


# kitchen metrics




**VOLUME**  
Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:


1000 mL = 1L  
500 mL  
250 mL



250 mL  
125 mL  
50 mL



25 mL  
15 mL  
5 mL  
2 mL  
1 mL



**TEMPERATURE**  
Most commonly used oven temperatures

°C replaces	°F	°C replaces	°F
100	200	190	375
150	300	200	400
160	325	220	425
180	350	230	450

Refrigerator temperature: 4°C replaces 40°F  
Freezer temperature: -18°C replaces 0°F

**MASS**  
1 kg (1000 g) is slightly more than 2 pounds  
30 g is about 1 ounce

**LENGTH**  
1 cm (10 mm) is slightly less than 1 1/2 inch  
5 cm is about 2 inches

**PRESSURE**  
Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa replaces	PSI
35	5
70	10
100	15

# apples year round

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 Agriculture  
Canada



**APPLE PIE**

Pastry for 2-crust, 9-inch pie	$\frac{1}{2}$ cup sugar
6 cups sliced, peeled apples (about 2 pounds)	$\frac{1}{4}$ teaspoon cinnamon (optional)
	1 tablespoon butter

Line pie plate with half the pastry. Mix apples, sugar and cinnamon. Turn into pie shell, dot with butter and cover with remaining half of pastry. Seal edges and cut steam vents. Bake 10 minutes at 450°F. Reduce temperature to 350°F and continue baking until pastry is browned and apples are tender (30 to 40 minutes). 6 servings.

**USING SOLID PACK APPLES** — Make as Apple Pie but use one 28-ounce can solid pack apples in place of fresh apples.

**FOR TART OR SWEET APPLES** — Increase sugar to  $\frac{3}{4}$  cup with very tart apples; sprinkle 1 tablespoon lemon juice over very sweet apples.

**GOOD COMBINATIONS** — Substitute cranberries, raisins, currants or mincemeat for part of the apples.

**CHEESE PASTRY** — Use cheese crust for a change; add  $\frac{1}{2}$  cup grated cheddar cheese to dry pastry mixture.

**APPLE DUMPLINGS**

Pastry for 2-crust, 9-inch pie	$\frac{1}{2}$ cup brown sugar
6 medium apples, peeled and cored	$\frac{1}{8}$ teaspoon cinnamon
2 tablespoons butter	$\frac{1}{8}$ teaspoon salt
	$\frac{1}{2}$ cup raisins

Roll out pastry in a rectangle  $\frac{1}{8}$  inch thick and cut in 6 squares. Set one apple on each square and fill cavity with mixture of butter, sugar, cinnamon, salt and raisins. Draw up the four corners of pastry and seal edges well. Bake at 425°F until pastry is lightly browned and apples are tender (25 to 40 minutes, depending on variety and size of apples). If desired, serve with cream or brown sugar sauce. 6 dumplings.

# apple metrics\*

1 large apple yields about 250 mL diced or sliced  
 250 mL dried apples weigh about 100 g  
 1 medium apple weighs about 150 g  
 6 large apples weigh about 1 kg  
 500 g apples yield about 1 L diced or sliced  
 1 can (540 mL)\* pie filler is sufficient for one 1 L (23 cm) pie

\*Metric equivalents are now stated on cans.

**DEEP-DISH APPLE PIE**

1.5 L sliced, peeled apples (about 750 g)	3 mL cinnamon
125 mL sugar	5 mL lemon juice
30 mL cornstarch	15 mL butter
1 mL salt	Pastry for 1-crust, 1 L (23 cm) pie

Combine apples and dry ingredients. Turn into 1 L (23 cm) pie plate or 2 L cake pan (20 cm square). Sprinkle with lemon juice and dot with butter. Cover with pastry and seal edges to inside

**BAKED APPLES**

6 medium apples	1 mL cinnamon
25 mL butter	100 mL water
125 mL brown sugar	

Core apples. Make a cut about 1 cm deep around each apple near the top to prevent skin splitting during baking; place apples in baking pan. Cream butter, sugar and cinnamon and fill centers of apples. Add water to pan. Bake uncovered at 190°C until tender (25 to 50 min — McIntosh and similar firm varieties bake in 25 to 30 min; Northern Spy and other firmer varieties may take up to 50 min). 6 servings.

