

Apple-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 saying goes. There must be some truth to it, though, otherwise it never would have survived into this modern age of time-saving appliances and stress reducing pharmaceutical products.

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

apple menu, you won't have time to 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 cinnamon 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.

Serves 6 to 8.

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 celery, widthwise, in 1/4 inch strips. Grate the carrots. Mix all the ingredients together with the mayonnaise. Serve immediately. Serves 6.

Now, the main course. Apple Chicken — this is a little harder. You'll need one pound of boneless 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 rice. Pour sauce over chicken. Arrange the slices of apple, alternating with the Jonathon and then the Granny Smith apple on top. Serves 4.

For dessert. Raw Apple Cake — For this you will need 1/2 cup shortening, 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 together 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 recipes courtesy of the Johnny Appleseed in me (and all the restaurants I've worked in in my life).

. . . and more recipes

Courtesy Micki Haller
Senior Editor and
Catron Orchards

Apple Chili Recipe

1 pound ground beef
1 teaspoon fresh, chopped ginger
1 cup of sugar
2 pounds of apples, cubed
1 1/2 teaspoon cinnamon
1 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:
5 - 6 cups peeled, sliced apples
1 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. Microwave 6 to 10 minutes until apples are tender.

Applesauce

2 pounds apples (6 to 8)
1/2 cup 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 dissolved.

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.

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