

APPLES



with Recipes

Table of Contents

When Buying Apples	1
How Many Apples to Buy.....	1
Tips on Apples	1
Are West Virginia Apples Labeled or Graded?	1
Controlled Atmosphere Apples	1
Serve Cheese with Apples.....	1
Common West Virginia Apples	2
Contact Information	11

~ *Recipes* ~

Crockpot Apple Butter.....	3
Apple Wedges <i>with</i> Ham Dip.....	3
Apple Butter Pork Loin.....	3
Apple-Walnut Cake <i>with</i> Lemon Butter Frosting.....	4
Apple Meat Loaf	4
Honey-Crust Apples.....	4
Cloud 9 Candy Apple Pie.....	5
Cottage Apple Rings.....	5
Apple Side Up.....	5
West Virginia Fresh Apple Cake	6
Fried Apple Puffs	6
West Virginia Fried Apple Pies	6
Individual Pork Chop "Roasts" <i>with</i> Savory Apple Stuffing	7
Apple Bacon Pancakes	7
Apple Stuffed Chicken Breasts.....	8
Paper Bag Apple Pie	8
Apple Slaw.....	8
Apple Dapple Cake.....	9
Apple Tarte Tatin	9
Chunky Apple Cake <i>with</i> Butterscotch Sauce	10
Apple-Sausage Breakfast Cake	10
Apple Cookies	11

When Buying Apples, Keep These Things In Mind . . .

The condition of the apple is important. If you plan on storing apples for a period of time, purchase those that are firm and free from bruises. Slightly bruised apples can be an economical buy if they are used right away. Culls and drop apples may be purchased during the harvest period from orchards at low prices. Use apples that have bruises or skin breaks for jelly, apple butter or cider, as they are a poor choice for canning or freezing.

When purchasing apples for out-of-hand eating or to be used in salads, maturity is the important factor to consider. Color usually indicates maturity to the consumer. The background color should be considered carefully. It should be greenish-yellow to yellow. A red apple is not fully mature when the background is green. The same holds true for yellow varieties. The amount of red color also indicates maturity, but many new red strains of apples color up before they are actually mature for eating. The size of the apple is not an indicator of maturity.

How Many Apples To Buy?

Medium-size apples are 2½"-2¾" in diameter and are usually chosen for general use, while the larger apples are desired for baking. Small apples or "Trick or Treat" apples are suitable for snacks and lunch boxes.

Medium-size apples: 1 pound equals 2-3 apples; 1 peck (12 pounds) equals 24-36 apples; 1 bushel (48 pounds) equals 96-144 apples; 1 box equals 113-138 apples.

You need 6-8 medium apples for a 9" pie. 1 pound for 1½ cups of applesauce, and 1 bushel for 32-40 pints of frozen or canned apples.

Tips On Apples . . .

- Add lemon juice to sliced raw apples and pies to prevent darkening and to accent flavor.
- More vitamins and minerals are saved when apples are used without paring them.

- Store in a cool and moist place to reduce shriveling.
- Store in large quantities, for longer periods, below 50F.
- "A rotten apple can spoil the barrel", so sort apples often.
- Store away from strong-flavored foods.

Are West Virginia Apples Labeled or Graded?

West Virginia law provides that "each closed container of apples offered or transported for sale shall be labeled." This label must carry:

- Name and address of the grower or packer.
- Grade or Quality classification.
- Variety
- Medium size, and
- Net weight or numerical count (if not packed in a standard container as peck, half bushel or bushel.)

The law does not necessarily apply when apples are purchased by the consumer on the grower's premises.

Controlled Atmosphere (C-A) Apples . . .

Tasty-fresh juicy apples are now available as an all season fruit - thanks to Controlled Atmosphere or "C-A" storage facilities. By controlling the components of the air within a "C-A" storage, oxygen is removed and replaced with carbon dioxide, which greatly retards the natural ripening process of the fruit. A September fresh apple may now be enjoyed in June or July. Many West Virginia cold storages are incorporating "C-A" equipment in their operation.

Serve Cheese With Apples . . .

Some suggestions for serving apples with cheese — serve as the dessert or after the dessert. Try your own ideas for combinations.

