



Apples as Food.

THERE is no fruit grown in the temperate zone that is so valuable to the mass of mankind as apples, none other which is so great a benefaction to so large a proportion of the community in which they are known and appreciated. Apples are the oldest fruit known, and must have originally come from the East, for they are credited with having been used to tempt mother Eve, and with having imparted to her the knowledge of good and evil.

Be that as it may, she exhibited a woman's wisdom in choosing the best and most permanently useful of all the fruits, instead of the one that owned the brightest color (the orange), and in this respect at least has set an example to her descendants. It is a great pity that the true value is not set upon the apple by every one who plants an apple tree—that the soundest, and juiciest, and most excellent qualities are not always selected, and that the reputation of the fruit, as well as its value as a food and remedial agent, should suffer through ignorance, carelessness, and indifference. Apple-growers might be forgiven if they only sent two kinds of apples to market, the Spitzenberg, and Rhode Island "Greening," the genuine Greening, not the "state" Greening which is sold to ignorant dealers as the genuine article. The Spitzenberg (always meaning the true "Spitz") is the finest table apple grown, not excepting the finest of the "Strawberry" varieties, which is pretty to look at, but does not approach the first in flavor. The Greening (R. I.), the most admirable cooking apple, easily digested, and possessed of a delicious acid—not too keen but assimilative—is a fine medium for other food-elements not so easily disposed of.

The Baldwin, a coarse-grained variety, deficient in flavor, and not at all so valuable for its digestive qualities, is sometimes sold for Spitzenberg, and the poor buy it because it is marketable, keeps well, and sells at a low figure, but with care, and the improved methods of transportation there is no reason why we should not have the best apples, and plenty of them at a moderate price.

Apples for Breakfast.—Early in the morning is a fine time to eat apples, especially apples cooked. A good rule is, in fact, to eat apples raw (Greenings) before breakfast (and when you cannot get oranges) and apples cooked, that is baked, stewed, compote, or as marmalade with breakfast.

Apples Baked.—Core but do not peel a dozen large smooth apples, fill the cavities with sugar and grated lemon peel, also a little of the lemon juice, and a clove. Put them in a buttered pan. Bake in a quick oven; if they are Greenings, fifteen minutes will be sufficient. Eat them warm, with or without milk, or more sugar.

Stewed Apples.—Peel, core, and quarter your apples, and throw them into a stew-pot in which already a syrup has been made of a cup of sugar, a half a cup of water, the grated rind and juice of a lemon, and a stick of cinnamon. Cover close, and shake a little to loosen when they come to a boil. When tender or soft, turn out into a bowl, and then into a covered china dish or jar.

A Compote of Apples.—This is more of a "company" dish than the others, and requires some care to make it look and taste as well as it can made to look and taste. It was Miss Phoebe Cary's favorite method of cooking apples, and those who were in the habit of enjoying "Sunday evening tea" at their cozy house in East 20th street, will remember how often the handsome glass dish of apple compote made its appearance; and how delightfully it was prepared.

Peel and core tart, medium sized apples, and place in half a pint of clear, cool water. Make a clear syrup of this water, a cup of granulated sugar, the juice and grated rind of a large lemon, and some stick cinnamon, which last should be removed from the syrup. Put the apples in this syrup in a porcelain kettle, and cover close. Let them simmer, not boil, until they are transparent, but not broken. Remove them with a skimmer to the

dish in which they are to be served, boil up the syrup with the lid off, and pour over them.

Apple Custard.—A soft custard made of the yolks of five eggs to a quart of rich milk, and piled up on a dish of compote, renders it a fine dessert dish. The whites should be whipped, and placed on top, with a small island of currant or raspberry jam in the center.

