

APPLE PRESERVES



The apple—it abounds in song, literature, legends, and folklore. To the ancient Greeks and Romans the apple was a symbol of love and beauty. It is said that Isaac Newton contemplated the law of gravity while sitting under an apple tree. The famous William Tell was forced to shoot an apple from his son's head. Who could forget the legend of Johnny Appleseed wearing a tin pot as a hat and a burlap sack full of appleseeds around his waist. The real person, John Chapman, actually planted apple seedlings on thousands of acres through the farm belt of our country.

Home food preservation is a way of life for many throughout the country. The Ball Blue Book, now in its 31st edition, continues to guide home canners with the latest techniques and proven recipes. From this updated book come three old fashioned tasting apple pies: one made with canned apple slices, another baked with frozen pie filling, and a third using dried apples from a new section on home food dehydration. Of course, baking pies isn't the only way to enjoy apples. The home economists at Ball Corporation also suggest trying spicy sweet apple preserves, a tangy tomato apple chutney, and apple plum butter.

Brought to the U.S. by the early European colonists, apples are Americans' favorite fruit and come in many different varieties. Good tart varieties for pies and other baked desserts include the Granny Smith, Gravenstein, Newtown Pippin, Northern Spy and York Imperial. When it's important that the apple hold its shape in canning, the best bets are Rome Beauty, Golden Delicious, Winesap and Granny Smith. For freezing try Rhode Island Greening and Newtown Pippin. And for drying, good choices include Rome Beauty, Winesap and Granny Smith. A mixture of tart crisp apples and sweet mellow apples is perfect for sauce.

Apples in season are at their peak of flavor and texture, and because they are plentiful and often locally grown, they are a good value. Seek out top quality apples to make these pies and spreads and you will be rewarded with palate pleasing finished products. For the freshest apples, buy directly from a farmer's roadside stand. Or you may want to pick your own in a nearby orchard—a delightful family activity for a fall weekend. Then don't forget to "put up" the pickings in your favorite apple recipe and enjoy old fashioned apple flavor all year long. Remember, when necessary, to correct processing time or pressure for altitude using your home canning guide.

APPLE PRESERVES

- 6 cups peeled, cored, sliced apples
- 1 cup water
- 1 tablespoon lemon juice
- 1 package powdered pectin
- 1 lemon, thinly sliced
- 4 cups sugar
- 2 teaspoons ground nutmeg

Prepare home canning jars and lids according to manufacturer's instructions.

Combine apples, water, and lemon juice in a large saucepan. Simmer, covered, for 10 minutes. Stir in pectin. Bring to a full rolling boil, stirring frequently. Add lemon slices and sugar. Return to a full rolling boil. Boil hard for 1 minute, stirring frequently. Remove from heat; add nutmeg. Carefully pour hot, into hot jars, leaving 1/4 inch head space. Adjust caps.

Process 10 minutes in a boiling water bath canner. Yield: about 6 half pint jars.

APPLE PLUM BUTTER

- 2 1/2 pounds apples, cored and quartered
- 2 pounds plums, pitted and quartered
- 2 cups water
- 3 cups sugar
- 2 teaspoons cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg

Prepare home canning jars and lids according to manufacturer's instructions.

Combine apples, plums, and water in a large saucepot. Bring to a boil; reduce heat and simmer until tender. Remove from heat. Press through a sieve or food mill. Return strained fruit to large saucepot and add sugar and spices. Cook over medium high heat, stirring frequently, until butter is thick. Carefully pour hot, into hot jars, leaving 1/4 inch head space. Adjust caps.

Process 10 minutes in a boiling water bath canner. Yield: about 6 half pint jars.

TOMATO APPLE CHUTNEY

- 10 cups peeled, cored, chopped tomatoes (about 14 large)
- 4 cups pared, cored, chopped apples (about 4 to 6)
- 2 cups peeled, chopped cucumber
- 1-1/2 cups chopped onion
- 1-1/2 cups chopped sweet red pepper (about 3 medium)
- 1 cup seedless raisins
- 3 cups brown sugar
- 3 cups vinegar
- 1 hot red pepper
- 1 clove garlic, crushed
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon salt

Prepare home canning jars and lids according to manufacturer's instructions.

Combine all ingredients and cook slowly until thick, about 1-1/2 to 2 hours. As mixture thickens, stir frequently to prevent sticking. Carefully pour hot, into hot jars, leaving 1/4 inch head space. Adjust caps. Process 10 minutes in a boiling water bath canner. Yield: about 6 pint jars.

APPLES FOR PIES

Make a syrup using 1 cup sugar and 5 cups water. Peel, core, and slice apples. Place sliced apples in soaking solution (1 tablespoon salt, 1 tablespoon vinegar, and 2 quarts water) to prevent darkening. Drain, boil in syrup 5 minutes. Carefully pack hot, into hot jars, leaving 1/2 inch head space. Cover with hot syrup, leaving 1/2 inch head space. Remove air bubbles. Adjust caps.

Process pints and quarts 20 minutes in a boiling water bath canner.

APPLE PRALINE PIE

- 6 cups canned apple pie slices
- 1/2 cup sugar
- 5 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 1/3 cup butter
- 2/3 cup brown sugar, packed
- 2/3 cup chopped pecans
- Single crust pastry for 9 inch pie, unbaked

Prick sides and bottom of pastry shell. Bake at 400° F. for 5 minutes; set aside. Combine apples, sugar, flour, spices, and lemon juice. Spoon into pastry shell, dot with 2 tablespoons butter. Bake at 400° F. for 45 minutes. Melt 1/3 cup butter in a small saucepan; stir in brown sugar. Bring slowly to a boil, stirring constantly. Add pecans and pour over pie. Bake at 400° F. for 5 minutes, or until topping bubbles.

APPLE PIE FILLING

- 6 pounds apples
- 2 cups sugar
- 1/4 cup flour
- 1-1/2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons lemon juice

Wash, peel, core, and slice apples. Place sliced apples in soaking solution (1 tablespoon salt, 1 tablespoon vinegar, and 2 quarts water) to prevent darkening. Combine sugar, flour, and spices. Rinse and drain apples; stir into sugar mixture. Let stand until juices begin to flow, about 30 minutes. Stir in lemon juice. Cook over medium heat until mixture begins to thicken. Pour into can or freeze jars or plastic freezer boxes. Seal, label, and freeze. Yield: about 6 pints.

To bake, place 2 pints pie filling in 9 inch double crust pastry. Cut vents in top pastry. Bake on baking sheet in a preheated oven at 425° F. for 40 minutes.

DRIED APPLES

Choose Granny Smith, Rome Beauty, Winesap, or any tart, firm-textured apple. Wash, peel, and core. Cut into 1/4 to 1/2 inch slices. Pretreat by dipping in a mixture of 1 cup lemon juice to 1 quart water. Hold apples no longer than 10 minutes; drain before drying. Dry at 130° F. until pliable.

DRIED APPLE PIE

- 12 ounces dried apples
- 1 quart apple cider
- 1/2 cup sugar
- 3 tablespoons cornstarch or flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons butter
- Double crust pastry for 9 inch pie

Combine apples and cider, simmer 30 minutes until soft but not mushy. Drain apples, reserving 1/4 cup cider. Cool to room temperature. Combine sugar, cornstarch, and spices. Add apples and toss gently. Add reserved cider and toss again. Place apple mixture in pastry lined 9 inch pie pan. Dot with butter. Cover with pastry, crimp edges, and cut several steam vents. Bake pie on baking sheet in a preheated oven at 425° F. for 15 minutes. Reduce heat to 375° F. and bake 30 minutes.