Common West Virginia Apples

<i>Variety</i>	<i>Season</i>	<i>Characteristics</i>	<i>Use</i>
Yellow Transparent	Late July - Early August	Green-white in color, turning to pale yellow. Flavor is acid and pleasant.	Good for applesauce and general use.
Lodi	Late July - Early August	About same quality and flavor as Transparent except fruit is much larger and does not bruise as readily.	Good for applesauce and general use.
Summer Rambo	August	Red striped in color, very large. Tender and juicy.	Excellent for cooking or eating as fresh fruit.
McIntosh	September	Partially red, striped in color with a green or yellow tinge. Fine grained flesh and high in flavor.	Good for eating as fresh fruit, baking and applesauce.
Grimes Golden	September	A large round golden yellow apple with a delicious tart-sweet flavor.	Excellent for apple-sauce, pie, or, raw.
Jonathan	Mid September - Mid October	A medium sized round apple, bright red in color, touched with yellow. The flesh is pleasantly tart.	Excellent for eating raw, baking and in pies. Good for salad and applesauce.
Golden Delicious	Mid September - Mid October	An apple of extraordinary high quality. Golden yellow in color.	General purpose & excellent for dessert.
Red Delicious	Mid September - Mid October	A large, long apple with five small knobs at end of fruit opposite stem. Color usually dark red. Sweet, crisp, fine grained flesh.	Especially good for eating & salad.
Northwestern Greeting	Late August - Early October	Fruit is large with a greenish yellow skin. The flesh is crisp, yellow, firm and juicy with a mild sub acid flavor.	Good for baking, cooking & pies.
Cameo	Late September - Early October	Bright red stripe over creamy orange. Firm and crisp with sweet, tart flavor.	General use.
Stayman	October	Dull red with white dots concentrated near blossom end. Quite firm, crisp and tart. Yellow flesh.	Excellent for baking & pies. Good for eating and salads.
Fuji	Mid - Late October	Yellow-green with red highlights, but will sometimes have a pinkish blush or nearly all red.	Excellent for eating fresh & salads; good for pies & applesauce.
Cripps Pink (or Pink Lady)	Late October	Pink hue mixed with a green "background." Firm, crisp, sweet and tart.	General use.
Rome Beauty	Late October - Early November	Red striped, mingled with yellow. Greenish around stem. Tart, crisp and moderately juicy.	Excellent for baking & cooking.
York	Late October - Early November	Apple is hard and oblong in shape. Red striped in color. Good as a late keeper.	Excellent for baking & cooking

Crockpot Apple Butter

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| 4 quarts peeled and sliced apples | 1½ teaspoons cinnamon |
| 3 cups sugar or sweeten to taste | ¼ teaspoon allspice |

Place apples in crockpot or slow cooker; add small amount of water to prevent sticking.

Cover; cook for 2 hours on low heat. Uncover, mash any large pieces of apples, add sugar and spices; cook for 2 more hours, stirring occasionally until desired consistency is reached.

Pour apple butter into sterilized pint canning jars, cover with prepared canning lids and jar bands. Process in boiling water bath 5-10 minutes. Let cool; store in cool dark place.

Apple Wedges *with* Ham Dip

Deviled ham is a natural with apples. So forget the potato chips this time, and use crisp, juicy, red-skinned apples for the dipping.

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| 1 3-ounce can deviled ham | 2 tablespoons sour cream |
| ¼ teaspoon Worcestershire sauce | 2 tablespoons minced fresh parsley |
| 4 tablespoons cream cheese, softened | 1 tablespoon mayonnaise |
| Dash Tabasco sauce | ¼ teaspoon prepared mustard |
| Onion juice or onion powder to taste | 2 red-skinned apples, unpared, cut in fairly thick wedges |

Combine all ingredients except apples. Blend until smooth; chill. Serve mounded, in small bowl, sprinkled with a little additional minced fresh parsley. Arrange apple wedges around dip. Provide cocktail toothpicks or use fingers to dip apple wedges into ham mixture. Makes approximately ¾ cup.

Apple Butter Pork Loin

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| 2 1½-pound pork tenderloins | ¼ cup brown sugar |
| Seasoning salt, to taste | 2 tablespoons water |
| 2 cups apple juice | ¼ teaspoon ground cinnamon |
| ½ cup apple butter | ¼ teaspoon ground cloves |

Preheat oven to 350°F. Season pork with seasoning salt; place in 9"x13" baking dish or small roasting pan. Pour apple juice over pork, cover with aluminum foil; bake for 1 hour.

