

Apple Recipes

The following recipes are from "The APPLE COOKBOOK" by OLWEN WOODIER

Open Face Apple Sandwiches

Forget the bread, crackers, and cookies – substitute apple rings instead. Topped with a variety of spreads, cheeses and meats, they bring a welcome change to the hors d'oeuvre platter. They are particularly successful with children and weight-conscious adults.

Wash, core and slice the apples, peeling is optional. Cut into half pieces or smaller depending on whether you are making snacks, lunch, or hors d'oeuvres, choose from the following toppings:

- Peanut butter and banana slices
- Peanut butter with raisins
- Peanut butter and apple sauce (or apple butter) in a ratio of 2 parts peanut butter to 1 part apple sauce
- Peanut butter and crumbled bacon
- Peanut butter and chopped dates or chopped nuts
- 8 ounces softened cream cheese mixed with 1 small grated apple, ¼ cup chopped dates, ¼ cup chopped walnuts, and 2 Tbsp. honey
- Cream cheese with raisins and chopped nuts
- Cream cheese with onion slices and smoked salmon (or sardines)
- Cream cheese and chutney
- Cream cheese, cinnamon, and honey
- Cream cheese with chopped fresh chives
- Cream cheese with diced ham (or bologna), curry powder, and chutney
- Liverwurst
- Refried beans or mashed baked beans
- Mashed blue cheese
- Canned corned beef with a slice of pickle
- Mozzarella, cheddar, or muenster cheese topped with a slice of tomato and popped under the broiler for 1 minute for mini apple slice pizzas

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APPLE CRISP

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| 9-10 medium-size apples (Northern Spy) | 2 Tbsp. honey |
| ¼ cup apple juice or cider | 1 cup light brown sugar |
| ¾ cup all-purpose flour | ½ tsp. ground cinnamon |
| ½ tsp. ground nutmeg | ½ cup sweet butter |

Preheat the oven to 350°F. Grease a 2-quart casserole dish.

Peel, core and slice the apples with your machine. Place in the dish, drizzle with honey, and add the apple juice.

Mix the sugar, flour, and spices in a small bowl. Cut in the butter until the mixture resembles coarse crumbs. Sprinkle over the apples.

Cover the casserole with aluminum foil and bake for 30 minutes. Remove the foil and continue baking for another 30 minutes.

APPLE FRITTATA

2 Tbsp. vegetable or olive oil
1 medium-size onion, chopped
1 red or green bell pepper, chopped
1 garlic clove, minced
1 medium-size apple (Granny Smith)
4 large eggs
2 Tablespoons water
½ tsp. dried sage
¼ tsp. ground mace
1/8 tsp ground black pepper
½ cup grated cheddar, Jack or mozzarella cheese

1. Heat Oil in a medium sized skillet. Add the onion, pepper and garlic, and cook over low heat until the onion is tender, about 15 minutes.
2. Peel, core and thinly slice apple. Add to the vegetables and cook for 5 minutes.
3. Beat the eggs with the water, sage, mace and pepper. Pour over the vegetables. Sprinkle with the grated cheese.
4. Cover the pan and cook over low heat for 10 minutes, until the eggs are set and the cheese has melted. Serve at once.

Serves 2-4

CORNMEAL APPLE CHEESE MUFFINS

¾ Cup yellow cornmeal
1 ½ cups presifted all purpose flour
2 tsp. baking powder
2 tsp. baking soda
½ tsp. ground cinnamon
½ tsp. ground nutmeg
¾ cup milk
¼ cup apple juice or cider
1/3 cup vegetable oil
2 large eggs
1/3 cup honey
¾ cup grated cheddar cheese
1 medium sized apple (Granny Smith)

Preheat oven to 400 F. Grease 12 large or 18 shallow muffin cups. In a large bowl stir together cornmeal, flour, baking powder, baking soda, cinnamon and nutmeg.

In a small bowl mix together the milk and apple juice.

Beat in the oil, eggs and honey.

Make a well in the center of the dry ingredients and pour in the liquids and the grated cheese. Stir to barely combine.

Peel, core and finely dice the apple. Stir into the other ingredients until the batter is lumpy, not smooth.

Fill each muffin cup approximately two-thirds full. Bake for 25 minutes or until a skewer, inserted in the center of a muffin, comes out clean. Remove the muffin tray immediately and cool on a wire rack and serve hot.

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