The Spectrum of Apple Flavors

FROM SWEET TO TART, AND IN BETWEEN―TRY THEM ALL!

MOST TART

GRANNY SMITH

PINK LADY

BRAEBURN

ROME

HONEY CRISP

RED DELICIOUS

MORE TART

MOST SWEET

FUJI

SONYA

GALA

JONAGOLD

CAMEO

GOLDEN DELICIOUS

LESS SWEET

= FRESH

= BAKING

= COOKING

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The Y
Ingredients

- 12 pounds Apples
- 4 1/2 c. sugar
- 2 t. cinnamon
- 1/4 t. nutmeg
- 1 t. salt
- 1/4 cup of lemon
- 10 c. water

Instructions

1. Peel and core the apples.
2. Cut the apples into small pieces.
3. Pack the sliced apples into jars leaving headspace. (At least 1/2 inch)
4. Simmer the syrup for about 20 minutes. It may get slightly thick. Do not add cornstarch or flour before canning.
5. Using a funnel, pour the syrup over the apples. You will have to use something to push the syrup down into the jar and get rid of the air bubbles.
6. Clean off the rims of the jars and make sure they are dry before you put the lids on. Do not skip this step, it's important because it will help to ensure a good seal.
7. Put on the lids and lids. Make sure they are screwed on tight!
8. Put the jars in a hot water canner. Get the water boiling or close to boiling before you set the time.
   Lower jars into boiling water and make sure the jars are covered completely. If using a pressure canner, place two inches of water in canner, place jars in canner, and bring to pressure according to instructions for your model.
9. Process for 20 minutes if using a hot water bath or 8 minutes at 10 lbs. of pressure if using a pressure canner. Take out and let cool. You should hear the jars “pop” and jars should all seal within 24 hrs. If jars do not seal, either use immediately, put in the refrigerator and use within a week, or simply throw away.
10. When ready to use, mix 2 tablespoons of corn starch with ¼ cup of water and add to warmed pie filling. Heat until thicken and enjoy as a side dish or pour into pie filling and bake.
Apple Sauce
PREP TIME: 1 hour
COOK TIME: 5-20 minutes
CANNING TIME: 20 minutes in hot water bath or 8 minutes in pressure canner at 10 lbs.
Jars: 10 pint sized jars

Ingredients

• 15 lbs. apples, peeled, cored, quartered, treated to prevent browning* and drained (about 36 medium)
• Water
• 3 cups granulated sugar, optional
• 4 Tbsp. lemon juice

Instructions


2. Combine apples with just enough water to prevent sticking in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, for 5 to 20 minutes, until apples are tender (time will depend upon the variety of apple and their maturity). Remove from heat and let cool slightly, about 5 minutes.

3. Transfer apples, working in batches, to a food mill or a food processor fitted with a metal blade and purée until smooth.

4. Return apple purée to saucepan. Add sugar, if using, and lemon juice. Bring to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling jars.

5. Ladle hot applesauce into jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.

6. Process jars in a boiling water canner for 20 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.
Ingredients

- 2 Apples
- 2 Tablespoons Granulated Sugar
- 1 teaspoon Ground Cinnamon

Instructions

1. Preheat oven to 200ºF. Line two sheet pans with silicone mats or parchment paper.
2. Core apples if desired, then slice thinly with a mandolin. Lay slices side-by-side in an even layer on the mat or parchment, then sprinkle sugar and cinnamon evenly all over apple slices.
3. Bake apples for about 1 1/2 hours to 2 hours, until apples are no longer gummy and are dry to the touch. The apple slices will get crispy as they cool. Enjoy soon after baking, otherwise they will tend to absorb moisture from the air and soften again.
Healthier Cinnamon Apple Muffins

PREP TIME: 15 minutes
COOK TIME: 20 minutes
TOTAL TIME: 35 minutes
SERVINGS: 16 servings
CALORIES: 158 per muffin

Ingredients

- 2 large apples - finely chopped OR grated
- 1/3 cup applesauce
- 2 Tablespoons canola oil - or coconut oil
- 1 cup buttermilk
- 1/3 cup brown sugar - packed
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1.5 cups white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg

Topping:

- 3 Tablespoons butter
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon

Instructions

1. Preheat oven to 350 degrees F. Grease a muffin tin with non-stick cooking spray.
2. In a large mixing bowl whisk together the applesauce, canola oil, buttermilk, brown sugar, egg, and vanilla extract until smooth. In a separate smaller mixing bowl sift together the flours, baking powder, baking soda, salt, allspice, ground cinnamon and nutmeg. Add the dry ingredients to the wet ingredients and mix until just combined. Gently fold in the chopped or grated apple. Scoop batter into prepared muffin tins.
3. In a small bowl, melt butter for the topping. Add sugar and cinnamon and mix well. Carefully spoon a small amount of the butter topping over the tops of each muffin.
4. Bake in preheated oven for 16-20 minutes or until tops are golden and toothpick inserted in the middle comes out clean. Remove from oven and allow muffins to cool before serving.
Classic Baked Apples

PREP TIME: 15 minutes
COOK TIME: 1 hour
TOTAL TIME: 1 hour and 15 minutes
SERVINGS: 4 servings
CALORIES: 240 per apple

Ingredients

- 4 large baking apples, such as Honey crisp
- 4 tablespoons (1/2 stick) butter, softened
- 1/2 cup brown sugar
- 3/4 teaspoon cinnamon
- 1/4 cup chopped pecans

Instructions

1. Preheat the oven to 375 degrees F.
2. Wash and core apples, leaving enough of the core at the base of the apple to contain the filling.
3. Combine the butter, brown sugar, cinnamon and chopped pecans in a small bowl. Roll log shapes of the mixture and press enough into each apple to fill the core.
4. Fill a 2-quart baking dish with about 3/4 cup water, or enough to cover the bottom. Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, 1 hour.