



A Question of Taste

By Hilary Keating Callaghan

Apple season's upon us

The serpent in the garden knew what he was about when he selected an apple to tempt Eve. The witch in the story of Snow White knew the same trick. Try it soon yourself.

Crisp, fresh apples account for some of the sweetest scents and flavors of autumn. Will Rogers Jr. and the Washington Apple Growers' Association notwithstanding, there is rarely a crunch in the apples available in summer. Months of storage turn the fruit's texture mealy. Imported Granny Smith apples do have a summer season but at 89 cents a pound, they are a luxury.

The advent of the apple season eases the pain of the demise of the juicy, sweet fruits of summer — berries, plums, peaches, cherries, and melons. The opening of cider mills across Michigan marks the end of summer and the beginning of fall as concretely as the opening of school.

Apples appear in school lunches, surviving the journey from home to school much better than the soft fruits of summer ever could. Apple cider, served hot with cinnamon sticks, helps chase the chill from late fall evenings which hint ominously of impending winter.

Served in a wooden bowl with purple autumn grapes and unshelled walnuts, apples make not only a delicious snack but present a picture so beautiful as to have inspired artists ranging from Art 1 students to grand masters. What could make a more appealing, simple finale to a fine meal than a perfect apple accompanied by a wedge of good cheese?

This protein fruit appears in probably more forms than any other — in salads, sandwiches, pies, cakes, chutneys, cereals, pancakes, and casseroles. It can be served raw, baked, stewed, sautéed, or fried. The only trick is to select the correct variety of apple for whatever use you have in mind. Most basic cookbooks contain charts for this.

Try waking up to apples. Combine diced apples, bananas and grapes. Top with yogurt and sprinkle with wheat

germ and walnuts for a delicious breakfast.

At lunch, try apples in an unusual, hearty soup. The recipe for apple cheddar soup appeared in a local newspaper a while back. Anyone who missed it might be interested in trying this intriguing variation on the classic cheddar-apple combination.

For a light supper, apples and cheddar again combine but in a different guise — baked in a lovely quiche. Served hot or at room temperature and cut into thin slices, this could even serve as a tempting hors d'oeuvres.

As a side dish for either lunch or supper, apples often find their way into a variety of salads. The most traditional, of course, is the rich Waldorf salad. There are times, however, when a sharp, tangy salad is more appropriate. For these times, apple, carrot and radish salad would be a perfect choice. It would make a particularly refreshing accompaniment to rich, creamed dishes.

The soft warmth of summer is gone. The frost of fall is in the air. As if to compensate, nature offers trees heavy with crisp, sweet apples. Enjoy them for all they are worth.

APPLE CHEESE SOUP

- 4 tbsp. butter
- 1/2 cup flour, divided
- 2 cups milk, scalded
- 3 cups apple cider
- 3 cups shredded cheese (Cheddar or Gouda)
- 3 egg yolks
- 1/2 cup half and half
- 1/4 tsp. salt
- 1/4 tsp. mace
- Garnishes:
- 1 red apple, cored and diced
- 1/4 cup crumbled bacon or imitation bacon bits
- 1 cup toasted croutons
- 1/2 cup grated cheese (Cheddar or Gouda)

Melt the butter in a large saucepan. Add 1/4 cup of the flour and blend vigor-

ously with a whisk. Add scalded milk, stirring slowly and gradually bring to a boil. When thickened, add apple cider and blend thoroughly. Lower heat.

Combine the remaining 1/4 cup flour with the shredded cheese and add that to the soup, stirring until the cheese melts.

Combine the egg yolks, half and half, salt, and mace in a small bowl and mix well. Add some of the hot soup to the egg yolk mixture, then add egg mixture to the large soup pot and heat, stirring constantly. Do not allow it to boil but cook enough so the taste of raw egg yolks disappears. Serve with garnishes. Makes 6 to 8 servings.