**TO BAKE APPLES IN A MICROWAVE OVEN** — Use individual glass custard cups. Add 15 mL water to each custard cup. Microwave on High until tender\*:

1 apple	3- 6 min
2 apples	4-10 min
6 apples	6-20 min

\*Baking time depends on variety and size of apples. St. Lawrence and Lobo require the shortest time to bake. McIntosh and Northern Spy require



of dish. Cut steam vents. Bake at 220°C until apples are tender (30 to 35 min). 6 servings.

**USING APPLE PIE FILLER** — Make as Deep-Dish Apple Pie but use one can (540 mL) apple pie filler in place of fresh apples.

**USING DRIED APPLES** — Rehydrate 750 mL dried apples with 1.5 L boiling water. Let stand 1 h. Drain; reserve 150 mL liquid. Combine dry ingredients with apples. Turn into pie plate. Pour reserved liquid over apples. Continue as for fresh apples.

## PASTRY

500 mL sifted all-purpose flour OR 550 mL sifted pastry flour	200 mL shortening, well chilled
5 mL salt	60 to 80 mL ice water

Sift flour and salt together. Cut in half the shortening until mixture resembles coarse crumbs. Cut in remaining shortening until pieces are about the size of small peas. Sprinkle with water and toss lightly. Form in ball and chill about 30 min. Roll pastry to fit pan. Makes enough pastry for a 1-crust, 1 L (23 cm) pie.

## APPLE CRISP

1.5 L sliced, peeled apples (about 750 g)	125 mL rolled oats
125 mL all-purpose flour	175 mL brown sugar
	125 mL butter

Arrange apples in a greased 2 L cake pan (20 cm square). Combine flour, oats and sugar. Cut in butter until mixture resembles coarse bread crumbs. Sprinkle topping over apples. Bake at 190°C until apples are tender and topping is lightly browned (about 35 min). 6 servings.

**USING SOLID PACK APPLES** — Make as Apple Crisp but use one can (796 mL) solid pack apples in place of fresh apples.

**USING APPLE PIE FILLER** — Make as Apple Crisp but use one can (540 mL) apple pie filler in place of fresh apples and reduce brown sugar to 50 mL.

**USING DRIED APPLES** — Rehydrate 750 mL dried apples with 1.5 L boiling water. Let stand 1 h at room temperature and then overnight in refrigerator. Make as Apple Crisp but use rehydrated apples in place of fresh apples. Cover and bake 35 min at 190°C, uncover and bake 25 min more.

slightly longer times, and Spartan, Red Rome Beauty and Newtown require the longest times to bake.

**VARIATIONS** — Try the following combinations:

Add raisins, currants, candied ginger, cut peel or chopped nuts to sugar mixture.

Use mincemeat, cranberry sauce or jam in place of sugar mixture.

Top each apple with a marshmallow or a spoonful of meringue, 10 min before baking is completed.

## APPLE BUTTER

4 L sliced, unpeeled apples (about 2 kg)	1 mL cloves
500 mL apple juice	1 mL nutmeg
Sugar	1 mL allspice
5 mL cinnamon	Food coloring (optional)

Cook apples and juice uncovered until apples are soft. Press through sieve. To each 250 mL pulp add 125 mL sugar (if apples are very sweet, reduce sugar to 75 mL for each 250 mL pulp). Add spices. Stir and cook until thick (30 to 60 min depending on variety of apples used). Add a few drops red or yellow food coloring. Ladle into hot sterilized jars and seal with paraffin. Makes about seven 175 mL jelly jars.

**USING DRIED APPLES** — Rehydrate 2.2 L dried apples with 4.5 L boiling water. Let stand 1 h. Drain; reserve 2 L liquid. Cook apples, juice and reserved liquid uncovered until apples are soft. Continue as for fresh apples.

