



# Using Summer Apples As Puree



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# *Using Summer Apples As Puree*

By EULA MORRIS

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Oklahoma meal planners frequently overlook using summer-maturing apples grown in the State because they are not aware of the many possible ways in which these apples can be used. All too often this fruit is served only as apple puree (applesauce). Yet these quick-cooking apples are often more satisfactory than fall-maturing fruit to both the homemaker and the fruit grower because the apples are early maturing and are thus less susceptible to codling moth damage.

Resistance to moth damage means less waste to the housewife and a better cash crop for the planter. Furthermore, though part of the crop is sometimes small in size, such apples have approximately the same flavor, composition, and nutritive value as the top-grade or fancy market fruit.

Home economists at the Oklahoma Agricultural Experiment Station conducted tests to find possible ways of using summer-maturing apples, and particularly those of a size considered too small for pie slices. They found the juicy, tart fruit quick cooking and especially good for making apple puree. They also found that the less expensive small apples and the windfall or cull fruit, considered seconds, could be used to advantage in making puree.

Mealtime monotony serving apple puree need never occur. The Station researchers found puree useful, good, and economical in quick breads, sandwich and other breads, cakes, cookies, frozen desserts, and other foods.

In this bulletin are 26 different recipes using apple puree. Information on preparing puree and preserving it by freezing or canning is also presented.

### **Preparing Puree**

Apple puree is easy to prepare and simple to preserve by either freezing or canning. The preliminary preparation of the fruit can be simplified by cooking the apples without removing the skin. The peel gives a slightly astringent flavor to the applesauce, but this cannot be detected in foods.

Wash the apples, then cut in half to remove the stem and blossom ends so that no trace of sprayed material remains. Any bruised, insect damaged, or other inedible parts should be trimmed out.

Weigh or measure the prepared fruit. Use 1 cup water with five pounds, or with three quarts of apples. Place in a covered container over low heat—too rapid cooking may scorch the apples—and cook until the apples are soft.

Put the cooked apples through a food strainer or sieve to separate the seed and skin from the pulp. A small amount of sweetening is advised for best flavor retention. Allow two tablespoons of sugar for each cup of fruit. Mix to dissolve the sugar, but avoid stirring too much air into the puree. The amount of sweetening added at this time will not alter the proportion of sugar needed in the recipes.

### **Freezing Puree**

If puree is to be frozen, cool it thoroughly before packaging in airtight containers. Pint or quart glass canning jars may also be used when freezing puree. Allow headspace of 1/2 inch for pints and 1 inch for quarts if using glass containers. Freeze puree and store at 0°F. until needed.

When ready to use, defrost the puree overnight in the refrigerator, or allow two to three hours thawing time at room temperature or one hour with the container set in a pan of water. The defrosted puree will keep for several days in the refrigerator.

### **Canning Puree**

If puree is to be canned, heat it to boiling, then pour into hot, sterilized jars and adjust lids for processing. Use 15 minutes processing time in the boiling-water bath canner for pints, and 20 minutes for quarts.

### **Using Puree in Recipes**

Puree from fall-harvested apples or that which is commercially canned may also be used in the following recipes. A longer cooking

time will likely be necessary when making puree from fall apples. There is a difference in flavor: fall apples are less tart or acid, so a slight decrease in sugar or an increase in lemon juice, or both, may be desirable in certain of the recipes.

★ ★ ★ ★

# Apple Breads

Apple breads to serve warm or slice for sandwiches have qualities of tenderness and moistness which are supplied by the apple puree. Yeast breads also contain apple.

## Apple Gingerbread

1/2 c. shortening  
 1/4 c. sugar  
 3/4 c. molasses  
 1 egg, beaten  
 1 c. apple puree

2 1/4 c. flour  
 1 tsp. soda  
 1 tsp. baking powder  
 1/4 tsp. salt  
 1 1/2 tsp. ginger

(1) Cream together the shortening and sugar, then add beaten egg and molasses. Blend well. (2) Sift dry ingredients together. (3) Add dry ingredients alternately with apple puree to molasses mixture. (4) Turn batter into greased and floured 9" x 9" pan and bake at 350°F. for 30 to 35 minutes.

