#### Daily Nebraskan

## pple-filled dinner keeps doctor away

**By Mick Dyer** Senior Reporter

An apple a day keeps the doctor

away

That's the way the old folk say-ing goes. There must be some truth to it, though, otherwise it never would have survived into this modern age of time-saving appli-ances and stress reducing pharmaceutical products.

At any rate, if you prepare and consume everything on this all-

applemenu, you won't have time to Serves 6 to 8. get sick

Let's start with a beverage. Hot Spiced Apple Cider — all you need for this is a gallon of fresh apple cider, an orange, a stick of cinna-mon and about 20 cloves. Peel the orange and eat the meat. Stick the cloves, pointy end first, into the orange peels. Simmer the cider and orange peels and cinnamon stick for at least a half an hour and serve. The longer you simmer the cider, the stronger flavor it will have. Try it with a little rum for a festive drink

Then, an appetizer. Apple Salad you need a Red and a Yellow Delicious apple, one stalk celery, a medium-size carrot, 3/4 cup raisins, a lemon and 1/2 cup mayonnaise. Cut the apples into thin, bite size pieces and soak them in the juice from the lemon. This keeps the apples from turning brown. Cut the elery, widthwise, in 1/4 inch strips. Grate the carrots. Mix all the ingre-dients together with the mayon-naise. Serve immediately. Serves 6.

Now, the main course. Apple Chicken -- this is a little harder. You'll need one pound of bonele chicken breast, one Jonathan apple and one Granny Smith apple, one pint cream, four ounces brandy, 1/ 4 teaspoon ground cinnamon, and a stick of margarine. Cut the chicken into 1/2 inch thick strips and the apples into 1/4 inch strips. Melt the margarine in a large pan

and sautee the chicken. When the

chicken is done (firm), remove and

add the cinnamon and apple slices.

Toss for a minute and remove. Add

brandy to the pan (don't drain the

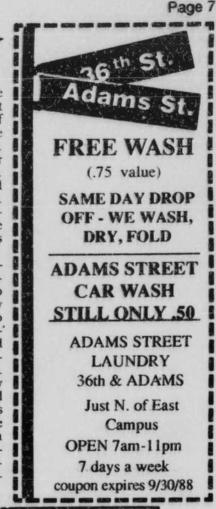
pan off first, because there is flavor

in there). Flame and reduce brandy

mixture to a syrup. Don't worry if the pan looks like

it's burning around the edge, just take a wire whip and scrape it off into the syrup. Add the cream to the syrup and reduce to a creamy sauce. Re-introduce chicken and toss for about a minute to coat the strips. Remove chicken and place on a bed of nice. Pour sauce over chicken. Arrange the slices of apple, alternat-ing with the Jonathon and then the Granny Smith apple on top. Serves

For dessert. Raw Apple Cake — For this you will need 1/2 cup short-ening, two cups white sugar, two eggs, four cups thinly sliced raw apples, 1/2 cup walnut pieces, two cups flour, one teaspoon cinnamon, one teaspoon nutmeg and two teaspoons soda. Cream to-gether the sugar and shortening. Add eggs and beat well. Sift the dry ingredients into the mixture and blend well. Add apples and walnuts and beat the batter until stiff. Bake 40 to 45 minutes at 350 degrees in a cobbler dish. Serves 8. Apple reci-pes courtesy of the Johnny Ap-pleseed in me (and all the restaurants I've worked in in my life).



# . and more recipes

**Courtesy Micki Haller** nior Edito Catron Orchards

#### Apple Chili Recipe

pound ground beef

teaspoon fresh, chopped ginger cup of sugar pounds of apples, cubed

1/2 teaspoon cinnamon

quart of water

1 pie crust, store-bought or home-made pre-baked pie crust

Sautee ground beef in a deep pot with the ginger. Add sugar, baked apples, cinnamon and quart of water. Simmer for 2 hours. Pour into, store-bought or home-made pre-baked pie shell.

#### **French Apple Pie**

### Filling:

- 6 cups peeled, sliced apples tablespoon lemon juice

1/2 cup sugar

- 2 tablespoons flour
- 1/2 teaspoon cinnamon

Topping: 1/4 cup margarine 1/2 cup flour 1/4 cup brown sugar

1/2 teaspoon nutmeg

1 baked pie crust

Toss filling ingredients together. Pile high in crust. Cut butter into other topping ingredients until crumbly. Sprinkle evenly over filling. Place wax paper under plate while microwaving. Microwave on high 8 minutes. Rotate 1/2 turn. nowave 6 to 10 minutes until apples are tender.

#### Applesauce

2 pounds apples (6 to 8) 1/2 cup water ap water

1/2 cup to one cup sugar

Wash, quarter and core apples. Combine apples and water in a 2 quart casserole. Cover with an all glass lid. Cook in microwave 8 - 10 minutes at high, stirring once. Add sugar and stir until sugar is dis-solved.

Serve warm or chill before serving.

HINT: For 9 servings, prepare 3 pounds of apples and put into a 3 quart casserole. Cover and cook 10 15 minutes at high, stirring once. Add 3/4 to 1 1/2 cup sugar.

Exact cooking time depends on type of apple used.

John Bruce/ Daily Nebraskan





2ND LEVEL CENTRUM