

## September 2022

### AN APPLE A DAY . . . :

**German Cranberry – Stuffed Apples**

**Jicama – Apple Salad**

**Northern Italian Fried Apples  
with Rum Custard Sauce**

**Peanut Apple Mousse**

**A “Seafood” Salad**

**Tossed Greens with Apple and Bacon**

There are so many apple varieties and this is, in part, due to the ease with which the seeds were dispersed as travelers and migrating animals munched upon the new fruit they encountered and subsequently discarded the core and the seeds. A second point contributing to the global success of the apple is its remarkable adaptability to diverse climates. In a remarkably short period of time cultivation flourished in climates that ranged from the mountainous region of its presumed primary domestication in the steppe climate of Kazakhstan to countries across oceans far to the North and far to the South. The discoveries of apple seeds, pips as they are called, at archaeological sites have dated human consumption to as early as 6,500 BC.

While visiting my grandmother in upstate New York one October, I picked up a small paperback book full of apple recipes with specific recommendations as to which variety to use for each recipe. It still sits among my cookbooks, now secured with rubber bands since the glue in the binding gave out years ago. The apple harvest was an important part of growing up in upstate New York. Certain apples were bought by the bushels to cellar or refrigerate for the winter, can, or use to make applesauce; others were bought by the half-bushels for fall eating. You learned your apples and you looked forward to the appearance of the Gravensteins and the Braeburns as we look forward to the first of the season's Honeycrisp and the Envy today.

The Pippin apple was planted in North America in the Massachusetts Bay Colony by European settlers who brought seeds for many foods including apple seeds. The first apple nursery in the American Colonies was established in 1730 in Newtown on Long Island, present-day Flushing. The Pippin, subsequently called the Newtown Pippin, was grown as a colonial export product but home consumption must have been widespread because this variety was said to be George Washington's favorite apple. Alas, the last example of this variety in “Newtown” was lost when the last tree is said to have died in 1805. Today over 2,500 apple cultivars are growing in the United States and there are apples growing in all fifty states. That fact alone does demonstrate the adaptability of *Malus domestica*.



Our grocery stores present us with dozens of apple varieties from which to choose but back when I was young there were varieties that are now long forgotten. When I moved to Michigan, I tried to find the apple, in my opinion, most suited to apple salads – the Cortland, a tart, crisp apple variety that does not brown when cut. Michigan growers

around Ann Arbor were emphatic in their rejection of the Cortland, a New York State variety, and pushed Jonathans which were a well-established variety in Michigan at the time although they are said to have originated in Woodstock, New York, an irony I can't help smiling about as I write this. It has been replaced by sweet Envy apples which also do



not brown quickly after you cut them. A cross made by Ohio State University's Experimental Station in 1938 between the Jonathan and Red Delicious apple produced the Melrose apple. For two years that was the only apple I found in the small grocery near my college campus. Today you rarely see either Cortlands or Jonathans in the produce department. Have you ever heard of a Winesap apple or a Greening, a remarkably versatile cooking apple that originated in Rhode Island somewhere around 1650. Can you find a Rome Beauty? It is the perfect apple for

stuffing and baking. These apples, now considered historic whatever that is supposed to denote, were important baking apples when I first started cooking. I still remember my grandmother's advice, "Use at least fifty percent Greening apples for your pies. You want that tart contrast."



Would that I could find a Greening . .

Apples have been touted for their nutritional value as long as I can remember but do they deserve this praise? Indeed, they do. Apples are low in cholesterol, low in sodium, and are virtually fat-free. The presence of both insoluble fiber, which supplies bulk in the intestinal tract, and soluble fibers like pectin, which functions in preventing cholesterol buildup in the walls of blood vessels, make the apple a superb fruit choice. In addition to fiber in abundance, apples contain antioxidants which function in controlling free radicals from inflamed cells.

The apple can be a good source of vitamin C but only if you eat the skin which argues strongly for the consumption of organic apples. Pesticide residue and the now very widespread use of an "edible wax" coating, to increase storage life, also support the organic apple choice.