While pork is roasting, mix together apple butter, brown sugar, water, cinnamon and cloves.

After 1 hour, remove pork from oven. Remove aluminum foil; spread apple butter mixture over the pork. Cover pan again with aluminum foil; return to oven; bake 2 hours or until fork tender.

Apple-Walnut Cake *with* Lemon Butter Frosting

4 cups coarsely chopped apples
 2 cups sugar
 2 eggs
 ½ cup vegetable oil
 2 teaspoons vanilla
 2 cups sifted all-purpose flour
 2 teaspoons baking soda
 2 teaspoons cinnamon
 1 teaspoon salt

1 cup chopped walnuts

Lemon Butter Frosting

4 tablespoons butter or
 margarine
 3 cups Confectioner's sugar
 2 tablespoons lemon juice
 1-2 tablespoons cold water
 Pinch of salt

Cake: Combine apples and sugar, let stand. Beat eggs slightly; beat in oil and vanilla. Mix and sift flour, baking soda, cinnamon and salt; stir in alternately with apple-sugar mixture. Stir in walnuts. Pour into greased and floured 13"x9"x2" pan. Bake at 350°F about 1 hour, or until cake tests done. Let stand in pan until cool, turn out on rack; complete cooling. Frost with *Lemon Butter Frosting*; decorate with whole walnut meats. Cut in squares to serve. Makes 12-15 squares.

Frosting: Cream butter or margarine; add sugar gradually, creaming thoroughly. Beat in lemon juice and enough cold water to make a spreading consistency. Beat in salt. Spread on cake. Makes about 3½ cups frosting.

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Apple Meat Loaf

2½ pounds lean ground beef
 1½ cups prepared stuffing mix
 2 cups finely chopped apples
 3 eggs
 2 teaspoons salt

2 tablespoons prepared mustard
 1 large onion, minced
 3 tablespoons prepared
 horseradish
 ¾ cup ketchup

Combine all ingredients; mix thoroughly. Pack into greased 9"x5"x3" loaf pan. Bake in 350°F oven, 1 hour, 15 minutes. Makes 8 servings.

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Honey-Crust Apples

¼ cup chopped dates
 ¼ cup honey
 2 tablespoons chopped
 pecans
 2 teaspoons grated lemon
 peel

¼ cup graham cracker
 crumbs
 1 teaspoon cinnamon
 6 baking apples
 ⅓ cup melted butter
 ¾-1 cup honey

Combine dates, ¼ cup honey, pecans and lemon peel. Combine graham cracker crumbs and cinnamon. Core apples and peel top third of each. Brush with melted butter; roll apples in cracker crumbs. Place apples in 10"x6"x2" inch baking dish. Spoon date mixture into center hole; pour remaining butter and honey over and around apples. Bake at 400°F for 30 minutes or until done. Spoon honey over apples every 10 minutes. Makes 6 servings.

Cloud 9 Candy Apple Pie

Second Place, by Toby Clarke
Orr's Farm Market Apple Dessert Recipe Competition

Apple Mixture

- 5 Jonathan apples,
peeled and sliced
- ¼ cup sugar
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon

Cream Mixture

- ½ cup sour cream
- ½ cup condensed
milk
- ½ cup cream cheese
- ½ teaspoon vanilla
Egg yolk

Crumb Topping

- 1 cup flour
- ½ cup butter, softened
- ½ cup granulated sugar
- ½ cup brown sugar
- ¼ teaspoon salt
- 1 tablespoon cinnamon

Toss apples with sugar, lemon juice and cinnamon.

In mixing bowl, blend all ingredients for cream mixture on high 2-3 minutes until smooth.

Blend cream mixture with apple mixture.

Pour ½ apple mixture into a graham cracker crust, layer 2 sheets of candy apple caramel, pour on remaining apple mixture; cover with crumb topping.