Fried Apples.—It goes "against the grain" to furnish a receipt for *frying* anything; but there are people who still adhere to so obsolete a practice, and will even barbarously fry apples. So if it must be done, let it be done in the best manner. The skillet (not the frying-pan) should be delicately clean, and a little of the sweetest of sweet butter put in it, and heated to the boiling point. Cut tart, juicy apples into round slices (without peeling) a third of an inch thick, fry them quick in the heated butter, browning on both sides, and send to table with boiled pork chops, or an underdone porterhouse steak.

Apple Fool.—Peel, core and thinly slice some apples of a kind that will cook to a soft pulp; put them in a stone jar with sufficient white sugar to sweeten, and two tablespoons of water. Place the jar in a saucepan of hot water, and boil until the apples are very soft. Then turn the apples out of the jar into a bowl, and beat them to a smooth pulp. Let it stand to get quite cold, and then mix sufficient cream with it to soften and tint it. Put in custard glasses, or in a glass dish, and grate a little nutmeg over it. The natural flavor of the apples is most delicate in this dish, and, therefore, any flavoring but the smallest *souffron* of nutmeg spoils it.

Apple Sauce with Dried Apples.—Soak the apples (one pound) over night in just water enough to cover them, and in the morning add to this half a pint of nice sweet cider, half pound of sugar, and a grating of nutmeg. Let them cook till tender, in fact, till pulpy, adding if you choose a few raisins. If you cannot get cider use lemon, the grated rind and juice, and half the bulk of cider in water. This sauce makes nice pies, but they should be made thick, the crust only thin as well as light and flaky.

Apples for Dinner.—When cook is busy and desserts are scanty, apples will any time be sufficient dessert for sensible people, particularly if a dainty biscuit and modicum of cheese be added to "flavor" the after-dinner coffee. A dish of fine apples never comes amiss, and is a dessert fit for a king, but for a change it may be worth while to indulge the appetite and revive old associations with a favorite pie or pudding.

Eve Pudding.—Put into a mixing bowl half a pound of fine bread crumbs mixed with three ounces of suet chopped and sifted, four tart apples peeled, cored, and chopped, a cup of cleaned currants, the rind and juice of a lemon, a little salt, three eggs, and a little sugar put into a pint of cider, with which it is to be well mixed. Boil in a cloth or mold two hours, and serve with hot liquid sauce flavored with nutmeg.

Apple Pudding.—Stew a half dozen large apples into a nice, smooth sauce, and add while warm a half tablespoon of fresh butter, and sugar enough to make thoroughly sweet. Heat a little butter in the frying-pan, and then pour in a cup of bread-crumbs, which must then be stirred over the fire until they are pale brown. Then sprinkle these on the bottom and sides of a buttered mold; put three well-beaten eggs and half a teaspoon of lemon juice into the apple sauce, then pour it into the mold, strew some of the bread-crumbs over the top, and bake fifteen minutes. Turn out on a hot dish, and serve with wine sauce.

Apple and Quince Tart.—Lay a disc of puff paste on a round tin, and place a strip of paste all round it as for an ordinary jam tart. Spread on the inside a layer of quince marmalade a quarter of an inch thick. Peel and core some apples, cut them in slices a quarter of an inch thick, trim all the slices to the same shape, dispose these slices over the marmalade, overlapping each other, and in some kind of pattern; strew plenty of sugar over, and bake in a quick oven till the apples are a good color.

Apple Snow.—Core a dozen apples; boil them in syrup. Boil half a pound of rice in water and milk till quite soft. When done add cream and sugar to taste. Put the apples in a dish, and fill up with rice. Put on a whip of the whites of eggs and sugar, and place in the oven for a moment, but do not let it brown.

Bird's-Nest Pudding.—Peel and core tart apples; fill the cavities with currant or red raspberry jelly. Place them in a buttered

dish, and pour over them a batter made of six tablespoonfuls of prepared flour, four eggs, yolks and whites beaten separate, and a large cup of rich milk. The batter should be well beaten, and almost as thick as cup cake. Pour over and bake until brown; eat with a hot, sweet sauce flavored with lemon or nutmeg.