## Apple Banana Loaf

3/4 c. sugar  
 1/3 c. shortening  
 1 egg, beaten  
 1/4 c. milk  
 1 banana, mashed

2 c. flour  
 1 tsp. soda  
 1/2 tsp. baking powder  
 3/4 tsp. salt  
 1/2 c. nuts (optional)

Sufficient apple puree to have  
 1 c. fruit when mixed with  
 banana

(1) Cream together the shortening, sugar and egg before adding the milk. (2) Sift together the dry ingredients. (3) Alternately add the dry ingredients and the apple-banana mix to the sugar mixture. (4) Turn batter into waxed paper-lined loaf pan, spreading batter to corners. (5) Bake at 350°F. for 45 minutes, or until done.

### Apple Surprise Roll

$\frac{1}{4}$ c. warm water (85° F.)	$\frac{1}{2}$ tsp. cinnamon
1 $\frac{1}{2}$ Tbsp. sugar	$\frac{1}{4}$ tsp. ginger
1 envelope granular yeast	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ c. apple puree	$\frac{1}{4}$ tsp. allspice
1 egg, beaten	
3 Tbsp. fat, melted and cooled	<b>FILLING</b>
3 c. flour	1 $\frac{1}{3}$ c. cocoanut
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. dates, cut
$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ c. apple puree
	$\frac{3}{8}$ c. brown sugar

(1) Add the 1  $\frac{1}{2}$  Tbsp. sugar and yeast to the warm water. Stir to dissolve and let set 5 minutes or until light. (2) Combine apple puree, egg and yeast mixture. (3) Mix flour, sugar, salt and spices. Add one-third of flour mixture to yeast mixture. Beat until smooth. (4) Add fat and remaining flour. Knead lightly to have smooth, soft dough. (5) Place dough in greased bowl, cover and set to rise in a warm place. (6) When dough is doubled in bulk, punch down, and divide in half. (7) Mix ingredients for filling, cutting cocoanut into smaller bits if shreds are long. Divide filling into four portions. (8) Flatten each half portion of dough to a rectangular shape one-half inch thick. (9) Spread a fourth-portion of the filling lengthwise through the center of the dough. Allow filling to cover a strip not wider than a fourth of the dough. (10) Fold left side of dough to just beyond edge of filling. Spread a fourth-portion of the filling on this layer of dough. (11) Fold right side of dough over filling; this makes three layers of dough with two layers of filling. (12) Seal open edge of dough by pinching. (13) Place filled roll on greased baking sheet, forming letter "S" and allow to rise until light—approximately 1 to 1  $\frac{1}{2}$  hours. (14) Do second roll the same as above, using remaining dough and filling. (15) Bake rolls 375° F. for 20 minutes, or until as brown as desired. (16) Spread warm rolls with glaze made:

1 Tbsp. margarine, 1 Tbsp. milk and  $\frac{1}{4}$  c. brown sugar. Mix and let boil one minute. Add 1 Tbsp. cold milk,  $\frac{1}{4}$  tsp. vanilla and enough confectioners' sugar to have glaze of spreading consistency.

(17) Small bits of maraschino cherries may be pressed into the soft glaze to decorate the roll.

### Apple Brown Bread I

1 c. flour	$\frac{1}{2}$ c. raisins, cut
$\frac{1}{3}$ c. sugar	1 c. apple puree
1 $\frac{1}{4}$ tsp. soda	1 egg, beaten
1 tsp. salt	1 c. milk
1 $\frac{1}{4}$ c. graham flour	$\frac{1}{4}$ c. molasses
	$\frac{1}{4}$ c. melted fat

**To Prepare Can Molds.**—Use three No. 2 fruit or vegetable tin cans. Line sides with strip of waxed paper. Cut and fit disc of paper in bottom of can.

(1) Sift together the flour, salt, soda and sugar. Mix in graham flour and raisins. (2) Blend apple puree, beaten egg, milk and molasses. Add melted fat just before turning liquid mixture into dry ingredients. (3) Stir batter only enough to get the dry ingredients moistened. (4) Turn batter into three waxed paper-lined cans. Cover tops of cans with waxed paper held in place with rubber bands or string, or use aluminum foil as covers. (5) In pressure sauce pan, have 5 cups water heated to boiling. Set cans of brown bread batter on rack in pressure pan, adjust lid. (6) Allow steam to flow from vent for 30 minutes. (7) Set control on vent and cook for 30 minutes at 5 pounds pressure. (8) Allow steam pressure to drop to zero before removing lid from pan. (9) Turn bread from cans and remove paper.\* Serve either hot or cold.

\* Paper may be left on bread if it is to be stored before using.