## GERMAN CRANBERRY – STUFFED APPLES

### *Bratäpfel Gefüllt mit Preiselbeeren*

TPT - 1 hour and 17 minutes

*Since we moved to Pennsylvania I have not seen a single baked apple the way my German family prepared them. The baked apple here is the ubiquitous apple dumpling, rich and doused with sweet syrup; they even sell them in the grocery store and in the farmers' market. Before you try this recipe for baked apples or any baked apple recipe, acquaint yourself with apple varieties that will not cook down during the baking process. I have successfully baked all of the following apples, except the Melrose and Jonagold, both of which, I am told, also stand up well to baking:*

*Cortland (a beautiful white-fleshed, tart eastern variety and my favorite);  
Honeycrisp and Braeburn (both sweet, early apples and both widely distributed);  
Northern Spy (a family favorite and still very popular in upstate New York);  
Rome Beauty (the ultimate baking apple in my family);  
Jonathan and Jonagold (a Midwestern variety with a limited market);  
Granny Smith (American grown now and widely distributed);  
Winesap (a Colonial cultivar, not widely available today but a very popular  
apple until the 1950s);  
Melrose (an Ohio cultivar);  
Yellow Delicious (a widely distributed sweet apple);  
and Gala (probably the most widely distributed eating and cooking apple today).*

#### **2 baking apples from the list above**

**1/2 cup apple juice**  
**1/2 cinnamon stick**  
**2 whole cloves**

**1 tablespoon butter—softened to room temperature**  
**1/4 cup jellied cranberry sauce**

**2 teaspoons sugar**

**1/2 cup whipped heavy cream**

Preheat oven to 350 degrees F. Pour apple juice in the bottom of a **9 x 5 x 3-inch non-stick-coated loaf pan**. Add the cinnamon stick and whole cloves. Set aside until required.

*Do not peel apples. Using an apple corer, core and seed each apple without breaking through the base.*

In a small bowl, combine *softened* butter and cranberry sauce. Divide between the two apples. Press it down into the cavities. Place the apples into the prepared loaf pan.

Sprinkle sugar over apples. Bake in preheated 350 degrees F. oven for 50-60 minutes. Baste the apples with the spiced apple juice every 15-20 minutes. Transfer apples to soup plates to serve.

*Serve warm* with whipped cream.

Yields 2 individual servings

Note: This recipe can be doubled when required.

1/2 SERVING (with 1/4 cup whipped cream) –  
PROTEIN = 1.1 g.; FAT = 16.5 g.; CARBOHYDRATE = 50.1 g.;  
CALORIES = 340; CALORIES FROM FAT = 44%



## JICAMA – APPLE SALAD

TPT - 1 hour and 7 minutes;  
1 hour = flavor development period

*This is another of my winter salads that came in handy during the winter months of the Covid-19 pandemic. The sweet crunch of this combination refreshes and provides a wonderful taste contrast for so many menus that I prepare.*

### ORANGE VINAIGRETTE:

**2 teaspoons extra virgin olive oil**  
**1 1/2 tablespoons freshly squeezed orange juice**  
**1/4 teaspoon raspberry vinegar**

**3/4 cup cubed jicama**

**1 apple—peeled, cored, and cubed**  
*(Our choice is an Envy apple.)*

**Freshly ground black pepper, to taste**

In a small mixing bowl, combine olive oil, orange juice, and vinegar. Using a whisk or a fork, whisk until well-blended.

Add *jicama* and apple cubes. Toss to coat each cube with dressing.

Season with black pepper. Toss. Refrigerate for at least 1 hour.

