

## 🍏 BREADS AND MUFFINS 🍏

### Autumn Apple Bread

1/4 cup shortening	2/3 cup sugar
2 eggs, well beaten	2 cups sifted all purpose flour
1 tsp baking powder	1 tsp baking soda
1 tsp salt	2 cups coarsely grated apples
1 Tbsp grated lemon peel	2/3 cup chopped walnuts

Cream shortening and sugar until light and fluffy; beat in eggs. Mix and sift flour, baking powder, baking soda and salt; add alternately with the grated apple to egg mixture. Stir in lemon peel and walnuts (batter will be stiff). Bake in 8" x 5" x 3" prepared loaf pan, at 350 degrees for 50 or 60 minutes. Do not slice until cold.

### Apple Walnut Bread

1 1/2 cups sifted all purpose flour	1 1/2 cups crushed
2 tsp baking powder	ready-to-serve wheat cereal flakes
1/2 tsp baking soda	1 cup chopped walnuts
1 tsp salt	3/4 cup chopped apples
1 tsp cinnamon	1 egg, slightly beaten
1/4 tsp nutmeg	3/4 cup firmly packed brown sugar
1/8 tsp allspice	1 1/2 cups buttermilk
	2 Tbsp vegetable oil

Mix and sift flour, baking powder, baking soda, salt and spices. Stir in cereal flakes, walnuts and apple. Combine egg, brown sugar, buttermilk and oil. Mix with dry ingredients just enough to moisten. DO NOT BEAT. Turn into well-greased 9" x 5" x 3" loaf pan. Bake at 350 degrees for 1 hour.

### Apple Muffins

1 egg	1/2 cup milk
1/4 cup oil	1 1/2 cups flour
1/2 cup sugar	2 tsp baking powder
1/2 tsp salt	1/2 tsp cinnamon
1 cup finely chopped, unpared tart apples (the peel adds bits of color)	

Beat egg slightly with a fork. Stir in the milk and oil. Sift together dry ingredients and add. Add apples, stirring ONLY until flour is moistened. The batter should be lumpy. DO NOT overmix. Fill muffin cups 2/3 full. Bake 20 – 25 minutes in a pre-heated 400 degree oven or until tops are golden brown. Makes 12 medium muffins.

### What counts as a serving?

- 1 medium apple (about the size of a tennis ball)
- 1/2 cup chopped, cooked or canned apple
- 4 ounces of 100% apple juice
- 1/2 cup applesauce

### Apple Nut Bread

2 1/2 cups all purpose flour	1/2 cup chopped nuts
1 cup quick or old fashioned oats, uncooked	1 Tbsp baking powder
1 1/2 tsp cinnamon	1 tsp salt
1 1/4 cups firmly packed brown sugar	1/4 tsp nutmeg
2/3 cup vegetable oil	3 eggs
2 cups shredded apples (about 3 large apples)	1 tsp vanilla

Preheat oven to 325 degrees. Grease bottom and sides of a 9" x 5" loaf pan. In medium bowl, combine flour, oats, nuts, baking powder, cinnamon, salt and nutmeg. In a large bowl, combine sugar, eggs, oil and vanilla. Mix well until smooth. Stir in apples. Add flour mixture, mixing just until dry ingredients are moistened. Pour into prepared pan. Bake about 1 hour and 10 to 15 minutes, or until wooden pick inserted in center comes out clean. Cool slightly before removing from pan. Cool completely before serving.

## 🍏 DESSERTS 🍏

### Fall Apple Cake

Butter (to grease pan)	2 cups sugar
3 eggs	1 1/2 cups vegetable oil
1/4 cup orange juice	3 cups flour
1 tsp baking soda	1/4 tsp salt
1 Tbsp cinnamon	1 Tbsp vanilla
3 cups chopped apples	1 cup shredded coconut
1 cup chopped pecans	

Preheat oven to 350 degrees. Grease tube pan. In a large bowl, combine sugar, eggs, oil, and juice. Add flour, baking soda, salt, cinnamon, and vanilla. Mix well. Add the apples, pecans and coconut. Bake 1 1/2 hours. Recommended to bake 1 hour and 20 minutes and check until toothpick is dry.