Cottage Apple Ring

- 2 pounds cooking apples
- ½ pint water
- 12 ounces cottage cheese
- 6 ounces mayonnaise
- 2 tablespoons lemon juice
- Sugar
- 1½ ounces gelatin
- Watercress

- Lettuce
- Curly endive, optional
- Salt & pepper
- Chopped chives
- Spring onion tops, optional
- Toasted almonds, chopped
- 2 eating apples, cored & sliced
- Crisp salad greens

Peel and core 2 pounds cooking apples, chop roughly into pieces; cook to soft pulp in ½ pint water. Mash or press through fine sieve. When cool, blend apple puree with 6 ounces cottage cheese, mayonnaise, lemon juice and sugar to taste. Dissolve gelatin in small amount of hot water; add to mixture. Pour into ring mold; allow to set. Just before serving, turn apple ring out on serving plate, fill center with watercress, lettuce or curly endive, or combination of all three.

Mold remaining cottage cheese, well-seasoned with salt and pepper, and when possible, with chopped chives or spring onion tops, into individual rounds about 1" in diameter. Roll in toasted chopped almonds, pile on bed of salad greens to center of apple ring. Decorate serving plates with additional cheese rounds and unpeeled apple slices which have been dipped in lemon juice to prevent browning.

Apple Side Up

- 1 egg
- 1 teaspoon West Virginia honey
- ¾ cup apple juice
- ¼ teaspoon cinnamon
- ¼ cup milk

Combine all ingredients; beat or shake until well blended. Pour into tall glass. Makes 1 serving.

West Virginia Fresh Apple Cake

- 3 cups chopped raw apples
- 1½ cups oil (use corn oil)
- 2 cups sugar
- 2 large eggs
- 1 teaspoon salt
- 1 teaspoon soda
- 2 teaspoons baking powder
- 2½ cups all-purpose flour
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Easy Foundation Sauce

- 1 cup sugar
- 2 tablespoons butter
- 2 tablespoons cornstarch
- 1 cup boiling water
- ½ teaspoon salt
- 1 Package butterscotch chips
(chocolate, carmel or
lemon may be used)

Cake: Prepare raw apples and set aside. Measure oil into large mixing bowl; add sugar and eggs. Beat with electric mixer on slow speed until creamy. Sift flour and measure. Sift again with salt, soda and baking powder. Add small amount of flour mixture at a time to creamed mixture. Beat well after each addition. When all flour has been added, or when batter becomes stiff, remove mixer. Fold in chopped pecans and raw apples. Spread evenly in 9"x13" cake pan lined on bottom with waxed paper. Bake at 350°F for 55-60 minutes. Cool on cake rack.

Sauce: Combine all ingredients except chips in saucepan; mix well. Add chips; stir until melted and well blended. Serve hot over apple cake.

Fried Apple Puffs

Not quite a fritter, not quite a pancake, these hot tasty little apple puffs glazed with cinnamon and sugar are irresistible with pork, pot roast or poultry.

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| 2 | tablespoons sugar | 2 | cups apples, pared &
shredded or coarsely grated |
| ½ | teaspoon cinnamon | ¾ | cup sifted all-purpose flour |
| 3 | eggs, beaten | 2 | egg whites, beaten stiff |

Add sugar and cinnamon to beaten eggs. Stir in apples. Stir in flour just to blend. Fold in egg whites.

Drop by tablespoonfuls onto hot, well-greased griddle.

Puffs should be about 2" diameter. Cook like griddle-cakes until bottoms are golden brown. Turn, sprinkle baked side lightly with sugar and cinnamon. Continue baking until bottoms are golden brown. Serve at once. Makes about 20 medium puffs.

West Virginia Fried Apple Pies

Fried apple pies are old-fashioned, but may be new to you. Old or new, they make great eating.

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| Donut dough recipe | Shortening |
| 2 tablespoons thick, sweetened
spiced applesauce | Sharp Cheese |

Prepare your favorite recipe for donut dough. Roll out ¼" thick; cut into 6" rounds. Place 2 tablespoons applesauce in center of each round; moisten edges; fold over; press edges firmly together with fork tines. Fry in shallow shortening (1½" deep) heated to 365°F until puffed and brown. Drain on absorbent paper. Serve with sharp cheese.