## Apple Brown Bread II

2 Tbsp. sugar	1 c. flour
2 Tbsp. fat	1 tsp. soda
1 egg, beaten	1 tsp. baking powder
1 c. apple puree	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. molasses	$\frac{1}{4}$ tsp. cinnamon
1 c. all bran prepared cereal	$\frac{1}{2}$ c. raisins

**To Prepare Can Molds.**—Use two No. 2 fruit or vegetable tin cans. Line sides with strip of waxed paper. Cut and fit circular disc of paper on bottom of can.

(1) Cream together the sugar and fat, add the egg, then the apple and molasses. (2) Add the all bran to the apple mixture, then the raisins. Mix thoroughly. (3) Sift together the dry ingredients. (4) Combine dry ingredients with apple-bran mixture; stir only until dry part is moistened. (5) Turn batter into two waxed paper-lined cans. (6) Use either baking or steaming method for brown bread.

**Baking.**—Bake in a 375° F. oven for 45 minutes. When done, turn from cans and remove paper from bread.

**Steaming.**—Cover tops of cans with waxed paper held in place with rubber bands or string, or use aluminum foil as covers. In pressure sauce pan, have 5 cups of water heated to boiling. Set cans of brown bread batter on rack in pressure pan, adjust lid. Allow steam to flow from vent for 30 minutes. Set control on vent and cook for 30 minutes at 5 pounds pressure. Allow steam pressure to drop to zero before removing lid from pan. Turn bread from cans and remove paper.\* Serve hot or cold.

\* Paper may be left on bread if it is to be stored before using.

## Apple Waffles

1 c. flour	1 egg, beaten
$\frac{1}{2}$ tsp. salt	$\frac{1}{3}$ c. milk
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ c. apple puree
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ c. melted fat

(1) Sift together the dry ingredients. (2) Combine egg, milk and apple puree. (3) Turn dry ingredients into apple mixture. Add melted fat. (4) Stir only to get ingredients moistened. (5) Bake on preheated waffle iron.

## Apple Breakfast Bread

### FILLING

$\frac{1}{3}$ c. raisins, chopped
$\frac{1}{4}$ c. nuts, chopped
$\frac{1}{4}$ c. brown sugar
1 Tbsp. orange peel, grated

### TOPPING

Apple puree
Sugar
Cinnamon

### BATTER

2 c. flour
1 tsp. soda
1 tsp. baking powder
$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. milk
$\frac{3}{8}$ c. brown sugar
$\frac{1}{3}$ c. melted fat
1 c. apple puree
1 egg, beaten

(1) Sift together the flour, soda, salt, baking powder and brown sugar. (2) Combine apple puree, beaten egg, milk and melted fat. (3) Blend moist and dry ingredients together. Batter should be like muffins. (4) Spread  $\frac{1}{2}$  to  $\frac{2}{3}$  of batter in greased 9" x 9" bake pan. (5) Combine ingredients of filling and sprinkle evenly over batter. (6) Spread remaining batter on top of fruit filling. (7) Bake at 425°F. for 10 minutes. (8) Remove from oven, spread thin layer of apple puree on top, sprinkle with sugar and cinnamon. (9) Return to oven to finish baking and to brown. This will require 25 to 30 minutes. Serve hot.

### Apple Griddle Cakes

1 $\frac{1}{8}$ c. flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. soda	1 egg, beaten
2 tsp. baking powder	1 c. milk
2 tsp. sugar	$\frac{1}{2}$ c. apple puree
$\frac{1}{4}$ c. cornmeal	2 Tbsp. melted fat

(1) Sift dry ingredients together. (2) Combine milk and apple puree with egg. (3) Turn dry-mix into the apple-milk mixture. (4) Add melted fat and stir only to get batter smooth. (5) Cook cakes on a moderately hot griddle, as they tend to brown more readily than regular griddle cakes. Cook slowly until the surface is covered with bubbles, turn, and cook until brown as desired.

### Apple Sandwich Bread

$\frac{1}{3}$ c. shortening	2 c. flour
$\frac{2}{3}$ c. brown sugar	1 tsp. soda
1 egg, beaten	1 tsp. baking powder
1 c. apple puree	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. milk	$\frac{1}{2}$ c. dates, cut
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ c. nuts, chopped

(1) Cream shortening and brown sugar together before adding egg. Mix well. (2) Sift dry ingredients together. Add dates and nuts to flour. (3) Mix apple puree, milk and vanilla, then add alternately with flour mixture to sugar mixture. (4) Turn batter into waxed paper-lined loaf pan. Spread batter to corners, making slight depression in center so loaf will rise evenly. (5) Bake at 350°F. for 50 to 55 minutes, or until done. (6) Slice for sandwiches when cool.