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# apples year round

For all-round eating pleasure, Canadians choose apples. Apples make good eating. They combine with just about any food you can name. Served raw or cooked, hot or cold, they add their unique flavor to any meal. They are available in many forms — fresh, canned or dried, and as pie filler, solid pack, sauce or juice. Whether for their sweetness or tartness, apples can be used in many delicious recipes.

## BUYING

Buy fresh apples all year and use them often for nutritious, low-calorie snacks or in your favorite recipes. Appearance, color, maturity, size, shape and quality are the determining factors for Canada Extra Fancy, Canada Fancy and Canada Commercial grades. Grading ensures that the apples have met federal government standards. The minimum diameter is 2 ¼ inches, or 2 inches if the apples have Extra Fancy coloring.

## STORING

Store baskets or bushels of ripe apples in a dark, well-ventilated, cool room (0°-4°C or 32°-40°F). Store perforated plastic bags of apples in the crisper of the refrigerator to prevent decay, to slow down ripening and to help maintain quality, juiciness and crispness.

Freeze firm apple varieties that do not brown readily, such as Cortland, Northern Spy, Ida Red and Red Rome Beauty, for pies and puddings. Choose firm, mature apples; wash, peel, core and slice. To prevent discoloration, add 400 mg ascorbic acid in tablet form or ⅛ teaspoon in powdered or crystalline form dissolved in 2 tablespoons cold water to each 2 cups prepared apples. To sweeten, add 2 tablespoons sugar for each 2 cups prepared apples. Mix lightly to coat pieces.

It is not necessary to thaw frozen apples completely to be used in pies, baked puddings or cakes. For pies and puddings, thaw fruit only enough to separate pieces and then proceed as with fresh fruit.

Applesauce prepared in the usual way may be frozen. Thaw and use as fresh or canned.

## APPLE PRODUCTS

Like the fresh fruit, processed apple products are quality graded.

*APPLE JUICE* is the natural juice of the fruit. Apple juice labeled "Vitaminized" or with "Vitamin C added" must contain not less than 35 mg ascorbic acid per 100 mL anytime up to 1 year after canning. Apple juice is graded for quality as Canada Fancy and Canada Choice. It is sold in 5 ½, 6, 10, 14, 19, 28, 48 and 100 fluid-ounce cans. Frozen concentrated apple juice is sold in 6, 12, 32 and 46 fluid-ounce cans.

*APPLESAUCE* is packed in 10, 14, 19, 28 and 100 fluid-ounce containers. It is graded for quality as Canada Fancy and Canada Choice.

*SOLID PACK APPLES* are peeled, cored apples cut in segments and canned without sugar or water. They are graded for quality as Canada Fancy, Canada Choice and Canada Standard and sold in 14, 19, 28 and 100 fluid-ounce cans.

*APPLE PIE FILLER* is made within a specified range of ingredients including thickener and sweetener. It is sold in 10, 14, 19, 28 and 100 fluid-ounce cans.

*DRIED OR EVAPORATED APPLES* are rings or segments of peeled, cored apples from which most of the moisture has been removed to assure preservation of the product. They are graded for quality as Canada Fancy, Canada Choice and Canada Standard and are sold by weight.



To rehydrate dried or evaporated apples (if instructions are not included in the recipe), use twice as much boiling water as fruit. Cover and let stand 1 hour at room temperature. Follow recipe instructions for use.

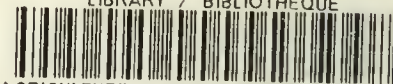


Dried apples may also be rehydrated in a microwave oven. Add 4 cups water to 3 cups dried apples. Microwave 5 minutes on High, stir, then microwave 7 minutes more. Let stand 30 minutes, then follow recipe instructions given for fresh apples.

## APPLE EQUIVALENTS

- 1 medium apple yields about 1 cup diced or sliced
- 1 large apple yields about 1 cup shredded
- 1 apple yields 4 or 5 apple rings
- 6 medium apples weigh about 2 pounds
- 3 cups dried apples weigh about 10 ounces
- 10 ounces dried apples yield about 4 cups rehydrated (sufficient for one 9-inch pie)
- 1 19-ounce can pie filler yields about 2 cups (sufficient for one 9-inch pie, because apples are already cooked)

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