Individual Pork Chop “Roasts” with Savory Apple Stuffing

Stuffing:

2½ cups toasted bread cubes	1 small onion, chopped
¼ cup melted butter	1 tablespoon chopped parsley, optional
¼ cup chopped raisins	1 cup applesauce
1 teaspoon salt	12 pork chops, thin-cut (¾" rib or loin)
½ teaspoon sage	Bowl of applesauce
⅛ teaspoon seasoned pepper	

Combine and mix stuffing ingredients. Arrange 6 pork chops in a single layer in baking pan; place stuffing mixture on each chop. Add second chop over stuffing and secure with toothpicks. Cover and roast in 400°F oven for 40 minutes. Remove cover, reduce heat to 350°F and continue roasting until fork tender, about 1 hour. Serve with additional applesauce as garnish. Serves 6.

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Apple Bacon Pancakes

½ cup apple cider	¼ teaspoon baking soda
3 tablespoons light brown sugar, packed and divided	1 large egg
1½ teaspoons lemon juice	1 large egg white
1½ teaspoons cornstarch	½ cup buttermilk
½ cup whole-wheat pastry flour	1 cup apple (peeled and diced)
¼ cup all-purpose flour	4 slices bacon (cooked and crumbled)
1 teaspoon baking powder	1 teaspoon canola oil

Combine cider, 2 tablespoons brown sugar, lemon juice and cornstarch in small saucepan. Bring to boil over medium heat, whisking and cooking until thickened, approximately 1-2 minutes. Set aside.

Whisk whole wheat flour, all-purpose flour, baking powder, baking soda and remaining brown sugar in small bowl. Whisk egg, egg white and buttermilk in large bowl. Stir in dry ingredients, apples and bacon until just combined. Batter will be thick.

Brush nonstick skillet with ½ teaspoon canola oil; place over medium heat until hot. Cook 4 pancakes at a time, using ¼ cup batter for each pancake. Gently spread batter to a 3"-4" circle. Serve with your favorite syrup or topping.

Apple Stuffed Chicken Breasts

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| 4 boneless, skinless chicken breasts | 2 medium cooking apples (peeled and cut into thin slices) |
| 2 tablespoons sugar | 1 cup apple cider |
| ¼ teaspoon ground cinnamon | 1 tablespoon cornstarch |
| | Salt and pepper to taste |

Place chicken breasts between two pieces of wax paper and pound until ½" thick. Mix sugar and cinnamon and coat apples well. Divide apple slices among chicken breast halves. Fold chicken around apple slices and secure with toothpicks. Salt and pepper to taste. Cook over medium heat 20-25 minutes or until juices from chicken breasts run clear. Remove toothpicks.

In one-quart saucepan, mix apple cider and cornstarch. Cook over medium heat, stirring constantly, until thickened and bubbly. Spoon over chicken and serve.

Paper Bag Apple Pie

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| 4-5 tart apples (Granny Smith, Rome, McIntosh) | 1 unbaked 9" pie shell |
| ½ cup sugar | Topping: |
| 2 tablespoons flour | ½ cup brown sugar |
| ¼ teaspoon nutmeg | ½ cup flour |
| 2 tablespoons lemon juice | ½ cup butter |

Preheat oven to 425° F. Peel and slice apples; place in large bowl with sugar, flour, nutmeg and lemon juice. Stir to coat apples with dry ingredients and lemon juice. Spoon coated apple slices into unbaked pie shell.

Topping: Place brown sugar and flour in bowl; cut butter into dry mixture using a pastry blender, fork or two knives. Sprinkle evenly over apples, covering top of the pie. Place pie in large, heavy brown paper bag. Fold twice to seal. Bake at 425° F for 1 hour. Remove from paper bag; cool on rack.

Apple Slaw

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| 1 unpeeled red apple, diced | ½ cup fat-free, light vanilla yogurt |
| 4 cups shredded cabbage | 2 tablespoons orange juice |
| ½ cup red onion, chopped | Dash of cinnamon |
| 1 green bell pepper | |

Combine all ingredients in medium-sized mixing bowl; stir well. Refrigerate until ready to serve.

Apple Dapple Cake

1¼ cups oil
2 cups sugar
3 eggs
1 teaspoon baking soda
1 teaspoon salt
3 cups flour
1 teaspoon cinnamon
3 cups diced apples

1 cup pecans
1 cup golden raisins
1 teaspoon vanilla

Topping:

1 cup brown sugar
¼ cup milk
½ cup butter
1 teaspoon vanilla

Cream together oil, sugar and eggs in large bowl. Sift together baking soda, salt, flour and cinnamon; add to creamed mixture stirring well. Fold in apples, nuts, raisins and vanilla. Pour into ungreased tube pan. Bake at 350°F for 1 hour and 20 minutes. Test with cake tester to be sure it is done before removing from oven. Cake will be done when cake tester comes out clean.