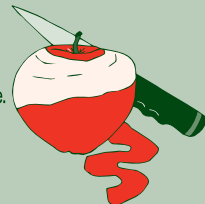
### Apple Crisp

6 cups apples, thinly sliced	1/3 cup sugar
1 tsp cinnamon	1/2 tsp salt
2 Tbsp butter (melted)	2/3 cup sugar
1/2 cup flour	1/3 cup butter

Mix together apples, 1/3 cup sugar, cinnamon, salt and melted butter. Place in 8 inch square baking dish. Set aside. Combine 2/3 cup sugar and flour. Cut in butter until crumbly. Sprinkle over apples. Bake at 375 degrees about 45 minutes.

### To peel or not to peel?

Actually, there's no question here – whenever possible, don't peel that apple. Two-thirds of the fiber, and many of the antioxidants, are found in an apple's peel.



### Apple Pie

3 or 4 medium apples, thinly sliced	3/4 cup sugar
2 Tbsp flour	1/4 cup brown sugar
2 Tbsp butter	1/2 tsp cinnamon
2 unbaked pie crusts	

Mix sugars, flour and cinnamon together. Arrange apples in a layer in crust. Sprinkle half of mixture over apples. Add another layer of apples and sprinkle the rest of the sugar mixture. Dot butter over the pie. Add the top crust. Cut slits in crust. Bake at 425 degrees for 10 minutes. Reduce heat to 350 degrees and continue baking about 40 minutes or until top is golden brown.

### Apple Walnut Brownies

1/2 cup butter or margarine	1/4 tsp baking powder
2 squares (1 ounce each) unsweetened chocolate	2 eggs
1 cup sifted cake flour	1 cup sugar
1 cup walnuts	1/4 tsp salt
1 tsp vanilla	1 cup finely chopped apples

Melt butter and chocolate together over hot water. Beat eggs until light and lemon colored. Add sugar gradually while continuing to beat. Stir in chocolate mixture and beat hard 1 minute. Mix and sift flour, baking powder and salt; stir in. Add apples, nuts and vanilla. Spoon in greased 8" square cake pan. Bake at 350 degrees for about 40 minutes, or until done. Cool. Cut into squares to serve.

## 🍏 BEVERAGES 🍏

### Apple Blossom Ice Cream Soda

2 cups apple juice	Dry ginger ale
1 pint peach ice cream	

Pour 1/2 cup apple juice in each of 4 tall glasses. Divide ice cream equally among glasses. Fill glasses with ice cold ginger ale. Stir gently to mix.

### Party Punch

1 cup orange juice	1 cup pineapple juice
1 pint apple cider	1/4 cup lemon juice
1 pint cranberry juice cocktail	2 quarts ice cold ginger ale

Combine all ingredients except ginger ale; mix well. Just before serving, pour over ice in punch bowl; add ginger ale. Makes about 30 punch cup servings.



**Maryland Apple Promotion Board**

**P.O. Box 917**

**Hagerstown, Maryland 21741**

**Phone: 301-800-9502**

**www.marylandapples.com**

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# Maryland Apple Recipes



**Healthy  
and  
Nutritious**

MARYLAND  
APPLE PROMOTION BOARD

Autumn is the perfect time to plan a family trip to an apple orchard or a roadside market to enjoy a crunchy, juicy apple. It will be a memorable experience for the entire family.

Apples **DON'T** have fat, cholesterol or sodium, a plus for maintaining a healthy heart. Apples **DO** have lots of fiber. Fiber helps promote heart health and helps maintain a healthy weight, providing just 80 calories per serving.

This fat and cholesterol free fruit makes a great after school snack!

Apple orchards are located in most areas of the state. Visit our website at [www.marylandapples.com](http://www.marylandapples.com) for the orchard listings. The website has valuable information. Each listing provides the varieties available, the growers telephone number and address.

Remember, an apple a day helps keep the doctor away!



