



*So good  
any way  
every  
day*

So good . . . a big bite of a crisp juicy apple.

So good . . . a slice of apple pie. So good . . . apple sauce with pork. So good . . . a baked apple with custard. So good . . . in so many ways. And so good for you! Apples are a wonderful source of vitamins A, B, C and G, calcium, phosphorus, iron and pectin . . . to keep you in glowing good health. Easily digested, apples are non-fattening . . . and every time you eat an apple, you clean your teeth, brighten your smile.

# apples

N.Z. APPLE AND PEAR MARKETING BOARD

ASK AUNT DAISY

## More Apple Suggestions

**T**HERE is an almost unlimited number of ways of dealing with this most beautiful fruit, and we but touched the fringe of the subject last time. Be sure to preserve some, both in pieces and pulp for use in pies and tarts throughout the winter mixed with other preserved fruits for variety.

### Apple Pulp

This is most economical, as well as easy, for you need not even peel the apples, and you have plenty of apple sauce on hand all the winter, to use in tarts or as a spread, as well as with roast pork, pork sausages and roast mutton. Simply wipe the apples (cutting off any imperfections) and cut them up into a preserving pan, cores and everything. Barely cover with water and boil to a pulp, stirring and pressing with a spoon. Put through a sieve, pushing all the pulp through, so that only the skins and cores are wasted. Return to pan and boil up again, then fill, boiling, into hot sterilised jars, overflowing them, wipe tops and seal airtight immediately. A little sugar or honey may be added if desired in the second boiling, but it is not necessary.

### Adam's Pudding

One and a half pints milk,  $\frac{1}{4}$  lb. breadcrumbs, 1 tablespoon butter, pinch salt, 6 oz. sugar, about 1 lb. apples (weighed after being peeled and chopped),  $\frac{1}{2}$  teaspoon vanilla, 3 eggs, 1 tablespoon castor sugar. Boil milk and pour over breadcrumbs, stir in butter, salt and sugar. Leave  $\frac{1}{2}$  hour. Mix in finely chopped apples and vanilla, also beaten egg yolks. Butter a pie dish, pour in mixture and bake  $\frac{3}{4}$  hour. Beat whites stiffly with castor sugar, heap on pudding and return to oven to brown.

### Apple Curranty (Devonshire)

In this the apples are not cooked first. Three quarters of a pound of flour, small teaspoon baking powder, 4 large sour cooking apples,  $\frac{1}{2}$  lb. finely shredded suet, 2 tablespoons sugar, pinch salt, a few sultanas or currants, 1 egg and a little milk. Chop apples about the size of lump sugar. Put all into basin and mix with 1 egg and very little milk, not more moist than a cake. Bake about 1 hour, or boil in basin  $2\frac{1}{2}$  to 3 hours. Serve with Devonshire cream (or ordinary cream).

### Apple Cake (No Eggs)

In this one also, the apples are uncooked, just chopped. Two and a half cups flour (some wholemeal),  $2\frac{1}{2}$  teaspoons baking powder, 1 cup sugar,  $\frac{1}{2}$  cup butter or good shortening, 1 cup chopped nuts,  $1\frac{1}{2}$  cups minced or finely chopped apples, 2 tablespoons cocoa, 1 cup raisins, 1 teaspoon spice, pinch salt. Cream shortening and sugar, add uncooked apple and a little vanilla. Mix in sifted dry ingredients with enough milk to make soft cake mixture. Bake in moderate oven  $1\frac{1}{2}$  to 2 hours, according to depth of cake.

### Apple Pudding (Like a Sponge)

Fill well-buttered deep pie plate with any sponge cake mixture. Into this drop peeled and quartered apples and bake as for a sponge cake. Serve tepid, or cold, sprinkled with a little sugar.

### Apple Sandwich Cake

One breakfast cup brown sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon mixed spice,  $\frac{1}{2}$  cup raisins, 2 well-beaten eggs,  $\frac{1}{2}$  cup butter, 1 teaspoon baking soda, 1 cup

thinly sliced apples,  $\frac{1}{2}$  cup walnuts. Cream butter and sugar, add well beaten eggs, then flour sifted with baking soda and spices. Into this stir raisins and nuts. Place half this mixture in prepared tin; then sliced apples, sprinkled with a tablespoon of sugar and a pinch of cinnamon. Next add the remainder of the mixture. Put in good oven—about 1 hour. When nearly cooked, sprinkle top of cake with 1 tablespoon of brown sugar, a little cinnamon and nutmeg. Put greased paper on top so sugar won't burn. Take off just before taking cake from oven. Keep 2 or 3 days before cutting. If preferred, fruit and nuts may be omitted.

### Apple Sauce Cake (No Eggs)

One cup sugar, 1 cup stewed apple (as dry as possible and unsweetened),  $\frac{1}{2}$  cup seeded raisins,  $\frac{1}{2}$  cup sultanas,  $\frac{1}{4}$  cup nuts,  $\frac{1}{2}$  teaspoon cinnamon, pinch salt,  $\frac{1}{2}$  cup butter, 2 cups flour,

### ASPARAGUS AND HAM ROLLS

**USE** cooked asparagus. Grill thin slices of uncooked ham on both sides. On each slice of ham place several stalks of asparagus. Then roll up the ham slices. On each roll of ham and asparagus serve a generous amount of this thin rich cheese sauce. In the top of a double boiler melt  $\frac{1}{4}$  packet processed cheese (i.e.,  $\frac{1}{8}$  lb.). Gradually add  $\frac{1}{3}$  cup milk, stirring all the time till smooth. Or serve the rolls without sauce if preferred.

1 tablespoon peel, 2 level teaspoons baking soda, 1 tablespoon hot water. Cream butter and sugar, add cold stewed apple, then fruits. Dissolve baking soda in hot water, add sifted dry ingredients. Put in greased tin, sprinkle nuts on top. Moderate oven, about 1 hour.

### Apple Meringue Cake

Half cup shortening, 1 cup brown sugar, 2 egg yolks, unbeaten, 2 cups sifted flour, 1 teaspoon baking soda,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon each of cloves and nutmeg, 1 cup thick, unsweetened apple sauce. Cream the shortening together with the brown sugar, add the egg yolks, blend well. Sift together the flour, baking soda, salt and spices, add to the creamed mixture alternately with the apple sauce. Pour into a greased tin 8 inches by 12 inches, which has been lined with wax paper; top with the meringue.

**Meringue:** Two egg whites,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup nuts, chopped fine. Beat the egg whites until stiff, gradually add the sugar, beat again until the mixture peaks. Spread over the raw batter, sprinkle with finely chopped nuts. Bake in moderate oven until done.

### Apple and Quince Butter

This is a South African recipe, and makes a good spread or sauce. Equal quantities of apples and quinces, peeled and cored. Cook all peels and cores together first—cover them with water and boil for about 30 minutes, then strain the juice, getting all the goodness through. In this strained juice boil the sliced quinces and apples till soft. Then rub through sieve. Add half the weight in sugar and boil gently until thick. Seal airtight in hot, dry jars.

### Apple Filling

Bake 4 large apples. Mix the pulp of the apples with the juice of 1 orange, (continued on next page)