Topping: Combine ingredients in small saucepan. Bring mixture to boil, stirring constantly. Boil 3 minutes and pour over cake while both are still warm. Cut cake loose from sides of pan and punch holes in top of cake with fork. Let set 10 minutes; remove from pan.

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Apple Tarte Tatin

*Margie West – First Place
Orr's Farm Market Apple Dessert
Recipe Competition*

5 apples, peeled, thickly sliced
½ teaspoon cinnamon (or more, to taste)
⅛ teaspoon nutmeg
2 tablespoons sugar (or more, to taste)

Dash of salt
1 sheet puff pastry

Caramel Ganache:

¼ cup water
1½ tablespoons corn syrup
⅔ cup sugar
½ cup heavy cream

Preheat oven to 400°F. Mix apples, cinnamon, nutmeg, sugar and salt together. Take 4 large ramekins and pour caramel ganache into bottoms; arrange apple slices into each ramekin. Roll out puff pastry. Cut circles slightly larger than ramekin. Place on top of apples and cut 3 slices in pastry so steam will escape. Bake 20-25 minutes. Let rest 15 minutes. Put a dinner plate over ramekin. Turn it over and slowly remove ramekin.

Caramel Ganache: Add water, corn syrup and sugar to pot. Cook over low heat until sugar is melted and syrup starts to turn an amber color. Take pot off burner; slowly add heavy cream. Stir until all is incorporated. Return pot to heat for a few minutes, stirring constantly.

Chunky Apple Cake *with* Butterscotch Sauce

Sandra Perry – Ronceverte, W.Va.
First-Place Apple Dessert Contest
W.Va. State Fair, 2007

½ cup butter, softened
2 cups sugar
1 teaspoon vanilla
2 eggs
2 cups all-purpose flour
2 teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon salt

½ teaspoon baking soda
6 cups Granny Smith Apples,
peeled and chopped

Butterscotch Sauce:

1 cup packed brown sugar
½ cup butter, cubed
1 cup heavy cream

In large mixing bowl, cream butter, sugar and vanilla. Add eggs, one at a time, beating well after each addition. Combine flour, cinnamon, nutmeg, salt and baking soda. Gradually add to creamed mixture and mix well. Stir in apples until well combined.

Spread into greased 13"x9" baking pan. Bake at 350°F for 40-45 minutes or until top is lightly browned and springs back when touched. Cool at least 30 minutes before serving.

Butterscotch Sauce: In saucepan, combine brown sugar and butter. Cook over medium heat until butter is melted. Gradually add cream. Bring to a slow boil over medium heat, stirring constantly. Remove from heat. Serve over cake.

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Apple-Sausage Breakfast Cake

4 sausage patties
2 tart apples, peeled, cored
and sliced (about ¼" thick)
2 tablespoons brown sugar
1 teaspoon cinnamon
1 tablespoon butter
1½ cups pancake batter

In large skillet, saute sausage until browned. Pour off any fat from skillet. Add apple slices, sprinkle with brown sugar and cinnamon. Saute for 1-2 minutes until apples just lose their crispness. Set aside.

Place butter in well-seasoned 9" iron skillet and heat in 450°F oven until bubbly and hot. Arrange sausage in pan, cover with apples, distributing evenly.

Pour batter over apples and bake until nicely browned, about 8-15 minutes. Cut into pie-shaped wedges and serve immediately.

Apple Cookies

"Wonderfully moist and tasty."

2 cups peeled, chopped apples	3/4 teaspoon ground nutmeg
1 cup strong coffee	3/4 teaspoon ground cloves
1 cup granulated sugar	2 cups all-purpose flour
1 cup raisins	1/4 teaspoon salt
1/2 cup butter, softened	1 teaspoon soda
1 teaspoon ground cinnamon	1 teaspoon vanilla extract
	1 cup chopped nuts

Combine first 8 Ingredients in a saucepan; cook over low heat until apples are tender. Remove from heat; cool. Combine flour, salt, and soda; stir into apple mixture. Add vanilla and nuts, stirring well. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 375°F for 15 minutes. Yield: 4½ dozen.

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