GUIDE TO GOOD APPLES

E = EXCELLENT  
G = GOOD  
F = FAIR

	APPROXIMATE RIPENING DATE	EATING	BAKING	PIES	SALADS	SAUCES
Premier Honey Crisp	8/1	E	E	E	G	E
Ginger Gold	8/15	G	E	E	E	G
Gala	8/20	E	E	E	E	E
Honey Crisp	9/5	E	G	G	E	G
Cortland	9/15	E	E	E	E	E
Jonathan	9/15	E	F	G	G	G
Crimson Crisp	9/15	E	E	E	G	E
Mutsu/Crispin	9/20	E	E	E	E	E
Golden Delicious	9/20	E	E	E	E	E
Red Delicious	9/25	E	F	F	E	F
Empire	9/25	E	E	E	E	E
Jonagold	10/1	E	E	E	G	G
Cameo	10/10	E	F	F	E	F
Ida Red	10/10	G	E	E	E	G
Stayman	10/15	E	G	G	F	G
Rome Beauty	10/15	F	G	G	F	G
Braeburn	10/20	E	E	E	G	E
York Imperial	10/20	F	G	G	F	G
Granny Smith	10/25	E	E	E	F	G
Fuji	11/1	E	G	G	E	G
Pink Lady	11/10	E	E	E	G	G
Gold Rush	11/15	E	E	E	G	E

APPLE APPETIZERS APPLE

Apple Dip

1 8 oz pkg cream cheese 1 tsp vanilla  
¾ cup brown sugar 1 cup chopped peanuts or pecans  
¼ cup white sugar

Beat until creamy. Refrigerate  
Serve with apple slices – cored – not peeled.

Peanut Butter Apple Dip

1 8 oz pkg softened cream cheese ¼ cup milk  
1 cup brown sugar, packed 1 cup peanut butter  
3 to 4 apples, cut into wedges

In a mixing bowl, combine the cream cheese, peanut butter, brown sugar & milk. Mix well. Serve with apple slices – cored – not peeled. Store in refrigerator.

APPLE SALADS APPLE

Old Fashioned Apple Salad

Sauce  
½ cup sugar • 1½ cups milk • 2 Tbsp flour  
Pinch of salt • 2 Tbsp vinegar

Salad:  
Apples, red or golden delicious  
1 orange, peeled and diced  
1 large banana, diced  
1 cup raisins • ½ cup nuts  
¼ tsp fresh or grated, dried orange peel  
Candied red cherries, optional

Prepare sauce by mixing all ingredients until smooth and cook until thick, stirring continuously. Prepare apples and dice amount desired in a mixing bowl. Add remaining ingredients. Pour part of the sauce over salad and mix. Add more sauce if needed. Chill 2 hours before serving.

Turkey Waldorf Salad

4 cups cooked, diced turkey  
3 Red delicious apples, diced - do not peel  
1 cup sliced celery 1 cup pecans

Dressing

1 cup mayonnaise 1 Tbsp lemon juice  
¼ cup sugar ¼ cup evaporated milk  
¼ tsp celery salt ¼ tsp salt

Combine turkey, apples, celery and pecans. To make dressing, mix all ingredients well and add to salad. Mix well and refrigerate.

Apple Crisp Salad

1 3 oz. envelope unflavored gelatin 1 cup hot apple juice  
½ cup cold water 3 Tbsp honey  
¼ cup lemon juice  
½ tsp salt ½ cup chopped celery  
2 tart apples, diced ¼ cup chopped nuts

Soften gelatin in cold water; dissolve in hot apple juice. Add lemon juice, honey and salt. Stir until dissolved. Chill until syrupy; fold in remaining ingredients. Turn into 5-cup mold that has been rinsed in cold water. Chill. When firm, unmold on salad greens. Serve with desired dressing. Makes 6 servings.

Spinach Salad with Apples and Pomegranate Seeds

½ cup honey Dijon dressing 2 apples, coarsely chopped  
½ cup pomegranate seeds ¼ cup chopped celery  
6 cups baby spinach leaves  
¼ cup toasted pecans, coarsely chopped

Pour dressing over apples, pomegranate seeds and celery in large bowl and mix lightly. Add spinach and nuts and toss lightly.

