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## INVITING IDEAS

# Saucy apples are sensational



RUTH MOSSOK JOHNSTON

Realistic Renaissance paintings of beautiful orbbed apples depict the beauty and allure to its temptations — apples represent a truly saucy side of life — who doesn't love homemade apple sauce and cooking with apples?

We seem to be more fixated on the 80 or so calories per fruit, and how we can transform that healthy orb into a sinfully delicious dessert.

The "apple of my eye" is the McIntosh, although Granny Smith is close in the running.

Here are some of my saucy favorites.

### ORANGE CINNAMON APPLE SAUCE

2 pounds (approximately 6 medium sized) McIntosh apples, cored,

and cut into quarters. Leave skin on

• ½ cup freshly squeezed orange juice  
2 tablespoons freshly squeezed lemon juice

1 stick cinnamon  
½ cup light brown sugar  
2 tablespoons grated orange rind

Place cut apples into a large non-reactive saucepan (non-aluminum) and cover with orange and lemon juice. Add cinnamon stick. Place lid on pot and cook covered for 20 minutes or until apples are fork-tender.

Stir in brown sugar. Mix until dissolved.

Put the apple mixture through a sieve or food mill — add grated orange rind. Serve warm or chilled. Yield 3 cups.

### APPLE SAUCE WITH DATES AND CALVADOS

2 tablespoons unsalted butter  
1 pound tart apples (Granny Smith's are great), cored and sliced

2 tablespoons freshly squeezed lemon juice  
2 thinly pared strips of lemon rind  
¾ cup pitted dates, finely chopped

Sugar to taste  
4 tablespoons Calvados or light rum

Melt butter in a medium-sized non-reactive saucepan (non-aluminum) over medium low heat.

Add the apple slices, lemon juice and the 2 strips of lemon rind. Cover the saucepan with a lid and cook until the apples are very soft and pulpy. Remove the lemon rind and discard.

Put the apples through a sieve or food mill — add the chopped dates.

## Stuff the bird with apples!

This recipe uses the fruit that comes into season every fall. While the rest of the ingredients may come from anywhere in the United States, the freshest apples are Michigan-grown. Thank the folks who wrote "Apple-Lover's Cook Book" for this autumn treat.

### APPLE STUFFING

¼ cup margarine  
½ cup chopped celery  
½ cup chopped onion  
3 tablespoons chopped fresh parsley  
6-8 cups peeled, diced apples  
¼ cup brown sugar  
1 teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon sage  
2 cups bread cubes

Cook onions, celery and parsley slowly in melted margarine. Add apples and brown sugar. Cover and cook slowly until apples are tender but firm. Add salt, pepper, sage and bread cubes. Toss lightly with a fork. Place in a greased casserole and bake at 350 degrees F. for 45 minutes. Makes 8 servings.

Return the apple-date mixture to the saucepan — add sugar to taste (keep the sweetness down if planning to use with meat). Simmer the sauce for 5-10 minutes or until the sauce appears reduced and thick. Add the Calvados or light rum — serve warm or chilled. Yield 2 cups. This sauce can be frozen.

### APPLE-TAMARIND-DRIED CRANBERRY CHUTNEY

6 tart apples (Granny Smith's are perfect), cored, peeled and sliced  
2 cups dried cranberries  
1 cup thinly sliced onions  
2 cloves of garlic, peeled and minced  
3 tablespoons tamarind paste  
1 cup light brown sugar (firmly packed)

1½ cups apple cider vinegar  
¼ teaspoon ground ginger  
¼ teaspoon ground cardamom  
½ teaspoon cayenne pepper or Mombassa

1 lemon — the juice and zest

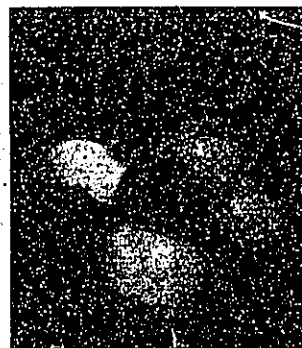
Place all of the ingredients in a large heavy, non-reactive pot (non-aluminum). Mix together gently — over medium high heat, bring to a boil.

Lower the heat and simmer covered for at least 30 minutes — stirring occasionally.

Remove the lid and continue to cook uncovered for another 30 minutes — stir frequently — if 30 minutes does not absorb excess liquid — turn up the heat slightly and continue to cook until the chutney is reduced and thick. Remove from heat — serve warm or chilled. Yield 6 cups.

Look for tamarind paste in gourmet specialty shops and Asian markets.

Ruth Mossok Johnston is an author and food columnist who lives in Franklin. To leave a Voice Mail message for Ruth, dial (313) 953-2047, mailbox 1902.



MICHIGAN APPLE COMMITTEE

Michigan apples: The apple harvest is under way. Michigan is among the United States' top apple-producing states, and is known as the "Variety State" with nearly two dozen types of apples grown commercially throughout its hilly terrain.

## Rose show set

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