*Serve chilled.*

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 3.3 g.; FAT = 2.0 g.; CARBOHYDRATE = 7.0 g.;  
CALORIES = 46; CALORIES FROM FAT = 40%

## NORTHERN ITALIAN FRIED APPLES WITH RUM CUSTARD SAUCE

*Frittura di Mele  
con Crema di Latte, Uova, e Rum*

TPT - 51 minutes;  
30 minutes = sauce cooling period

*Several desserts pairing apples and rum were presented on menus we encountered in Italy during an October visit. We thought that our goal was to explore the Uffizi in Florence but my journal shows that I brought a few culinary treasures back with me. This recipe evolved from the taste experiences of that trip.*

**1 tablespoon butter**  
**1 large apple—peeled, quartered, seeded, and sliced** *(Our choice is the sweet, crispness of a Honeycrisp apple.)*  
**1 teaspoon wildflower honey**



**1/4 cup light cream or half and half**  
**1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)**  
**2 tablespoons rum**  
**2 tablespoons sugar**

**Vanilla seeds scraped from 1/2 vanilla pod (bean)**

In a large skillet set over *LOW-MEDIUM* heat, melt butter. Add apple slices. Drizzle with honey. Sauté until apples are glazed and softened but still retain form. Divide between **two 5-inch crème brulee dishes** or other dessert dish. Set aside to cool.



In a non-stick-coated saucepan set over *LOW-MEDIUM* heat, combine cream, pasteurized eggs, rum, and sugar. Using a wire whisk, combine well. Cook, stirring frequently, until sauce thickens.

Scrape vanilla seeds from the vanilla pod into the custard. Blend well. Refrigerate for about 30 minutes. Divide between serving dishes, spooning it over the apples.

*Serve at room temperature.*

Yields 2 individual servings

Note: This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 4.0 g.; FAT = 8.6 g.; CARBOHYDRATE = 26.6 g.;  
CALORIES = 197; CALORIES FROM FAT = 39%

## **PEANUT – APPLE MOUSSE**

TPT - 15 minutes

*Have you ever eaten a slice of apple spread with peanut butter? It was a favorite after-school snack for our daughter and a favorite pick-me-up for her mother. Winter apples and peanut butter pair well and it's a snack that is always at hand. I make a dessert called peanut-apple crumble and it has been a favorite for decades but this, a light, airy sophisticated mousse, combines the same flavors and is becoming a favorite because it takes just minutes on a busy day.*

**1/2 cup heavy whipping cream**

**2 tablespoons freshly ground, unsalted, additive-free, smooth peanut butter—brought to room temperature**  
**2 tablespoons confectioners' sugar**  
**2 tablespoons unsweetened applesauce**  
**1 tablespoon light dairy sour cream**

Using the electric mixer fitted with *chilled* beaters or by hand using a *chilled* wire whisk, beat heavy cream in a *clean, chilled* bowl until stiff peaks form. Turn into a small bowl until required. *Refit the electric mixer with a paddle.*

In the bowl in which the cream was whipped, combine peanut butter, confectioners' sugar, applesauce, and sour cream. Beat until smooth.

Add whipped cream and *gently whisk-fold* the cream into the peanut butter mixture. Apportion into six sherbet glasses or wine glasses, if preferred. Refrigerate until ready to serve.



Serve chilled.

Yields 2 individual servings

Note: This recipe can be doubled when required.

1/2 SERVING – PROTEIN = 5.4 g.; FAT = 26.9 g.; CARBOHYDRATE = 14.0 g.;  
CALORIES = 325; CALORIES FROM FAT = 75%

## A “SEAFOOD” SALAD

TPT - 55 minutes;  
30 minutes = refrigeration period  
for “fishless” fish and *pasta*

*Apples and cucumbers combine harmoniously for a simple salad but this positive affinity can be carried a step or two further with very satisfactory results. The elegance and protein concentration of a seafood salad can be ours . . .!*

**2 frozen, breaded “fishless” filets**

**2 quarts boiling water**

**1 cup dry calamarata pasta**

**1 apple—peeled, seeded, cored, and chopped**

*(Our choice would be an Envy or a Cortland apple since neither oxidize quickly to ruin the salad’s appearance.)*

