

APPLE-CRANBERRY SAUCE

- 6 ounces fresh or frozen cranberries (1/2 package)
- 4 large apples, cored, peeled and diced into chunks
- 1/2 C water
- 1 C sugar (adjust depending on tartness of apples)

Place all ingredients in a sauce pot and bring to a boil. Simmer until apple chunks are just tender. Sauce will thicken and color will blend as it cools. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by Crist Brothers Orchards Inc.

ORANGE-YOGURT DIP FOR FRESH FRUIT

- 1 carton (8 ounces) lowfat plain yogurt
- 2 T honey
- grated peel of 1/2 orange
- 2 oranges, peeled, segmented
- 1 medium apple, unpeeled, sliced*
- 1 medium banana, peeled, cut into chunks

In small bowl, combine yogurt, honey and orange peel. Serve as a dip with oranges, apple and banana. Makes 4 servings (2 ounces dip each). This is an official 5 A Day recipe.

*Sprinkle cut apple and banana with a small amount of orange or lemon juice to prevent fruit from darkening.

Recipe provided by Sunkist Growers, Inc.

SUNSHINE FRUIT SAUCE

- 6 C peeled and sliced apples and pears
- 1 1/2 C prune juice
- 1 C (about 6 ounces) pitted prunes
- 1 to 2 T brown sugar
- 2 t grated orange peel or 2 t vanilla or 1 t anise seeds
- 4 orange slices, halved

In 3-quart saucepan combine apples, pears and prune juice. Bring to boil; reduce heat and simmer about 30 minutes until fruit is tender, stirring occasionally. Stir in prunes and sugar. Simmer about 10 minutes until prunes are plumped. Stir in orange peel. Cool to room temperature. Pour into bowl, mix in orange slices and cover and refrigerate up to 2 weeks. Use as a topping for cereal, pancakes, waffles, french toast, or as a relish with poultry, beef and pork dishes. Makes 8 servings. This is an official 5 A Day recipe.

APPLE MARMALADE

Peel, core and cut up 12 lb. of apples and cook very gently with 6 lb. of sugar and 1 quart of cider till the fruit is very soft. Then pour through a sieve and place in glass jars. This is delicious with cream as a sweet.

APPLE HONEY

Boil apples slowly for a very long time without any addition of sugar. When cooked long enough it is thick and brown, and very sweet, and will keep any length of time.

SPICED APPLES

Peel some nice-shaped firm apples, and for every 3 lb. allow 1 quart of vinegar, 4 lb. of sugar, 1 OZ. of stick cinnamon, and 1/2 oz. of cloves. Boil sugar, vinegar, and spices together, then put in the apples, and let them cook until tender. Put them into a jar; boil down the syrup quite thick, and pour it over. Cover and keep for a few months in a cool place.

APPLE GINGER

- 4 lb. apples. 3 pt. water.
- 4 lb. sugar. 2 OZ. essence of ginger.

Boil sugar and water until they form a syrup. Add ginger. Pare, core and quarter apples, boil them in the syrup until transparent. Place in warm, clean, dry jars. Tie down at once. Another recipe. 3 lb. of apples, 1/4 lb. of preserved ginger. Pare apples and cut up in small pieces. Put in a basin of water till required; then put skins and cores into preserving pan, cover with water and boil till tender; strain and measure juice. To 3 pints of juice allow 2 lb. of sugar. Take next the cut apples and weigh them. To every 3 lb. allow 2 lb. of sugar. Put apples, juice, sugar and ginger all together into pan, and boil till ready.

APPLE JELLY

- 6 lb. apples (any kind).
- 1 lemon.

Wipe and cut apples in four, remove bad parts. Place in preserving pan with lemon, well cover with water. Boil to a pulp. Place in a bag, allow to drip into a clean basin all night. Return to pan, adding 1 lb. sugar to each pint of juice. Boil for 3/4 hour or until jelly will set. Pour into clean, dry, warm jar. Tie down at once.

