

# tree fruit recipes


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# tree fruit recipes

The Food Processing Section's Test Kitchen presents these tested recipes featuring tree fruits, fresh or preserved, to assist you with the preparation of tasty, attractive fruit dishes.

*Serve fruit anytime*

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# CONTENTS

## TREE FRUITS 4

Apples 4

Apricots 4

Cherries 4

Peaches 5

Pears 5

Plums 5

## GRADING 6

## RECIPES 7

Pies 7

Cakes, Cookies and Desserts 10

Hot Breads 15

Potpourri 17

## INDEX TO RECIPES 20



# tree fruits

Tree fruits — apples, apricots, cherries, peaches, pears and plums — are grown mainly in British Columbia and Ontario orchards. Large quantities of apples are produced in Quebec; and commercial crops of apples, cherries and pears are grown in the Annapolis Valley in Nova Scotia.

## APPLES

The four main apple-producing areas of Canada are British Columbia, Ontario, Quebec and Nova Scotia. The most familiar all-purpose variety is the McIntosh, which thrives in all areas. British Columbia is also famous for its Red Delicious, Golden Delicious, Spartan and Newtown varieties; Ontario for Northern Spy and Delicious; Quebec for Cortland, Lobo and Snow (or Fameuse); and Nova Scotia for Gravenstein and Spy. With the exception of Red Delicious, a dessert apple highly favored for fresh eating, all of these varieties are all-purpose apples excellent for eating raw as well as for cooking, canning and freezing. Controlled-atmosphere storage has made it possible to extend the availability of some Canadian-grown varieties right through to the following summer.

Choose apples of good color for the variety, mature, well shaped and with a minimum of bruises or other defects. To retain flavor and crispness, store small quantities of

apples in perforated plastic bags in the refrigerator; store baskets or boxes covered with perforated plastic in a cool room at 32-42°F (0-6°C).

## APRICOTS

British Columbia produces the only commercial crop of apricots in Canada. The main varieties are Wanatchee Moorpark, Tilton and Blenheim. A small crop, mostly of the Blenheim variety, is produced in Ontario. The apricot season usually begins about mid-July and lasts until mid-August. Apricots are refreshing to eat out of hand or to serve cut up with sugar and cream. They are excellent for canning and for making jams, pies and desserts.

Buy apricots that are plump and firm, with a uniform golden-yellow or orange color. If fruit is slightly on the green side, allow it to ripen at room temperature, checking it every day. Store ripe fruit in a cool dry place or in the refrigerator. Use within 1 week.

## CHERRIES

The almost-black, heart-shaped Bing sweet cherry, grown in both British Columbia and Ontario, is the most popular variety in Canada. Other well-known sweet varieties are Van and Lambert in British Columbia; and Black Tartarian, Schmidt and Windsor in Ontario. Red sour cherries — mostly of the Montmorency variety — are produced in both provinces and also in Nova Scotia. Cherries are generally available throughout July, reaching a peak in mid-month. Sweet cherries are most delightful for fresh eating and sour cherries are best known for the good pies they make. Both kinds are excellent in all kinds of desserts, as well as for canning and freezing.

Select cherries that are firm, plump, shiny, well colored for the variety, and without bruises or splits. To enjoy them at their best, handle cherries gently, store covered in the refrigerator and use within 3 days of purchase. Wash and stem cherries just before using, as they get soft and moldy if stored wet.

## PEACHES

Peaches are Canada's second-largest fruit crop, next to apples. About 80% of the crop is produced in Ontario and the other 20% in British Columbia. The season starts in late July and continues through September. Most of the early varieties, for example, Erlyvee and Sunhaven, are generally preferred for fresh eating rather than for canning or freezing, because the soft, flavorful flesh clings to the stone. Varieties that mature after mid-August, such as Ontario's Redhaven, Jubilee, Valiant, Veteran and Redskin and British Columbia's Fairhaven and Redhaven, have the 'freestone' characteristic and are excellent for all uses.

Look for peaches that are firm, ripe and clear skinned. You can judge ripeness by the ground color, that is, a creamy-yellow color behind the blush and at the stem end; rosy blush depends on the variety and does not indicate flavor or maturity. Avoid green-colored peaches, as they are immature and tend to shrivel rather than ripen properly. When you get the fruit home, sort it carefully, leaving underripe peaches at room temperature uncovered and away from sunlight. Refrigerate ripe peaches unwashed and uncovered for up to 1 week.

