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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Friday, July 28, 1944.

Subject: "USE SUMMER APPLES NOW." Information from home economists of the U. S. Department of Agriculture.

--ooOoo--

Early summer apples, that ripen in July and August, are not good keepers, except as canned applesauce. Varieties like "Wealthy", "Yellow Transparent", "Duchess" or "Oldenburg", or "Gravenstein" are better used on the table now than stored. Let other trees, ripening in the late summer or early fall, supply your winter apple barrel, and try serving these summer apples for dessert while you have them.

Most of these varieties are fairly high in acid---they taste "sour" to eat in the hand---but they are excellent if you cook them. They are especially good cooked with different vegetables. For example, home economists of the U.S. Department of Agriculture suggest that you might have apples scalloped with cabbage. Just pack a greased baking dish with alternate layers of sliced apples and shredded cabbage. Season each layer with salt and a little fat. Sprinkle sugar on the apples. Spread bread crumbs on top. Cover and bake for about three-quarters of an hour, in a moderate oven---350 degrees---until the cabbage is tender and the apples are transparent. Toward the last uncover the dish so the crumbs will get nice and brown.

You can scallop apples and sweetpotatoes together in much the same way. If the sweetpotatoes are dry, add a tablespoonful or so of water to make steam in the dish until the juice runs out of the apples. Sprinkle the layers of apples with sugar, the sweetpotatoes with sugar and salt, and dot both with fat. Bake 15 or 20 minutes, at the end of the cooking time, remove the cover and let the sweetpotatoes brown.

Apples fried with carrots are a good combination. Use the same number of tart apples and medium-sized carrots---say half a dozen of each for a family of six. Pare the apples or leave the skins on, as you like. Core them, and slice into pieces about one-fourth of an inch thick. Scrape the carrots and cut them lengthwise into thin slices. Put 3 tablespoons of fat into a large skillet and spread the sliced apples and carrots over the bottom. Cover tightly, and cook slowly until the apples and carrots are nearly tender. Stir them frequently, so they won't scorch. Shortly before you finish cooking, take off the cover, sprinkle a tablespoonful of sugar and a little salt over all and let them brown. You can do apples with onions the same way, use about half as large a measure of onions as of sliced apples.

Or you could have plain fried apples as a relish with meat or poultry. Pare about 2 quarts of these tart summer apples, and cut into cubes. Put 4 tablespoons of fat into a skillet and fill the pan with apples. Sprinkle sugar over them or not, as you like. Sugar helps them to brown. Cover and cook slowly until the apples are tender. Remove the cover, turn the apples gently so the pieces will keep their shape, and let them brown and become transparent. Serve on a hot platter. If you have bacon, fried apples and bacon makes a good main dish. Cook the bacon first, take the slices out of the pan, drain on absorbent paper, and keep warm.--- Leave about 4 tablespoonfuls of bacon fat in the pan, and then fry the apples in this fat. Serve with the bacon.

Summer apples are tart enough to go well in salads. Equal parts of diced apples and finely shredded cabbage, mixed with your preferred salad dressing makes an excellent salad. Cream dressing with a bit of grated horseradish in it goes very well with this apple-cabbage combination.

On the dessert side, you can use the summer apples for almost anything you would make with other apples. In cooking these apples for sauce remember they have a good deal of juice and add only enough water to keep them from sticking until

their own juice cooks out. Too much water would dilute their flavor and make it necessary to add extra sugar to make the dish tasty. As soon as the steam starts rolling up, the apples will cook quickly and furnish their own juice. Cook them in a covered pan so the juice won't evaporate. Let the steam do the cooking. If you leave the skins on, put the sauce through a colander. Put sugar in at the end of the cooking period---just enough beforehand to make sure it dissolves thoroughly in the hot sauce. To save sugar, use a little less and add just a few grains of salt to bring out the sweetness. You can can applesauce after making it, either sweetened or unsweetened. Pack it boiling hot into hot containers, and process the jars for 10 minutes in a boiling water bath.

Use these summer apples for any kind of apple pie-- "kivered" or "unkivered" -- French, Dutch or English "deep-dish" apple pie, which is really a dish of baked sliced apples with a lid of biscuit dough. Use your own favorite apple pie recipe ---with or without cinnamon, or other spices. If you have cheese, you can use some to make an apple pie with a top crust "super-duper." After the pie is baked to a delicate brown, cut thin slices of cheese over the top, or grate the cheese and bake a little longer in a moderate oven until the cheese melts.

These summer apples are so juicy it would be hard to make apple dumplings of them, but you could have some apple turnovers. Roll the pastry dough out and cut into rounds about the size of a large saucer. On one-half of each pastry round, place layers of thickly sliced apples, sprinkled with a mixture of cinnamon, sugar and a little salt. Dot with butter. Moisten the rim of the pastry round. Fold over and press the two edges together firmly with the tines of a fork, and prick the top crust so the steam can escape. Bake in a moderately hot oven--375 to 400 degrees Fahrenheit -- for about 20 minutes, or until the apples are tender.

And don't forget to have apple brown betty while the summer apples are on hand. In fact, if you have any favorite apple dessert, now is the time to try it. Allowing for the extra juiciness and tartness, you can follow your regular recipes and at the same time make use of some of the fresh fruit that doesn't do so well stored.

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