

Enjoy Michigan apples

See related story on Taste front. Recipes from the Michigan Apple Committee.



MICHIGAN APPLE COMMITTEE

Dinner: Apple and Pork Stir-Fry is a delicious way to enjoy Michigan apples and cider.

coated with cooking spray.

Bake at 350°F about 35 minutes or until deep golden brown. Cool completely on wire rack. Serve dusted with powdered sugar. Yield: 8 servings.

Nutrition information: Per serving, 1 slice, 1/8 roll: 170 Calories, 3 g Fat, 0 mg Cholesterol, 37 g Carbohydrates, 109 mg Sodium, 2 g Fiber.

Suggested apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh or Rome. **Variation:** Substitute 1 can (21 oz.) Michigan Apple Pie Filling for fresh apples, granulated sugar and cornstarch. Do not cook filling. Stir in cinnamon and pecans.

APPLE AND PORK STIR-FRY

- 1/2 pound boneless pork chops
- 1/2 cup Michigan Apple cider or Michigan Apple juice
- 1 cup sliced celery
- 1/2 cup sliced carrot
- 1/2 cup sliced onion
- 1/2 cup sliced red sweet pepper
- 1/2 cup drained, sliced water chestnuts
- 1/4 teaspoon ginger
- 2 tablespoons low sodium soy sauce
- 1 can (21 ounces) Michigan

Apple pie filling

4 cups cooked pasta or rice
1. Trim fat from chops. Cut into 1/4-inch slices. Heat 12-inch non-stick fry pan over medium-high heat. Add Michigan apple cider and meat. Cook about 2 minutes, stirring occasionally. Add celery, onion, pepper, water chestnuts and ginger. Cover and cook 2 minutes.

2. Add soy sauce and Michigan Apple pie filling to vegetable-meat mixture. Cover and cook 2 minutes longer, stirring frequently. Serve hot over cooked pasta or rice. Yield 4 servings.

Nutrition information: 1 cup apple mixture, 1 cup pasta: 450 Calories, 7g Fat, 40mg Cholesterol, 78g Carbohydrates, 40mg Sodium, 4g Fiber.

Suggested apple varieties to use: Empire, Gala, Golden Delicious, McIntosh or Rome. **Variation:** Substitute 2 cups sliced, peeled apples for apple pie filling. Add apples with vegetables and prepare according to first step. Combine 1 tablespoon cornstarch, soy sauce and 1 cup Michigan cider or juice until smooth. Gradually add to hot vegetable mixture, stirring constantly. Continue to cook and stir 2 minutes longer. Serve hot over cooked rice or pasta.

Honey cake for sweet new year

See related story on Taste front. Recipe compliments of Chaya Sarah Silberberg.

HONEY CAKE

- 1 cup honey
- 1 cup vegetable oil
- 1 cup brown sugar
- 3 eggs
- 1 cup hot strong black coffee
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3 1/2 cups flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ginger
- 3/4 cup chopped walnuts (optional)

Preheat oven to 325°F. In bowl with mixer, cream together honey, oil and sugar. Add eggs one at a time and beat. Place coffee in large measuring cup. Add baking powder and baking soda. (Mix will bubble).

In another bowl, combine flour and spices. Add by alternating to cream mixture first some of coffee liquid, then flour combination, until all is added. Mix well. Stir nuts into batter.

Bake in a greased round or tub bundt pan for 1 hour. Serves 12.



STAFF PHOTO BY TOM HORNBYER

New Year: Sweet desserts and honey are part of the Jewish New Year celebration. To make a crown cake (pictured), make any flavor round cake, frost with your favorite frosting, and decorate with cherries and other fruits.

Look for Chef Joseph Styke's "Cheers for Beer" column in next Sunday's Taste

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Place Michigan Apples, brown sugar, margarine, corn syrup, walnuts and cinnamon in 12-inch fry pan. Cook over medium heat, stirring frequently, about 5 minutes, or until apples are almost tender. Drain apples, reserving syrup. Cool completely.

In a small bowl, combine cream cheese, granulated sugar, vanilla and egg yolk. Set aside.

On lightly floured surface, roll pastry into 12 by 10-inch rectangle. Place on baking sheet lightly coated with cooking spray. Spread cream cheese mixture vertically down center 1/3 of pastry. Place cooled apple mixture on cheese. Cut sides of pastry into 1-inch strips into filling. Starting at one end, alternately cross strips at an angle. Brush with mixture of egg white and water.

Bake at 375°F about 35 minutes or until golden brown. Remove from oven and glaze with mixture of reserved syrup and powdered sugar. Cool and serve warm or cold. Yield 8 servings, 1 1/2 inch slices.

Nutrition information per serving: 1 slice, 350 Calories, 20g Fat, 46mg Cholesterol, 49g Carbohydrates, 188 mg Sodium, 3g Fiber.

Suggested Michigan Apple Varieties to use: Empire, Gala, Golden Delicious, Ida Red, Jonagold, Jonathan, McIntosh or Rome.

Variations: Substitute 1 can (20 ounces) sliced Michigan Apples, drained for fresh apples. Cook apples as fresh apples. Continue with above method. Or omit step 1 and substitute 1 can (21 ounces) Michigan Apple pie filling for fresh apples, brown sugar, margarine and corn syrup. Stir walnuts and cinnamon into pie filling. Continue with above method. Stir 1 tablespoon hot water into powdered sugar for glaze.

APPLE STRUDEL
(Low Fat, Low Sodium & Cholesterol Free)

- 1/2 cup granulated sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon
- 4 cups thinly sliced, peeled Michigan Apples
- 1/3 cup chopped pecans, optional
- 5 frozen phyllo pastry sheets, thawed
- Butter flavored vegetable cooking spray
- 1/4 cup finely crushed vanilla wafers, about 8
- 1 tablespoon powdered sugar

In 2-quart saucepan, combine granulated sugar, cornstarch and cinnamon. Add Michigan Apples. Cook over medium heat, stirring frequently, until mixture boils and thickens, about 5 minutes. Remove from heat, stir in pecans and cool.

Remove phyllo dough from package and place on dry surface. Quickly cover with plastic wrap.

Place 1 sheet of the phyllo pastry on dry surface and spray with cooking spray. Sprinkle with 1 tablespoon wafer crumbs. Repeat with 3 sheets phyllo pastry. Place last sheet phyllo pastry over wafer crumbs. Coat with cooking spray.

Place Apple mixture about 4 inches wide, about 2 inches from edges on short side of pastry. Roll Apples tightly in pastry. Fold under ends. Place on baking sheet