Apple Cookies
“Wonderfully moist and tasty.”

| 2 cups peeled, chopped apples | ¾ teaspoon ground nutmeg |
| 1 cup strong coffee | ¾ teaspoon ground cloves |
| 1 cup granulated sugar | 2 cups all-purpose flour |
| 1 cup raisins | ¼ teaspoon salt |
| ½ cup butter, softened | 1 teaspoon soda |
| 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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Contact Information

Marketing and Development Division
Phone: 558-2210
Fax: 558-2270

Communications Division
*Market Bulletin*
Phone: 558-3708
Fax: 558-3131
marketbulletin@wvda.us

Plant Industries Division
Phone: 558-2212
Fax: 558-2435

Executive Division
Phone: 558-3200
Fax: 558-2203
www.wvagriculture.org

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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 . . .

- 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.

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Chunky Apple Cake with Butterscotch Sauce
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

Butterscotch Sauce:
1 cup packed brown sugar
1½ cups butter, cubed
1 cup heavy cream

In large mixing bowl, cream butter, sugar and vanilla. Add eggs, one at a time, gradually add to creamed mixture and mix well. Stir in apples until well combined. The top is lightly browned and springs back when touched. Cool at least 30 minutes before serving.


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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.

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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.

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<table>
<thead>
<tr>
<th>Variety</th>
<th>Season</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Transparent</td>
<td>Late July - Early August</td>
<td>Green-white in color, turning to pale yellow. Flavor is acidic and pleasant.</td>
</tr>
<tr>
<td>Lodi</td>
<td>Late July - Early August</td>
<td>About same quality and flavor as much larger and does not bruise as readily.</td>
</tr>
<tr>
<td>Summer Rambo</td>
<td>August</td>
<td>Red-stripe yellow, red-striped in color. Fleshy, firm, and juicy.</td>
</tr>
<tr>
<td>Mcintosh Golden</td>
<td>September</td>
<td>Partially red-striped in color, turning to pale yellow. Flavor is acid and pleasant.</td>
</tr>
<tr>
<td>Golden Delicious</td>
<td>September</td>
<td>A medium sized round apple, bright red in color, touched with yellow. Fleshy, firm, and juicy.</td>
</tr>
<tr>
<td>Red Delicious</td>
<td>September</td>
<td>A large, round golden yellow apple with a delicious tart-sweet flavor.</td>
</tr>
<tr>
<td>Northwestern Greeting</td>
<td>September</td>
<td>A medium sized round apple, bright red in color, touched with yellow. Fleshy, firm, and juicy.</td>
</tr>
<tr>
<td>Cameo</td>
<td>September</td>
<td>Bright red stripe over creamy yellow skin. Flavor is crisp, tart, firm, and juicy, good for fresh &amp; saladed.</td>
</tr>
<tr>
<td>Stayman</td>
<td>October</td>
<td>Dull red with white dots concentrated near blossom end. Quite tender, crisp, and juicy.</td>
</tr>
<tr>
<td>Fuji</td>
<td>October</td>
<td>Yellow-green with red highlights. Good for fresh, baking, and pie filling.</td>
</tr>
<tr>
<td>Rome Beauty</td>
<td>October</td>
<td>Red striped, mingled with yellow, greenish around stem. Tart, crisp, and juicy.</td>
</tr>
<tr>
<td>York</td>
<td>October</td>
<td>Apple is hard and oblong in shape. Red striped in color. Good as a late keeper.</td>
</tr>
</tbody>
</table>

### Apple Dapple Cake

**Recipe:**

- **Ingredients:**
  - 1 1/4 cups oil
  - 2 cups sugar
  - 3 eggs
  - 1 teaspoon baking soda
  - 1 teaspoon salt
  - 1 teaspoon cinnamon
  - 3 cups diced apples
  - 1 cup pecans
  - 1 cup golden raisins
  - 1 teaspoon vanilla
  - 1 sheet puff pastry

- **Instructions:**
  1. Preheat oven to 400°F. Mix ingredients together in a bowl. Pour into an ungreased tube pan. Bake at 350°F for 1 hour. Let stand 10 minutes, remove from pan. Cream together oil, sugar, and eggs in large bowl. Stir in flour and cinnamon; add to creamed mixture, stirring well. Fold in diced apples, raisins, and nuts. Pour into greased tube pan. Bake at 350°F for 1 hour. Let set 10 minutes, remove from pan. 2. Cut cake loose from sides of pan and punch holes in top of cake with fork. Let set 10 minutes; remove from pan. 3. Prepare 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, stirring constantly. Cool. 4. Topping: Combine ingredients in small saucepan. Bring mixture to boil, stirring constantly. Boil 3 minutes and pour over cake while both are still warm. 5. Cream together oil, sugar, and eggs in large bowl. Sift together baking soda, and flour. Stir in apples, raisins, and nuts. Pour into greased tube pan. Bake at 350°F for 1 hour. Let stand 10 minutes, remove from pan. 6. Cut cake loose from sides of pan and punch holes in top of cake with fork. Let set 10 minutes; remove from pan. 7. Prepare 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, stirring constantly. Cool.