## PEARS

The yellow Bartlett pear, grown in British Columbia, Ontario and Nova Scotia, is the most popular variety. It appears on the market in mid-August. In September, two more yellow varieties are available — Flemish Beauty and Clapp's Favorite — and both, like the Bartlett, are excellent for fresh eating and canning (pears do not freeze satisfactorily). Keiffer (yellow) and Seckel (brownish), two fall varieties, are mostly used for canning and pickling, respectively. The winter varieties, Bosc (russet) and Anjou (light green with yellow tinge), are picked in the fall and stored to be sold throughout the winter.

Unlike most fruits, pears are picked before they are completely ripe and may not be quite ripe when you buy them (they are ready for eating when the flesh yields to a gentle pressure in the palm of your hand). Sort pears carefully as they bruise easily. To ripen those that are not quite ripe, leave in a paper bag at room temperature. Place ripe pears, unwashed and uncovered, in the refrigerator and use within a day or two.

## PLUMS

Plums, ranging in color from pale gold and green to deep red and dusky purple, are grown in British Columbia and Ontario. One of the most plentiful plums is the large, yellow-fleshed, purplish blue Italian prune plum, a favorite in British Columbia. Two other popular prune plums are Grande Duke and Stanley, which along with the Italian variety are excellent for eating fresh, stewed, or in desserts and jams, and for canning and freezing. The small purple Damson and green-skinned Reine-Claude and Green Gage plums are widely used for canning and for making jams and jellies.

Look for plums that are plump, clean, full colored for the variety and soft enough at the tip to yield to slight pressure. Avoid hard plums (they are immature), as well as any that are soft, bruised or inclined to 'leak.' Plums are tree-ripened and a pleasant aroma indicates full ripening. Leave any underripe fruit at room temperature to ripen. Refrigerate ripe plums in a covered container and use within 5 days.

from disease and other injury. The grades for tree fruits are as follows:

#### *Apples*

Canada Extra Fancy  
Canada Fancy  
Canada Commercial,  
Canada Cee or  
Canada "C"

#### *Pears*

Canada Extra Fancy  
Canada Fancy or Canada  
No. 1  
Canada Commercial,  
Canada Cee, Canada "C"  
or Canada Domestic

#### *Apricots, Peaches, Plums, Prunes*

Canada No. 1  
Canada Domestic

#### *Cherries*

Canada No. 1  
Canada Domestic  
Canada Orchard Run

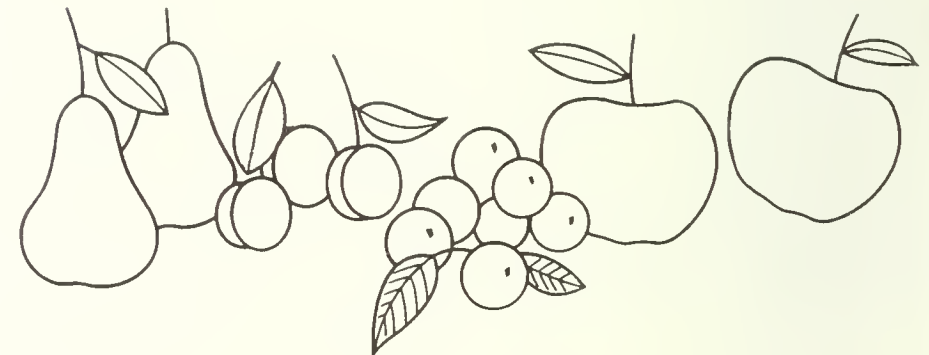
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*Handle fruits carefully and as little as possible, to avoid bruising and to maintain maximum food value.*

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Most fresh fruits grown in commercial quantities in Canada are sold by grade and are marked with a Canada grade name. Fruits sold interprovincially or exported must be graded; however, depending on provincial legislation, those grown and sold within the same province may not be graded.

Graded fruits are packed in containers of standard size or weight, which show the grade name, name and address of packer, variety (apples and pears), number in box or carton (apples, peaches and pears), net weight and sometimes the size range. Bulk displays of apples in retail stores also indicate the variety when a grade is marked. In general, fruits are graded according to uniformity of size and shape, color, maturity, cleanliness and freedom





# recipes

## PIES

### SWEET CHERRY PIE

Pastry for 2-crust, 9-inch pie  
5 cups pitted sweet cherries (1½ pounds)  
¾ cup sugar  
1 tablespoon quick-cooking tapioca  
1 teaspoon lemon juice  
1 tablespoon butter  
3 tablespoons sugar

Line pie plate with pastry. Arrange cherries in pie shell, heaping somewhat in center. Combine ¾ cup sugar with tapioca and sprinkle over cherries. Add lemon juice and dot with butter. Adjust top crust, seal and flute edges, and cut steam vents. Bake 15 minutes at 425°F, then 25 to 30 minutes at 375°F. Remove from oven and sprinkle with 3 tablespoons sugar. Place under broiler 1 to 2 minutes, or until crust is a delicate brown.