### Apple Crescents

$\frac{1}{4}$ c. warm water (85° F.)	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ Tbsp. sugar	3 Tbsp. fat, melted and cooled
1 envelope granular yeast	$\frac{1}{2}$ c. nuts, chopped
$\frac{1}{2}$ c. apple puree	$\frac{1}{2}$ c. dates, cut
1 egg, beaten	$\frac{1}{2}$ c. spiced gum drops, or orange slice candy, finely cut
3 c. flour	
$\frac{1}{3}$ c. sugar	

(1) Add the 1  $\frac{1}{2}$  Tbsp. sugar to the warm water. Dissolve and add yeast. Let set 5 minutes or until light. (2) Combine apple puree and egg, then add yeast mixture. (3) Mix flour, salt and sugar together. (4) Add one-third of flour. Beat to have a smooth batter. Cover and set in a warm place until doubled in bulk. (5) Add remaining flour, fat, and remaining ingredients. If dough seems too soft, use not more than a few spoonfuls of flour. (6) Shape into round ball. Divide dough into fourths. Divide each fourth in nine portions. (7) Grease hands lightly and roll each portion of dough between the palms to form a finger-like roll. Curve to form a crescent and place to rise on a greased baking sheet. (8) Cover and let rise until light—approximately 1  $\frac{1}{4}$  to 1  $\frac{1}{2}$  hours. (9) Bake at 375°F. for 15 to 17 minutes. (10) Spread warm rolls with glaze made:

1 Tbsp. margarine, 1 Tbsp. milk and  $\frac{1}{4}$  c. brown sugar. Mix and let boil 1 minute. Add 1 Tbsp. cold milk,  $\frac{1}{4}$  tsp. vanilla and enough confectioners' sugar to have frosting of spreading consistency.

A small piece of maraschino cherry on top adds color.

Yield: 36 rolls

### Apple 'n Spice Doughnuts

- |                           |                             |
|---------------------------|-----------------------------|
| 1 Tbsp. sugar             | 3 c. (or more) flour        |
| ¼ c. warm water (85° F.)  | ½ tsp. cinnamon             |
| 1 envelope granular yeast | ¼ tsp. ginger               |
| 1 egg, beaten             | ¼ tsp. allspice             |
| ½ c. apple puree          | ¼ tsp. nutmeg               |
| ½ c. sugar                | ½ tsp. salt                 |
|                           | ¼ c. fat, melted and cooled |

- (1) Combine the yeast, warm water and 1 Tbsp. sugar. Let set until very light. (2) Mix together the beaten egg, apple puree and sugar. Add the yeast mixture. (3) Sift flour, salt and spices together. (4) Add 1/3 of flour to yeast mixture. Beat well. (5) Stir in cooled shortening, then the remaining flour. Mix to form a soft dough. (If necessary to add more flour, use no more than 1/4 cup.) (6) Place dough in greased bowl, cover, and set to rise in a warm place. (7) When doubled in bulk, dough is ready to be rolled to 1/2 inch thickness. (8) Cut into rings with floured cutter. Place rings on clean cloth, cover and let rise until doubled in bulk. (9) Fry doughnuts in fat heated to 350°F., putting raised side down into the fat. Do not allow fat to become too hot; these doughnuts brown more readily than do plain ones. (10) When done, remove from fat and drain. Roll in sugar, or cinnamon-sugar. Yield: 20 to 24 doughnuts

## Apple Cakes

Apple puree may be used in sponge cakes as well as in cakes containing shortening.

### Apple Cake Roll

- |                      |                             |
|----------------------|-----------------------------|
| 3 eggs, beaten       | ½ tsp. cinnamon             |
| ¾ c. sugar           | dash of cloves              |
| ½ c. apple puree     | ⅛ tsp. nutmeg               |
| 1 c. flour           | ½ c. raisins, cut           |
| ¼ tsp. salt          | 4 to 6 oz. cream cheese     |
| ¼ tsp. soda          | 1 Tbsp. orange rind, grated |
| ½ tsp. baking powder | 3 to 4 Tbsp. milk           |
|                      | confectioners' sugar        |

- (1) Beat eggs until thick and lemon colored. Gradually add the sugar, beating well after each addition. (2) Fold in apple puree. (3) Sift together the dry ingredients. Fold dry ingredients into apple mixture. (4) Add cut raisins. (5) Turn cake batter into 10" by 15" bake pan lined with waxed paper. (6) Bake at 375°F. for 20 to 25 minutes, or until cake springs back when lightly pressed. (7) Turn cake onto paper lightly dusted with confectioners' sugar. Quickly remove waxed paper from cake. Trim crusts from edges. (8) Roll like a jelly roll. Cool. (9) Blend together the cream cheese, milk and orange peel. (10) Unroll cake, spread with cheese mixture and re-roll. Dust surface of roll with confectioners' sugar.

