

Apples have 'a-peel'

Crisp juicy apples are as much a sign of autumn for many people as pumpkins and falling leaves. Migrations to Nebraska City for apples and cider are pleasant expeditions for sunny autumn weekends.

In addition to their use just for nibbling, apples can be combined with meats for maindishes, used in salads or in their more traditional form as desserts.

Keep in mind that apples will be more nutritionally beneficial if they are not peeled, though many of the recipes you find in other sources will specify peeling before cooking. In addition, unpeeled apples are more colorful and the skins will lend texture to the dish.

Baked Apples with Sausage

8 partially cooked pork sausages
6 tart apples
3/4 cups brown sugar

Preheat the oven to 400°. Arrange the sausages in a baking dish. Core six tart apples and cut them into thin slices. Place the apples in the baking dish with the sausages and sprinkle them with brown sugar. Bake the dish in the oven for about 10 minutes. Reduce the heat to 350° and continue baking for about 15 more minutes. Baste with the drippings.

Apple Salad

Apples, one per person
Lettuce
French Dressing
Cream Cheese and nut balls or Roquefort cheese balls

Core and slice the apples. If you pare them, be sure to sprinkle them with lemon juice to keep them from discoloring. Place each apple on a lettuce leaf. Serve with French dressing and garnish the salad with cream cheese or the cheese-nut balls. The apples may, if you wish be cut into rings and the cheese balls placed in the center.

karen richardson
toothpicks

Apple Crisp

6 c. sliced apples
1 T. lemon juice
1 T. water
3/4 c. firmly packed brown sugar
1/2 cup whole wheat flour
1/4 c. quick cooking rolled oats
1/2 c. soft butter
1 t. cinnamon, (optional)

Preheat oven to 375°. Place apples in 8-inch square or 10 x 6-inch baking dish. Sprinkle with lemon juice and water. Combine sugar, flour, rolled oats and cinnamon. Sprinkle over apples. Bake at 375° for 40-45 minutes. Serve warm with cream if desired.

Apple Impromptu

4 c. sliced apples
3/4 c. sugar
1/4 t. cinnamon
1 T. butter
1 egg slightly beaten
1 t. vanilla extract
1/2 c. sifted flour
1/2 t. baking powder

Preheat oven to 400°. Place apples in a well-greased 8- or 9-inch pie pan. Combine 1/4 cup sugar with cinnamon; sprinkle over apples. Cover with foil. Bake at 400° for 20 minutes. Meanwhile, cream butter and gradually add 1/2 cup sugar; blend in egg and vanilla extract. Sift flour with baking powder; blend into creamed mixture. Spread over apples in pan. Bake 20-25 minutes. Serve warm or cold.



The Cleveland Quartet
Kimball Recital Hall
Friday, Oct. 25
8:00 p.m.

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The residency by the Cleveland Quartet is supported by the Nebraska Arts Council.

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