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*BRINE* — When preparing fairly large quantities of fresh peaches, pears or apples, place peeled fruit in salt brine (2 tablespoons salt to 5 cups cold water). Drain fruit well and slice, cube or chop just before using.

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### PEAR PIE

Pastry for 2-crust, 9-inch pie  
4 cups sliced, peeled pears (4 to 5)  
⅔ cup sugar  
1½ tablespoons quick-cooking tapioca  
¼ teaspoon mace  
¼ teaspoon ginger  
⅛ teaspoon salt  
3 tablespoons orange juice  
1 teaspoon lemon juice  
1 tablespoon butter

Line pie plate with pastry. Arrange pears in pie shell, heaping somewhat in center. Combine dry ingredients and sprinkle over pears. Add orange and lemon juice and dot with butter. Adjust top crust, seal and flute edges, and cut steam vents. Bake at 425°F until pears are tender (40 to 50 minutes).

### PEACH PIE

Pastry for 2-crust, 9-inch pie  
5 cups sliced, peeled peaches (5 to 6)  
½ cup sugar  
¼ cup brown sugar  
2 tablespoons quick-cooking tapioca  
⅛ teaspoon salt  
Dash nutmeg  
1 tablespoon butter

Line pie plate with pastry. Arrange peaches in pie shell, heaping somewhat in center. Combine sugars, tapioca and salt and sprinkle over peaches. Add nutmeg and dot with butter. Adjust top crust, seal and flute edges, and cut steam vents. Bake at 425°F until peaches are tender (about 45 minutes).

## PLUM PIE

Pastry for 2-crust, 9-inch pie  
12 to 16 prune plums, pitted and quartered  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  cup sugar  
 $1\frac{1}{2}$  tablespoons quick-cooking tapioca  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{8}$  teaspoon salt  
 $1\frac{1}{2}$  teaspoons lemon juice  
1 tablespoon butter

Line pie plate with pastry. Combine dry ingredients and mix with fruit. Turn into pie shell and sprinkle with lemon juice. Dot with butter. Adjust top crust, seal and flute edges, and cut steam vents. Bake at 425°F until plums are tender (40 to 45 minutes).

## ‘PEARADISE’ PIE

Pastry for 2-crust, 9-inch pie  
2 14-ounce cans pears, drained and sliced  
 $\frac{3}{4}$  cup sugar  
1 tablespoon cornstarch  
Dash cinnamon  
Dash nutmeg  
 $\frac{1}{2}$  cup cream  
1 tablespoon orange juice  
1 tablespoon lemon juice  
1 tablespoon butter

Line pie plate with pastry; fill with sliced pears. Combine dry ingredients; stir in cream, then orange and lemon juice and pour over pears. Dot with butter. Top with lattice or top crust, sealing edges well. Bake 35 to 40 minutes at 450°F.

## SWISS APPLE PIE

Pastry (as for 2-crust, 9-inch pie)  
6 to 8 cooking apples, peeled and cut in eighths  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon mace  
 $\frac{1}{4}$  teaspoon salt  
1 cup apple juice

Line 10 x 15-inch cookie pan with pastry, crimping edges to side of pan. Lay apple pieces, slightly overlapping, in rows on pastry. Combine dry ingredients and sprinkle evenly over apples. Carefully pour apple juice over all, making sure to moisten dry ingredients. Bake at 425°F until apples are tender (about 45 minutes). To serve, cut in squares and top with whipped cream. Serves 10 to 12.

## APRICOT PIE

Pastry for 2-crust, 9-inch pie  
 $1\frac{1}{4}$  pounds apricots, pitted and halved (10 to 12)  
 $\frac{1}{2}$  cup sugar  
1 tablespoon quick-cooking tapioca  
 $\frac{1}{4}$  teaspoon mace  
 $\frac{1}{8}$  teaspoon salt  
1 tablespoon butter

Line pie plate with pastry. Arrange apricot halves in pie shell, cut side down, heaping somewhat in center. Combine dry ingredients and sprinkle over fruit; shake pie slightly so that sugar sifts down through fruit. Dot with butter. Adjust top crust, seal and flute edges, and cut steam vents. Bake at 425°F until apricots are tender (40 to 45 minutes).