### Apple Fudge Loaf

$\frac{1}{3}$  c. shortening  
 $\frac{7}{8}$  c. sugar  
 2 eggs, beaten  
 1 $\frac{1}{2}$  oz. chocolate  
 $\frac{1}{2}$  c. apple puree  
 $\frac{1}{2}$  tsp. vanilla

$\frac{1}{8}$  c. cake flour  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. soda  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  c. nuts, chopped

(1) Cream thoroughly the shortening, sugar, and eggs. (2) Blend melted chocolate with sugar mixture, then add the apple puree and vanilla. (3) Sift dry ingredients together. Blend nuts with flour mixture. (4) Combine flour mixture with apple mixture. (5) Turn batter into 9" x 9" cake pan which has been greased and floured or lined with waxed paper. (6) Bake at 375°F. for 30 minutes.

## Apple Cookies

Apple puree may be used in the dough of some cookies or as a fruit filling in others. Considerable variation in flavors and cookie shapes is possible with these recipes.

### Apple Pin Wheels

#### FILLING

2 c. apple puree  
 $\frac{3}{4}$  c. dates, cut  
 1 to 1 $\frac{1}{2}$  c. sugar  
 1 c. nuts, chopped  
 1 Tbsp. orange peel, grated  
 1 $\frac{1}{2}$  Tbsp. quick tapioca

#### COOKIE MIX

2 c. brown sugar  
 1 c. shortening  
 3 eggs, beaten  
 $\frac{1}{2}$  tsp. vanilla  
 4 $\frac{1}{2}$  c. flour, sifted  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. soda

**Filling.**—Mix together fruits and sugar. Cook 20 to 30 minutes until very thick. Remove from heat, add nuts, orange peel and tapioca. Cool before using. Divide into four parts.

**Cookie Mix.**—(1) Cream the shortening, adding sugar gradually. Blend well. Add eggs and vanilla. (2) Sift together the flour, salt and soda before adding to the sugar mixture. (3) Divide dough into four portions. (4) Roll or flatten each portion of cookie dough between layers of waxed paper to approximately 1/4-inch thickness. Keep rolled dough as nearly rectangular in shape as possible. (5) Spread each portion of dough with one-fourth of the fruit filling. (6) Roll like jelly roll starting with the long side. Chill thoroughly. When partially firm, re-shape roll, as there may be a tendency for it to flatten somewhat.\* (7) Cut in 1/4-inch slices and place to bake on greased pan. (8) Bake at 375° F. for 10 to 12 minutes, or until as brown as desired. Allow cookies to cool a minute before removing from bake pan. Yield: 25 to 30 cookies, each roll.

\* Rolls of cookies may be stored in the refrigerator to slice and bake as needed, or wrapped and stored in home freezer.

### Apple Refrigerator Cookies

$\frac{3}{4}$ c. shortening	$2\frac{1}{2}$ c. flour
$1\frac{1}{4}$ c. brown sugar	$\frac{1}{2}$ tsp. soda
1 egg, beaten	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. apple puree	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ c. raisins, cut	$\frac{1}{4}$ tsp. allspice
$\frac{1}{2}$ c. nuts, chopped	$\frac{1}{4}$ tsp. nutmeg

(1) Cream shortening and brown sugar; mix in egg and apple puree. Blend well (2) Sift dry ingredients together. Add nuts and raisins to flour mixture. (3) Add flour to apple mixture. (4) Form into rolls; wrap in waxed paper and chill until firm in refrigerator or freezer. (5) Slice cookies  $\frac{1}{4}$  inch thick. Place on greased baking sheets. Dip table fork into sugar and press on top of each cookie to decorate (6) Bake cookies at  $375^{\circ}\text{F}$ . for 10 to 15 minutes, or until as brown as desired.