Apple Charlotte.—Lay slices of bread and butter in a buttered dish, and cover with a thick layer of thinly sliced tart apples (Greenings best), plenty of sugar, a very light sprinkling of salt, and a grating of lemon and nutmeg. Alternate the layers until the dish is full. The last layer should be buttered bread, and this should be covered until just at last, when it should be permitted to brown. When taken out of the oven it should be left to cool, and then a knife slipped round the edge, and the Charlotte turned out upon a flat dish, and sugar sifted over the top.

Apple Marmalade.—Pare and core two pounds of sourish apples; put in an enameled saucepan with one pint of sweet cider and one pound of crushed sugar. Cook with gentle heat for three hours, or until the fruit is quite soft; then squeeze it first through a colander, and then through a sieve. Flavor to taste, and then put away in jars.

Gypsy Pie.—Cut shreds of any kind of cold meat, and put them in the bottom of a buttered pudding dish. Cover with finely chopped onion and a light seasoning of salt and pepper. Above this put a very thick layer of quartered apples, sugar, and lemon; then a thin layer of meat and onion. Fill up with apple, sugar, and lemon; cover with a puff paste, and bake till brown in a slow oven. Thinly sliced ham or veal is very nice for this pie, but beef may be used or lamb. It is sometimes called "medley" pie. Very little onion should be used.

English Apple Pudding.—Into a pint of flour put a cup of chopped suet, a saltspoon of salt, and a teaspoonful of Royal baking powder. Mix smooth with water, and roll out into a square sheet which fill with quartered apples. Sprinkle with a dash of lemon juice and a teaspoonful of sugar; wet the edge, and close the four corners together tightly. Pin close in a clean small towel dipped in cold water, and put into a pot of boiling water (with an old plate in the bottom), which keep boiling for one hour and a half. Eat hot with sauce. This suet pastry may be divided and made into dumplings. For baked dumplings use butter and lard instead of suet, or butter alone.

Apple Meringue.—Stew some fine tart apples soft (after they have been peeled and cored), and beat them up with the yolks of three or four eggs, a little salt, some nutmeg, sugar, and lemon (grated). Add a tablespoonful of cream. Fill tart dishes, and bake a light brown. Beat the whites of the eggs to a froth, with powdered sugar, and the juice of the grated lemon, and put on the top, returning them to the oven to lightly brown.

Apples, to Keep.—Pick carefully, and place between dried leaves in a dry barrel. Keep in a cool place. Another method is to roll them separately in thin paper, and lay them on shelves where the air can reach them.

Crab-Apple Sweetmeats.—To one pound of fruit allow one pound of sugar, and one quart of hot water to seven pounds of fruit. Put the sugar and water in a kettle, and let the sugar dissolve. Wipe the fruit clean, and prick it with a coarse needle; the stems leave on. Let the syrup boil, then add the fruit; boil until so tender that it can be pierced with a straw. Take out the fruit carefully so as not to break it, and fill your jars half full. Boil the syrup slowly for five minutes, then pour it hot into your jars. Cover it when cold.

Apple Jelly.—Almost any apple will make jelly, though a hard, sour, juicy apple makes the best, both for keeping and flavor. Peel and core your apples; boil them in a pint of water to every four pounds of apples till the apples are perfectly soft, stirring them occasionally to prevent burning. Strain, without squeezing, through a jelly-bag, measure the juice, and put a pound of loaf sugar to every pint of juice. Put juice and sugar in the preserving-kettle, and boil steadily for half an hour, skimming occasionally. Cool a little, and, if it will not jelly, boil a little longer. Pour into glasses before it cools, and when perfectly cold, cover each glass with a paper wet with alcohol; tie closely and keep in a dry, cool place. The apple remaining in the bag can be stewed with one pound of sugar to two of apples. If flavor-

ing is preferred, lemon-peel, green ginger, or cinnamon can be used.