APPLE MAIN DISHES & SIDE DISHES APPLE

Fried Apples

¼ cup solid bacon drippings (strained)  
6 tart apples, peeled, cored and cut into eighths  
1 tsp lemon juice ¼ cup packed light brown sugar  
⅓ tsp salt 1 tsp ground cinnamon  
pinch of nutmeg

In a large skillet, melt drippings. Pour apples slices over the bottom of the skillet. Pour lemon juice over apples, add the brown sugar and salt. Cover and cook over low heat for 15 – 30 minutes until tender and juicy. Sprinkle with cinnamon and nutmeg before serving. Serves 6.

Roasted Sausage, Apples, Leeks & Potatoes

2 small crisp red apples  
(such as Empire or Braeburn, quartered)  
2 leeks (white & light green parts only),  
halved crosswise & lengthwise  
2 yellow potatoes (about ½ lb total),  
cut into ½ in thick wedges  
8 sprigs fresh thyme 2 Tbsp olive oil  
Kosher salt & pepper  
8 small chicken sausage links (about 1 ½ lb total)

Heat oven to 425 degrees. In a large roasting pan, toss the apples, leeks, potatoes, thyme, oil, ½ tsp salt and ¼ tsp pepper. Roast for 15 minutes. Stir the vegetables and add the sausages to the pan, nestling them among the vegetables. Roast until the sausage is cooked through and the vegetables are tender – 15 to 20 minutes more. Serves 4.

Apple Chops

4 apples, medium Cooking oil spray  
4 boneless, sirloin pork chops  
½ inch thick, trimmed of all fat, (approx. 4 oz each)  
¼ tsp salt ⅓ tsp pepper

Preheat oven to 350 degrees. Core apples and cut into quarters; cut each quarter into 3 or 4 slices. Coat baking pan with cooking oil spray; place chops in the pan; salt and pepper chops. Place apples around chops; bake 25 minutes. Remove chops from pan to serving plate and surround with the apples. Makes 4 servings.

Apple Sauce

8 tart apples Dash cinnamon  
¾ cup water 1 tsp grated lemon peel (optional)  
½ cup sugar ¼ tsp nutmeg

Peel and core apples; slice thin. Add just enough water to prevent scorching. Bring to a boil; lower heat to simmer; cover. Cook about 20 minutes or until apples are soft. Put through a food mill or sieve. Add sugar (amount depends upon tartiness of apples) and spices. Stir in lemon peel, if desired.

Grilled Cheese and Apple Sandwich

8 slices 12 grain bread 4 tsp honey mustard  
6 ounces 2% cheddar, shredded (about 1 ½ cups)  
1 tart apple, cored and thinly sliced

Spread 1 piece of bread with 1 teaspoon honey mustard; then layer ¼ cup grated cheese, 4 apple slices and another heaping tablespoon of cheese. Top with another slice of bread; spritz with nonstick cooking spray.

Heat a small nonstick skillet over medium heat. Place sandwich, cooking spray-side down, in pan and coat top slice of bread with nonstick cooking spray. Press with spatula.

Cook for about 2 to 3 minutes or until golden brown. Flip and cook for another 2 to 3 minutes. Repeat with remaining sandwiches.

Slow-Cooker Bratwurst With Sauerkraut and Apples

8 bratwurst links  
1 16 oz pkg sauerkraut, rinsed and drained  
2 medium tart apples, peeled, cored, cut into ½ inch dice  
1 medium onion, finely chopped  
2 Tbsp packed light brown sugar 1 Tbsp caraway seeds  
½ cup mustard 8 hot dog buns

Place bratwurst links in slow cooker and top with sauerkraut, apples and onion. Sprinkle with brown sugar and caraway seeds. Cover and cook on low until bratwurst reaches 165 degrees on an instant read thermometer, 3 to 4 hours.

Spread 1 Tbsp mustard on each hot dog bun. Spoon some sauerkraut mixture on buns, top each with a sausage and serve.