apple wedges in a large enameled Dutch oven.

Add the water and the cinnamon candies.

Place the Dutch oven over medium high heat and bring to a boil; stirring constantly.

Reduce heat to medium and continue to stir until candies are dissolved and apples are soft but not mushy.

If too much liquid remains, raise heat and boil until ½ cup remains. The more concentrated

The liquid, the more intense the color and flavor of the apples.

Serve warm or at room temperature.

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Ozark Pudding

4 extra large eggs, separated
1 ½ cup of sugar
½ cup of flour
¼ tsp. of salt
1 tsp. of baking powder
2 large, tart apples, peeled, and finely diced
1 cup of chopped pecans

Preheat oven to 325°F

Whip egg whites in a mixing bowl fitted with the balloon whip until stiff but not dry; set aside.

Combine sugar and egg yolks and beat with the paddle attachment until lemon colored and thick.

Peel, core and slice the apples on the machine. Press a corer-wedger over the spirals to form uniform small dice, or just cut the spirals by hand.

Add apples and remaining ingredients to egg yolk mixture and mix well.

Fold the beaten egg whites into the mixture.

Lightly oil a 13x8x2 inch baking pan.

Spread the mixture in the pan, smoothing it with a spatula.

Bake 35-40 minutes.

Oven Apple Pancake

Preheat oven to 400°F

1 Large apple, cored, peeled and thinly sliced
1 cup of all-purpose flour
½ cup of sugar
3 extra-large eggs
1 cup of milk
1 tsp. of vanilla
½ tsp. of cinnamon
non-stick baking spray
Confectioners' sugar for sifting, if desired

Spray a fluted porcelain dish with the nonstick spray.

Arrange the apple slices evenly around the baking dish.

Combine the flour, sugar, eggs, milk, vanilla, and cinnamon in the container of a blender; process until smooth.

Pour the batter over the apples.

Bake on the center shelf of the preheated oven for 25 minutes or until puffed and browned.

Sift confectioners' sugar on top of the pancake, if desired.

Serve with Calvados or brandy-flavored whipped cream as an accompaniment.

Apple Tart

Preheat oven to 375°F

1 pie crust
4-5 large firm, flavorful apples
4 extra-large eggs
1 cup of heavy whipping cream
¾ cup of sugar
1 tsp. of vanilla extract

Divide pastry into fourths. Roll into balls. Refrigerate or freeze 3 of the pastry balls and save for another use.

Roll out one of the balls on a floured cloth.

Using the rolling pin to help you, lift the pastry. Line a tart pan with a removable bottom with the pastry.

Run the apples through the peeler, corer, slicer machine. Cut one diameter through the spiral to form rainbows. Use the uniform larger slices for the tart.

Spiral the slices, laying them all in the same direction, around the tart shell, beginning in the center and completely covering the bottom of the shell.

Whisk together the eggs, cream, sugar and vanilla extract.

Carefully pour the mixture over the apples, being sure not to over-flow the tart shell.

Place tart pan on a baking sheet and bake in the oven until puffed and golden;

About 45 minutes.