Apple Pickle.—Core six good-sized cooking apples and six russet apples, slice them as for a tart, but do not peel them. The cooking apples will form the soft part of the chutnee, and the slices of russet apples should look like sliced mangoes. Put them into a pint of red vinegar, add a pound of moist sugar and four ounces of sultana raisins, boil together until the apples are soft. Have two ounces of onions ready, chopped finely, four ounces of salt, two ounces each of mustard and ground ginger, mixed smoothly, with a little vinegar; stir these ingredients into the apple, sugar, and vinegar while hot; add half an ounce of cayenne pepper, or for some tastes a quarter of an ounce is sufficient; stir the chutnee well, and then bottle when cold.

Yorkshire Pudding.—Make a batter with five tablespoonfuls of flour, one egg, and about a pint of milk. Put some of the fat out of the dripping-pan into the Yorkshire pudding tin, and when it is boiling hot pour in the batter. Bake it in the oven for half an hour, and set it for a few minutes in front of the fire under the meat. Most recipes order more egg, which is the cause of the pudding so often being tough. The tin should be large enough to allow the pudding to be from a quarter to half an inch thick.

Economical Rice Pudding.—Two large tablespoonfuls of rice to one quart of milk, one small cup of white sugar, one cup of cut-up raisins. Let it stand in a warm place three hours, and bake one hour. The addition of one or two eggs spoils the pudding, rendering it firm and dry. Four eggs and half the rice, previously boiled, will make a delicious custard, with a few grains of rice at the bottom.

Welsh Rarebit is delicious when made after this fashion. Half a pound of cheese, three eggs, one small cup of bread crumbs, two tablespoonfuls of melted butter, mustard and salt to taste. After beating the eggs in an earthen dish add the other ingredients, then spread on the top of slices of bread, toasted or not as you choose, and set in the oven to melt.

A Quick Cake is made of one cup of sour milk, one cup of sugar, half a cup of butter, one egg, one cup of raisins (stoned and chopped), one teaspoonful of soda dissolved in a little hot water, one teaspoonful of spices, and two cups and a half of flour. This should be eaten while fresh, but if it is not, after two or three days, beat the white of an egg to a froth and add sugar enough to make a frosting for the top of the cake.

Lemon Sponge.—Put one ounce of gelatine into one pint of cold water, let it stand five minutes, then dissolve it over the fire, add the rind of two lemons thinly pared, three-quarters of a pound of lump sugar, and the juice of three lemons; boil all together two minutes, strain it, and let it remain till nearly cold, then add the white of two eggs well beaten and whisk it well ten minutes; put it lightly into a glass dish.

Very Nice currant fritters are made of one cup and a half of very fine bread crumbs, one tablespoonful and a half of flour, one cup and a half of sweet milk, one quarter of a pound of well-washed English currants (drain the currants thoroughly), two eggs, two tablespoonfuls of sugar, a small lump of butter. Flavor with cinnamon or nutmeg to suit your taste; drop in spoonfuls in hot lard and fry until done. Eat with wine and sugar.

Potato Salad.—Two good sized boiled potatoes, one teaspoonful of pulverized sugar, one tablespoonful of oil, half a teaspoonful each of salt, pepper, and made mustard, a spoonful of Worcestershire sauce, one raw egg well beaten, three tablespoonfuls of vinegar. Mash the potatoes and rub through the sieve, then add the other ingredients, beating them thoroughly together; then pour the dressing over the potatoes which have been boiled, cooled, and cut in small pieces. This dressing is excellent with fish or cold meat.

Potato Cakes.—Take ten ounces of floury potatoes, boiled and smoothly pounded; when just warm add gradually a little salt, six ounces of flour, and three ounces of butter; no liquid is required. When the ingredients are thoroughly mixed, roll the dough into thin cakes the size of a captain's biscuit; bake in a moderate oven, or on a griddle; when done, split open, butter well, and serve very hot.