CRAB-APPLE JELLY

Cook the Crab-apples with 6 cloves and an inch of ginger until the fruit is soft. Strain, boil again and add 3/4 lb. of sugar to a pint of liquid. Let boil until it jells. To make a successful jelly, the fruit should not be cooked too long, and the sugar should be added just before the strained liquid boils.

APPLES STEWED WHOLE

Take 6 large Red apples, wash carefully and put in a fruit kettle, with just enough boiling water to cover. Cover the kettle, and cook slowly until the apples are soft, with the skins broken and the juice a rich red color. After removing the apples, boil the juice to syrup, sweeten, and pour over the apples. A better plan is to make syrup with sugar and water in which apples are stewed whole or sliced. Some add a clove, others the rind of lemon to improve the flavor.

APPLES WITH RAISENS

Pare, core, and quarter a dozen or more medium-sized apples. Clean thoroughly one fourth the weight of apples in raisins, and pour over them a quart of boiling water. Let them steep until well swollen, then add the apples, and cook until tender. Sugar to sweeten may be added if desired, although little will be needed unless the apples are very tart. Dried apples soaked overnight may be made much more palatable by stewing with raisins or English currants in the same way for about 40 minutes.

APPLE SANDWICHES

- Cut apples into very thin slices, and lay between slices of bread and butter.
- Apple and Egg Cream
Stew and strain 1 large tart apple, when cold add the well-beaten white of an egg.

- Serve with cream.

APPLE WATER

The following is an excellent recipe for all fevers and feverish conditions:

- Slice thinly 3 or 4 apples without peeling.
- Boil in a saucepan with a quart of water and a little sugar until the slices become soft.
- The apple water must then be strained and taken cold.

APPLE FOOL

- 2 lb. of windfall apples,
- 4 oz. of brown sugar,
- 1 gill of water, a strip of lemon peel or z or 3 cloves or an inch of stick cinnamon,
- 1/2 pint of custard or cream.

Wash and wipe the fruit, remove any damaged portions, and cut into quarters without peeling or coring. Put it into a pan with the sugar, water, and flavoring, bring to the boil, and simmer until the fruit is soft. If too dry add a little more water. Rub through a sieve, and mix the puree with custard or cream.

APPLE JAM

- 8 lb. of each fruit,
- 1/2, pint of cider,
- 1/4 oz. of powdered cloves (no sugar is required).

Cut the apples (do not peel or core), put into a preserving pan, and add enough water to cover the bottom of the pan. Bring to the boil, then simmer until soft. Press out all the juice by pouring the fruit on to a fine hair sieve. Strain the juice through muslin, and boil it quickly in an uncovered pan until thick like syrup. Put the syrup into bottles and cork well. Tie bladder or run sealing wax over the corks, and store in a dry, cool place.

APPLE BUTTER

- 8 pounds apples
- 3 cups apple cider
- 1 cup apple cider vinegar
- 3 cups white sugar
- 2 1/4 cups packed brown sugar
- 1 tablespoons ground cinnamon
- 2 teaspoons ground cloves
- 2 teaspoons ground nutmeg

Prepare jars, screw bands, and lids. Sterilize canning jars. To sterilize jars place clean jars and screw bands in a large pot of water, bring to a rolling and boil hard for 10 minutes. Use jar lifters to remove jars. Jars can also be sterilized in the boiling water bath canner. Prepare lids according to manufacturers directions.

Wash; remove stems, quarter and core apples. Cook slowly in cider and vinegar until fruit is soft. Press fruit through a colander, food mill, or strainer. Cook fruit pulp with sugars and spices for about 20 minutes stirring frequently.

To test whether it is done, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for processing.

Pour hot apple butter into hot half-pint or pint jars, leaving $\frac{1}{4}$ -inch headspace. Wipe jar rims clean and adjust two-piece canning lids. Process 5 minutes in a boiling water bath canner.

Remove jars; allow to cool completely before checking seals. Label and date each jar. Store in a cool place away from direct sunlight for up to one year.