APPLE QUICHE

- 19-inch unbaked pie shell
- 5 large apples
- 1 cup shredded cheddar cheese
- 2 eggs
- 1 cup heavy cream (or 1/2 cup heavy cream and 1/2 cup plain yogurt)
- 1/4 tsp. salt
- Dash nutmeg

Peel, core and slice apples into thin pieces. Arrange in the pie shell. Sprinkle with cheese. Mix eggs, cream, salt and nutmeg together in small bowl. Pour over cheese. Bake at 350 degrees for 60-70 minutes. Serve hot or cold. (adapted from "101 Apple Recipes" by Carole Eberly)

APPLE, CARROT AND RADISH SALAD

- 2 tart, crisp green apples, pared and cored
- 2 medium carrots, peeled
- 10 medium radishes
- 1/4 cup finely chopped parsley
- 1/4 cup olive oil
- 1/4 cup onion
- 1 tbsp. lemon juice
- Salt to taste

Cut apples, carrots, and radishes into small dice. Combine in a small bowl with onion and parsley. Sprinkle with the oil, lemon juice, and salt. Mix thoroughly. Serve chilled. Serves 4.

Steaming broth and soup is just right for football

Soup's on! And just in time to help combat the cold temperatures that have swept into Michigan recently.

A steaming cup of broth aids in fighting off the chills at football games, or a hearty bowl of chowder can warm one up nicely before the game and provide the energy for cheering on a favorite professional, college or little league team.

Bolster your chances in the neighborhood Sunday morning pickup game with a hot cup of cream of tomato soup. You can make it quickly with the recipe below.

The traditional image of soup making is of mother saving stewing bones or a ham bone, then chopping and dicing for a long time, placing ingredients in a large soup pot to simmer all day, spreading anticipatory aromas throughout the house. That still is a good way to make soup.

However, so many of us run on such tight schedules these days that we find ourselves opening cans rather than making a "from scratch" version.

You still can have both homemade flavor and shortened, easy preparation with the help of food processors, multi-purpose food center equipment or a good blender which has processing capabilities beyond the usual pureeing and mixing. The following soup recipes make use of such equipment.

QUICK VEGETABLE SOUP

- Makes 6 or 8 servings
- 1 lb. ground beef
- 3 medium potatoes, peeled and cut
- in chunks
- 4 medium carrots, peeled and cut into short lengths
- 1/2 head cauliflower, separated into florets
- 2 medium onion, peeled
- 1 green pepper, seeded



Byrd's Kitchen

by Vivian Byrd

- 1 medium zucchini or cucumber
- 4 cups water
- 2 beef bouillon cubes
- 2 cups or 1 can (16 oz.) tomato sauce
- 1 1/2 to 2 tsp. salt
- 1 tsp. basil

The beef can be ground in the food processor or purchased already ground. Brown the meat in a large skillet or saucepan. Slice the potatoes, carrots, cauliflower, onions, pepper and zucchini in the food processor or multipurpose machine. Add the vegetables to the beef along with the water, bouillon cubes, tomato sauce and seasonings. Cover and simmer about 45 minutes or until the potatoes and carrots are tender.

CREAM OF TOMATO SOUP

- Makes 2 servings
- 2 tbsp. butter
- 2 tbsp. flour
- 1 cup milk
- salt and pepper to taste
- 1 small onion, optional
- 2 medium ripe tomatoes, stewed
- or an amount of tomato sauce to suit your taste

Melt butter in a saucepan, add the onion if using, and cook until transparent. Add flour and cook and stir until bubbly. Add milk, salt and pepper to taste to make the soup base. Then put tomato

through food processor or blender to puree and add to base, or add tomato sauce. Mix together thoroughly. Serve at once.

Any vegetable from asparagus to zucchini can be substituted for the tomatoes in this recipe. Simply put the cooked vegetable through the processor to puree and add to the cream soup base.

Or, shred 4 ounces of cheese to stir in the soup base for instant cheese soup. Also, you might try mixing 1/2 cup of peanut butter into the soup base for an unusual, delicious peanut soup.

PEA AND PROVOLONE SOUP

- Makes 4 to 6 servings
- 1 can (10 1/2 oz.) condensed green pea soup
- 2 1/2 cups milk
- 4 oz. Provolone cheese, chilled
- 2 frankfurters, sliced
- Provolone cheese for garnish

Heat the soup and milk to simmering. Shred cheese with the shredding blade of the food processor or multipurpose machine and add it to the soup. Stir over very low heat just until the cheese is melted. Float frankfurter slices in the soup for garnish. Shred additional cheese for garnish, if desired.

Correspondence should be addressed to Vivian Byrd, P.O. Box 1024, Birmingham 48012.



USE GLYCERIN or vinegar instead of water when mixing plaster of paris. This prevents rapid drying. Need room around the house? Sell a few items in the Observer & Eccentric Classified Ad section of your hometown newspaper.

The Perfect Piquance...


Shopping Cart™

... every Monday