**1 mini cucumber—peeled and cut into chunks**

**1 scallion—very thinly sliced into small rounds**

**DRESSING:**

**2 tablespoons calorie-reduced or light  
mayonnaise**

**1 tablespoon grated pecorino Romano cheese**

**1/2 teaspoon powdered kelp**

**1/2 teaspoon grated organic lemon zest**

**1 1/2 teaspoons freshly squeezed lemon juice**

**1 teaspoon tamari soy sauce**

**Pinch celery or lovage seeds**

**2 hard-cooked eggs-quartered into wedges**

**Crumbled, dried dillweed, to garnish**

**2 large red lettuce or soft, Boston lettuce leaves,  
as preferred**

Coat a small skillet with non-stick lecithin spray coating and set it over *MEDIUM* heat. Cook the “fishless” filets until heated through and browned. Remove filet to a plate. Refrigerate for at least 30 minutes.

In a saucepan set over *MEDIUM-HIGH* heat, cook *pasta* in *boiling* water according to package directions. Drain. Chill until required.\*

Remove “fishless” filet from refrigerator. Using a sharp knife, remove breading from filet. Cut filet into bite-sized pieces. Turn into a mixing bowl.

Add cooked, chilled *calamarata pasta* to “fish” pieces. Add apple and cucumber chunks, and sliced scallion. Return to the refrigerator briefly.

In a small bowl, combine mayonnaise, grated cheese, kelp, lemon zest, lemon juice, soy sauce, and celery seeds. Stir to combine well. Add to “fish” mixture in mixing bowl. Stir *gently* to coat salad ingredients. Turn into a serving bowl or pile in the middle of a small platter or cake plate.

Arrange egg wedges around the mound of “seafood” salad. Sprinkle crumbled dillweed over. Refrigerate until ready to serve.

*Serve chilled* onto lettuce-lined plates.

Yields 4 servings  
or 2 main course servings

Notes: \*If your *calamarata* rings are too wide, using a scissors, cut them into thinner rings once cooked and pliable.

This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 7.9 g.; FAT = 8.6 g.; CARBOHYDRATE = 19.2 g.;  
CALORIES = 180; CALORIES FROM FAT = 54%

## TOSSED GREENS WITH APPLE AND BACON

TPT - 13 minutes

*If you have a member of your family, as did I, who prefers not to use salad dressings on tossed salads, you know you try to make salads just a bit more appealing. This is an interesting salad that always turns up on our Autumn menus; it is so often just the right flavor accompaniment. It is perfect for an Autumn picnic because it is easily assembled and you don't have to pack a dressing. This salad is also a really good choice for a buffet. There is no fussing with dressing and no messy spills to worry about.*

**2 soy bacon strips**

**1/2 cup shredded Romaine lettuce—well-rinsed and spun-dried\***

**1 1/2 cups baby arugula leaves—trimmed of stems, well-rinsed, and spun-dried**

**1/2 small, unpared but well-rinsed apple—cored, seeded, and diced**

*(Our choices are McIntosh, Honeycrisp, or Fiji apples)*

**Freshly ground black pepper, to taste**

Fry soy bacon until lightly browned. Remove to paper toweling to cool. Break into small pieces. Set aside briefly.

In a salad bowl, combine shredded lettuce and *arugula* leaves. Toss.

Scatter diced apple over. Scatter bacon pieces over. Grind black pepper generously over.

Serve onto salad plates.

Yields 4 servings

Notes: \*The easiest way to shred the lettuce is to cross cut a small tight head of Romaine lettuce from a packaged three-pack.

This recipe may be doubled, when required.



1/4 SERVING – PROTEIN = 2.3 g.; FAT = 0.6 g.; CARBOHYDRATE = 3.2 g.;  
CALORIES = 26; CALORIES FROM FAT = 21%

*In May we looked into the nutrition of yellow/orange vegetables and fruits.*

*Next month I thought,  
if you have time to visit,  
I might share recipes for some of my favorite squashes.*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

Copyright © 2021