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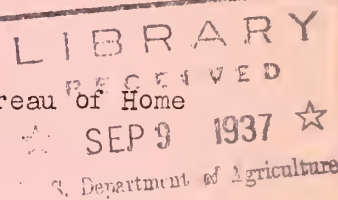


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HOUSEKEEPERS' CHAT

Saturday, September 11, 1937.

(FOR BROADCAST USE ONLY)

Subject: "NEWS NOTES FROM WASHINGTON." Information from the Bureau of Home Economics, and the Bureau of Agricultural Economics, U.S.D.A.



--ooOoo--

This week's letter from Washington is full of--apple sauce! That may sound like an odd subject for a letter, but I'll let you judge for yourself.

Writes our correspondent: "The scientists won't agree with me, of course, but I have my own pet theory as to why this year's apple crop is such a big one. My theory is that when the younger generation began kicking up their heels in a new dance called 'The Big Apple,' the apple trees of the country began celebrating, too--with the biggest apple crop since 1931. Judging by the estimates made here at the Department of Agriculture, the doctors of the country are in for a hard winter. According to the latest figures, the 1937 crop will supply enough for everyone in the United States to have an apple a day for months to come, and that includes scraped apple for the babies, and stewed apple for the old folks, and a jug of cider now and then for those who like their apples in liquid form.

"The predictions are that the crop this year will be 202 million 274 thousand bushels of apples--far above the average apple crop and almost 86 million bushels more than last year.

"As for me, I am rejoicing at the news of the big crop not only because I like apples, but because it gives me the chance I have long been waiting for--the chance to write a whole letter about the simplest and humblest of apple dishes, as familiar to every American as the strains of 'Home Sweet Home.' For a long, long time I have wanted to express myself on the subject of apple sauce, or 'sass,' as they say Down East, so here goes.

"Maybe you think there's no art or science needed in the making of such a common everyday article of diet as apple sauce, one which probably appears on American tables more often than any other fruit sauce. But the foods people who have made studies of apple cookery have another story to tell. They say that you can have success or failure in this as in every other dish, and that the results depend on the apples you use and on your method of cooking.

"Nobody needs to be told that all the apple sauce that comes from American saucepans is not ideal. Sometimes it is dark and unattractive from being overcooked or scorched on the bottom; sometimes it is tasteless because the apples used were overripe or flavorless; sometimes it is lumpy if the apples were spotted or bruised or too hard; and sometimes it is dry. But fortunately it often is glossy, clear, and smooth with a fresh-fruit taste that is both tart and sweet. And that's what most people mean by good apple sauce.



"The foods people find that the best variety of apple for sauce is one that cooks up quickly and is tart and juicy. Among the varieties recommended as good sauce-makers are McIntosh, Tompkins King, Northern Spy and Greening. The ideal stage of ripeness is not quite ripe enough for eating out of hand. Apples at that stage are tart and juicy, yet tender enough to cook up quickly.

"As for the cooking, the foods people always say that the shortest possible cooking saves the flavor and color of fruit. So they advise quartering the apples and cooking until soft--no longer. They recommend a covered kettle to hasten the cooking and save flavor. And they find that the amount of water you add to the apples may affect your sauce considerably. Use just enough water to keep the apples from sticking on the bottom, they say. Too much will mean soupy sauce or long cooking to evaporate the moisture.

"Some cooks pare their apples as well as quartering and coring them. Others leave the skin on and, after cooking, put the apples through a colander. You can make good sauce either way, the foods people find. The colander method saves time and apple, too, but occasionally the skin gives a slightly bitter taste to the sauce.

"Whether you add sugar during or after cooking is also a matter of choice. But because sugar tends to make fruit hold its shape during cooking and you want it to cook down for sauce, and because if it sticks to the pan and caramelizes, it may turn your sauce brown, it is probably better to add sugar after cooking.

"Maybe you never thought of adding salt to apple sauce, but this is highly recommended by the foods people who say a few grains of salt bring out the fine apple flavor. Then if you make sauce of tasteless apples, you can enliven it by adding a little nutmeg, cinnamon and cloves, or adding lemon juice for tartness. But if the sauce has a fresh apple flavor, such extra seasonings are unnecessary--in fact, they will blot out the apple's own flavor.

"I'll speak up anytime for apple sauce in its own simple unadorned state. But I know, too, that apple sauce fits into many an unusual dish that adds variety to the meal. Children especially like an apple-sauce dessert known as apple float. Make it by folding 2 cups of thick chilled sweetened apple sauce into 4 egg whites, beaten stiff, and put a dab of whipped cream on top. You can use apple sauce also to make a delicious inexpensive spicy winter cake, vaguely like gingerbread, that requires neither eggs nor baking powder.

"And then, when you want an interesting sauce to serve with cold meat or ham or pork, try adding whipped cream and horseradish to tart unsweetened apple sauce. Here are the proportions: 1 quart of tart sauce....1/2 cup of sugar....1/4 teaspoon salt.....4 or 5 tablespoons horseradish....and 1/2 cup of cream whipped.

"There. That concludes my apple sauce news except to tell you that if you want to put up apple sauce, you'll find directions in the Department of Agriculture's home canning bulletin."

That concludes this week's Washington letter. The canning bulletin mentioned you can have by writing direct to the Department of Agriculture at Washington, D.C. and asking for Farmers' Bulletin No. 1762 which goes by the name of "Home Canning of Fruits, Vegetables and Meats."