### Apple Nuggets

$\frac{1}{2}$ c. shortening	1 tsp. salt
$\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ tsp. soda
1 c. white sugar	1 tsp. cinnamon
1 egg, beaten	$\frac{1}{2}$ tsp. allspice
1 c. apple puree	4 c. flour
18 pieces of orange gelatin candy slices	1 c. oats

(1) Thoroughly cream together the shortening, sugars and beaten egg. (2) Add apple puree to creamed mixture and blend well. (3) Sift together the soda, salt spices and flour. (4) Add dry ingredients to apple-sugar mixture. Add oats last. Dough will seem soft. (5) Use tablespoon of measuring set to shape cookies. Place on greased tin. (6) Chill 15 to 25 minutes to firm the dough. (7) Divide each candy slice into 4 pieces. (8) Make depression in center of each cookie, and place candy in it. Use fingers to form dough over the candy. (9) Bake in  $375^{\circ}\text{F}$ . oven for 10 to 12 minutes, or until as brown as desired. Yield: 6 dozen cookies

### Apple Oat Bars

#### FILLING

2 c. apple puree
1 c. crushed pineapple, drained
$\frac{3}{4}$ c. sugar
1 tsp. lemon peel, grated
$1\frac{1}{2}$ Tbsp. quick tapioca

#### COOKIE MIX

$\frac{7}{8}$ c. melted fat
1 c. brown sugar
$\frac{1}{4}$ c. white sugar
2 Tbsp. water
1 tsp. vanilla
$\frac{1}{4}$ tsp. salt
1 tsp. soda
2 c. oats, quick cook
2 c. flour, sifted

**Filling.**—Mix together the fruits and sugar. Cook 20 to 30 minutes, or until very thick. Remove from heat; add lemon peel and tapioca. Cool before using.

**Cookie Mix.**—(1) Mix together the melted fat, sugars, vanilla and water. (2) Sift flour, soda and salt together before mixing with oats. (3) Combine dry mix with moist part using fork or fingers. Mixture should be of crumbly consistency. (4) Evenly and firmly press a little more than half the crumb mixture into a  $10'' \times 15''$  bake pan. (5) Spread fruit filling on top of crumb layer. (6) Add remaining crumb mixture and press lightly. (7) Bake 30 minutes at  $350^{\circ}\text{F}$ ., or until as brown as desired. (8) Partially cool before cutting into  $1'' \times 2''$  bars, or size desired. Place bars on rack to finish cooling. Yield: 36 bars.

## Apple Cocoroons

$\frac{3}{8}$ c. shortening	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. white sugar	$\frac{1}{2}$ tsp. soda
$\frac{2}{3}$ c. brown sugar	$\frac{1}{2}$ tsp. baking powder
1 egg, beaten	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. apple puree	$1\frac{1}{3}$ c. oats, quick cook
$\frac{1}{2}$ tsp. almond extract	2 c. Rice Krispies cereal
1 c. cocoanut	

(1) Cream the fat. Add sugar gradually, then the egg. Mix until well blended. (2) Add the apple puree and flavoring, then the cocoanut. (If cocoanut is in long hreds, cut into smaller bits before adding.) (3) Sift soda, salt and baking powder with the flour. Combine the oats and rice cereal with the flour before adding to the apple mixture. (4) Use tablespoon of measuring set to shape cookies; level dough with spatula before placing cookie on greased tins to bake. (5) Bake at 375°F. for 12 to 15 minutes, or until as brown as desired. Longer baking gives a crisp cookie. If a chewy cookie is desired, bake only until light brown.

Yield: Approximately 4 dozen

## Apple Brownies

	CHOCOLATE BROWNIES	COCOA BROWNIES	SPICE BROWNIES
Shortening	$\frac{1}{4}$ c.	$\frac{1}{3}$ c.	$\frac{1}{3}$ c.
Sugar	$\frac{3}{4}$ c.	$\frac{3}{4}$ c.	$\frac{3}{4}$ c.
Egg, beaten	1	1	1
Apple puree	$\frac{1}{2}$ c.	$\frac{1}{2}$ c.	$\frac{1}{2}$ c.
Vanilla	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.
Flour	1 c.	1 c.	1 c.
Soda	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.
Baking Powder	$\frac{1}{2}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{1}{2}$ tsp.
Salt	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.	$\frac{1}{4}$ tsp.
Nuts, chopped	$\frac{1}{4}$ c.	$\frac{1}{4}$ c.	----
Chocolate, melted	$1\frac{1}{2}$ oz.	----	----
Cocoa	----	$\frac{1}{3}$ c.	----
Chocolate bits	----	----	$\frac{1}{2}$ c.
Cinnamon	----	----	$\frac{1}{2}$ tsp.
Nutmeg	----	----	$\frac{1}{4}$ tsp.
Allspice	----	----	$\frac{1}{4}$ tsp.