### Apple Tarte Tatin

**Recipe:**

- **Ingredients:**
  - 5 apples, peeled, thickly sliced
  - 1/2 teaspoon cinnamon
  - 3 cups diced apples
  - 1/4 cup water
  - 1½ tablespoons corn syrup
  - 1 cup sugar
  - 1/2 cup heavy cream
  - 1/4 cup brown sugar
  - 1/4 cup milk
  - 1/2 cup butter
  - 1 teaspoon vanilla

- **Instructions:**
  1. Preheat oven to 400°F. Mix ingredients together in a bowl. Pour into an ungreased tube pan. Bake at 350°F for 1 hour. Let set 10 minutes, remove from pan. 2. Cut cake loose from sides of pan and punch holes in top of cake with fork. Let set 10 minutes; remove from pan. 3. Prepare 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, stirring constantly. Cool.
Crockpot Apple Butter

4 quarts peeled and sliced apples  1½ teaspoons cinnamon
3 cups sugar or sweeten to taste  ¾ 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.

1 3-ounce can deviled ham
¼ teaspoon Worcestershire sauce
2 tablespoons sour cream
2 tablespoons minced fresh parsley
Dash Tabasco sauce
Onion juice or onion powder to taste

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 ¼ cup.

Apple Butter Pork Loin

2 1½-pound pork tenderloins
Seasoning salt, to taste
2 cups apple juice
½ cup apple butter

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 Stuffed Chicken Breasts

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

Place chicken breasts between two pieces of wax paper and pound until 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

4-5 tart apples (Granny Smith, Rome, McIntosh)
½ cup sugar
¼ teaspoon nutmeg
2 tablespoons lemon juice

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:
½ cup brown sugar
½ cup flour
½ cup butter

Remove from paper bag; cool on rack.

Apple Slaw

1 unpeeled red apple, diced
4 cups shredded cabbage
½ cup red onion, chopped
1 green bell pepper

½ cup fat-free, light vanilla yogurt
2 tablespoons orange juice
Dash of cinnamon

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

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

Honey-Crust Apples

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

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.

Individual Pork Chop “Roasts” with Savory Apple Stuffing

Stuffing:

2½ cups toasted bread cubes
¼ cup melted butter
¼ cup chopped raisins
½ teaspoon salt
½ teaspoon sage
½ 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.

Apple Bacon Pancakes

½ cup apple cider
3 tablespoons light brown sugar, packed and divided
1½ teaspoons lemon juice
1½ teaspoons cornstarch
½ cup whole-wheat pastry flour
½ cup all-purpose flour
1 teaspoon baking powder

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 ⅛ cup batter for each pancake. Gently spread batter to a 3”-4” circle. Serve with your favorite syrup or topping.

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.

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

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.
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
1½ cup butter, softened
1½ cup granulated sugar
1½ cup brown sugar
1 teaspoon salt
1 teaspoon baking powder
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
2 eating apples, cored & sliced
Watercress

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
¼ 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

<table>
<thead>
<tr>
<th>Apple Mixture</th>
<th>Cream Mixture</th>
<th>Crumb Topping</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups chopped raw apples</td>
<td>1 cup flour</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>1½ cups oil (use corn oil)</td>
<td>1½ cup butter, softened</td>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>2 cups sugar</td>
<td>1½ cup granulated sugar</td>
<td>2 tablespoons cornstarch</td>
</tr>
<tr>
<td>2 large eggs</td>
<td>1½ cup brown sugar</td>
<td>1 cup boiling water</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 teaspoon baking powder</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 teaspoons soda</td>
<td>2½ cups all-purpose flour</td>
<td>1 Package butterscotch chips</td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td>1 teaspoon cinnamon</td>
<td>(chocolate, caramel or lemon may be used)</td>
</tr>
<tr>
<td>1 cup chopped pecans</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cake: Prepare raw apples and set aside. Measure oil into large mixing bowl; measure. Sift again with salt, soda and baking powder. Add small amount of vanilla extract

Easy Foundation Sauce

<table>
<thead>
<tr>
<th>Cake:</th>
<th>Easy Foundation Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
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</tr>
<tr>
<td>2 tablespoons cornstarch</td>
<td>1 cup boiling water</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 cups apple juice</td>
<td>1 Package butterscotch chips</td>
</tr>
<tr>
<td>¼ cup milk</td>
<td>(chocolate, caramel or lemon may be used)</td>
</tr>
</tbody>
</table>

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.

Fried Apple Puffs

Donut dough recipe
2 tablespoons thick, sweetened spiced applesauce

Shortening

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.