(1) Cream together the fat, sugar and egg. Add vanilla. (2) Melted chocolate, if used, is blended with sugar mixture. (3) Sift dry ingredients together. (4) Cocoa or spices, if used, are combined with the flour. (5) Alternately add sifted dry ingredients and apple puree to sugar mixture. (6) Stir in nuts or chocolate bits during last few mixing strokes. (7) Turn batter into waxed paper-lined 9" by 9" bake pan. (8) Bake at 350°F. for 25 to 27 minutes, or until done. (9) Turn from pan to cool. When cool, frost top of Chocolate or Cocoa Brownies with orange frosting made:

1 Tbsp. butter, 1 Tbsp. orange juice,  $\frac{1}{2}$  Tbsp. grated orange peel, and confectioners' sugar. Blend together the butter, orange peel and juice. Add sugar to have frosting of spreading consistency.

(10) Cut into squares or bars.

Yield: 16 to 18 brownies

### Apple Spice Drops

½ c. shortening  
 1 c. sugar  
 1 egg, beaten  
 1 c. apple puree  
 ½ c. raisins, cut  
 ⅓ c. nuts, chopped  
 2 c. flour

1 c. bran cereal  
 ½ tsp. salt  
 1 tsp. soda  
 ¾ tsp. cinnamon  
 ½ tsp. allspice  
 ½ tsp. nutmeg  
 ¼ tsp. ginger

(1) Cream shortening. Add sugar gradually, blending well after each addition  
 (2) Add egg and apple puree to sugar mixture. (3) Sift flour, spices, salt and  
 soda together. Mix in bran, raisins, and nuts. (4) Combine dry ingredients with  
 apple part. (5) Use tablespoon of measuring set to shape cookies. Level dough  
 with spatula before placing cookie on greased tin to bake, or drop by teaspoonsful  
 onto baking sheet. (6) Bake cookies at 375°F. for 12 to 15 minutes, or until a  
 brown as desired. Yield: Approximately 3 dozen

# Apple Desserts

Desserts made with apple puree may be served frozen  
 or hot from the oven.

### Frozen Apple Mallow Pie

#### CRUMB PASTRY

1½ c. graham cracker crumbs  
 (15 to 18 crackers)  
 2 Tbsp. sugar  
 ¼ tsp. cinnamon  
 ⅓ c. margarine, soft

#### FILLING

20 marshmallows  
 ¼ c. hot water  
 1 c. apple puree  
 1 Tbsp. lemon juice  
 2 Tbsp. orange juice  
 ¼ c. sugar  
 ½ c. evaporated milk  
 (chilled)

(1) Roll crackers to fine-crumb size. Add cinnamon and sugar to crumbs. (2) Mix  
 soft margarine with crumbs. Reserve ¼ cup crumbs to use as topping on pie. (3)  
 Press crumb mixture evenly and firmly into 9 inch pie pan.\* Chill thoroughly  
 before adding filling. (4) Combine marshmallows and hot water in top part of  
 double boiler. Heat over simmering water until marshmallows are just soft. Blend  
 until smooth and creamy. If melted too much, set utensil in cold water to allow  
 marshmallow mixture to thicken somewhat before using. (5) Add juices and sugar  
 to apple puree and combine with marshmallow. (6) Turn chilled milk into bowl  
 and whip with rotary beater until stiff. (7) Carefully fold fruit-marshmallow mix-  
 ture into whipped milk. (8) Turn filling into chilled crumb crust. Sprinkle top  
 with crumbs before freezing.

\* May use refrigerator ice-cube tray.

### Apple Souffle or Sponge

1/3 c. flour	1 c. apple puree
1 c. sugar	1/3 c. milk
1 Tbsp. lemon rind, grated	3 egg yolks, beaten
3 Tbsp. butter	3 egg whites, beaten
2 Tbsp. lemon juice	1/4 tsp. vanilla

(1) Combine sugar, flour and grated lemon rind. Work butter into dry mix until consistency of coarse meal. (2) Mix milk, lemon juice, vanilla and egg yolk with apple puree, then combine with sugar mixture. (3) Fold in stiffly beaten egg whites. (4) Turn into greased custard cups or baking dish. (5) Set in pan of hot water and bake at 350°F. for 30 to 45 minutes, or until done when tested with knife. Blade of knife inserted in center of souffle should have no souffle clinging to it when done. (6) Serve either warm or cold. Yield: 8 servings

### Apple Torte

1/4 c. margarine or butter	1 c. flour
1 c. brown sugar	1/2 tsp. soda
1 egg, beaten	1 tsp. baking powder
1 c. apple puree	1/2 tsp. salt
1/2 tsp. vanilla	1 tsp. cinnamon
1/2 c. dates or raisins, cut	1 c. oats, quick cook

(1) Cream margarine and sugar together before adding egg and apple puree. Blend well. (2) Stir in vanilla and dates. (3) Sift the flour, soda, salt, baking powder and cinnamon together; mix with the oats before adding to apple mixture. (4) Spread batter in 7" x 11" greased bake pan. (5) Bake at 350°F. for 30 minutes, or until done. (6) Serve warm with pudding or hard sauce.

### Frozen Apple Creme

1/2 Tbsp. gelatin (unflavored)	1/2 c. orange juice
2 Tbsp. water	1/4 tsp. salt
1 c. apple puree	1/4 tsp. vanilla
2/3 to 3/4 c. sugar	1 c. evaporated milk
2 Tbsp. lemon juice*	(chilled)**

(1) Add gelatin to water to soften; use custard cup or other cup. (2) Combine apple puree, sugar, salt and juices. Mix until sugar is dissolved. (3) Set cup of gelatin in pan of water and heat until gelatin is dissolved. (4) Blend dissolved gelatin with remaining cold apple mixture. Add vanilla. (5) Freeze, using either of the following methods:

**Method I.**—*When using a home freezer or refrigerator.* Allow apple-gelatin mixture to partially congeal. Whip chilled evaporated milk. Carefully fold thickened fruit mixture into whipped milk, adding a few spoonfuls at a time. Dessert may be frozen in refrigerator trays or in freezer cartons. Turn temperature control to coldest point and freeze until firm.

**Method II.**—*The volume is somewhat larger and creme is smoother in texture if a dasher-type ice cream freezer is used.* It is not necessary to whip milk nor allow apple mixture to partially congeal before combining ingredients. Fill freezer can not over 2/3 full; allow ample space, as there is great expansion during freezing. Freeze until mixture is firm and clings to dasher. May be packed into cartons when frozen to store in freezer cabinet.

Reduce lemon if puree is very tart.

\* Non-fat dried milk may be used instead of the evaporated milk. Use 2/3 cup milk powder and 1 cup warm water for each cup of evaporated milk needed. If milk powder is lumpy, put through a sieve. Place water in bowl and sprinkle dried milk powder over top of water. Beat until smooth, using rotary beater or electric mixer. Combine with remaining ingredients. Use with dasher-type ice cream freezer.

### Apple Float

Fill glass tumbler slightly more than half full with chilled apple juice. Add a generous spoonful or an ice cream dipper full of Frozen Apple Creme. (See page 14.) Stir slightly. Finish filling glass with chilled ginger ale. Stir slightly and serve at once.

## Miscellaneous

### Sandwich Spread

- |                              |                     |
|------------------------------|---------------------|
| 6 Tbsp. chopped peanuts      | 3 oz. cream cheese  |
| or                           | 6 Tbsp. apple puree |
| 6 Tbsp. chunky peanut butter |                     |

Allow cheese to warm to room temperature before blending with other ingredients. Place in refrigerator to become firm before spreading filling.

### Apple Meat Loaf

- |                               |                       |
|-------------------------------|-----------------------|
| 1 Tbsp. onion, finely chopped | 1/2 tsp. dry mustard  |
| 1 lb. beef, ground            | 1/2 tsp. ginger       |
| 1/4 lb. pork, ground          | 1/8 tsp. black pepper |
| 1/3 c. dry bread crumbs       | (optional)            |
| 1/3 c. oats, quick cook       | 1 egg, beaten         |
| 1 1/2 tsp. salt               | 3/4 c. apple puree    |
| 1 Tbsp. brown sugar           |                       |

(1) Mix onion with the meats. (2) Blend together the crumbs, oats and seasonings. (3) Combine egg and apple puree with crumbs, then mix with meats. (4) Form into loaf. (5) Bake in a moderate oven—350° F. to 375° F.—for 1 to 1 1/4 hours.