## PASTRY MIX

7 cups sifted pastry flour  
1½ teaspoons salt  
1 pound shortening

Sift flour and salt into large bowl. Cut in shortening with pastry blender until it is the size of peas. Store in tightly covered container in refrigerator.

For 9-inch pie use about 2½ cups mix. Sprinkle with 4 to 5 tablespoons cold water. Mix lightly with fork, using only enough water to moisten flour and allow particles to cling together when pressed lightly.

## FRUIT PIE FILLINGS

This method is for making and preserving ready-to-use fruit pie fillings at home.

Choose fruit that is fully ripe but sound. Wash. Pit cherries. Halve and pit apricots and prune plums. Scald peaches to remove skins and cut in ½-inch segments. As quick cooking is desirable, do not attempt to handle too large a batch at one time. About 4 pounds of prepared fruit per batch is about right and can be easily handled with the equipment found in most homes. A 4-pound batch yields approximately two 1-quart jars, enough to make 4 pies.

For 4 pounds of prepared fruit, use the following amounts of sugar and quick-cooking tapioca:

<i>Fruit, 4 lb</i>	<i>Sugar</i>	<i>Quick-cooking tapioca</i>
Sour cherries	1½ lb	6 tablespoons
Sweet cherries	1 lb	5 tablespoons
Apricots	1 lb	4 tablespoons
Peaches	1 lb	5 tablespoons
Prune plums	1 lb	4 tablespoons

Place prepared fruit in heavy saucepan with three quarters of the sugar. Mix well to start the juice flowing. If necessary, add about ⅓ cup water to prevent burning. Place over high heat and bring to boil. Boil 1 minute, stirring constantly. Combine remaining sugar with tapioca and stir into fruit mixture. Return to full rolling boil and boil 1 minute, stirring constantly.

*To Process in Boiling Water Bath* — Use hot-pack method of canning. While fruit is still at the boiling temperature, fill hot sterilized jars, leaving ½-inch headspace. Seal jars tightly as each is filled. Process in boiling water bath 10 minutes (start counting time from moment water reaches a rolling boil). Cool, label, and store in a cool place.

*To Freeze* — Cool cooked filling as quickly as possible. Turn into freezer containers, in amounts needed for one pie. Seal, label and date. Freeze quickly.

*To Freeze Pies* — Make cooled filling into standard 2-crust pies, but do not cut vents. Wrap well in freezer paper. Freeze quickly.

*To Cook Frozen Pies* — Cut vents in top crust of frozen pie. Place pie on aluminum cookie sheet and bake at 425°F until pastry is golden brown (45 to 50 minutes).

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*Canadian tree fruits are available from late June until the following summer. They appear on the market in this order: cherries, apricots, peaches, plums, pears and apples. Pears and apples are stored fresh for sale during winter and spring.*

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*Serve sliced fresh fruit on ready-to-eat breakfast cereals.*

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## CAKES, COOKIES AND DESSERTS

### APPLESAUCE CAKE

$\frac{1}{3}$  cup shortening  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup sugar  
1 egg  
1 cup applesauce  
 $1\frac{2}{3}$  cups sifted all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{3}$  cup water  
 $\frac{1}{3}$  cup chopped nuts  
 $\frac{2}{3}$  cup raisins

Cream shortening and sugars until light and fluffy. Beat in egg and stir in applesauce. Sift flour, baking soda, salt and spices; add to first mixture alternately with water. Stir in nuts and raisins with last portion of flour. Spread in greased 9-inch square cake pan. Bake 40 to 45 minutes at 350°F.

### CHOCOLATE SURPRISE CAKE

1 19-ounce package chocolate cake mix  
1 cup *plus*  $1\frac{1}{3}$  tablespoons water  
2 eggs  
 $\frac{3}{4}$  cup canned applesauce

Mix and bake cake according to directions on package, adding applesauce with water and eggs.

### APPLE-CHUNK COOKIES

$1\frac{1}{2}$  cups sifted all-purpose flour  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{3}{4}$  cup soft shortening  
 $\frac{3}{4}$  cup brown sugar  
1 egg  
 $\frac{1}{4}$  teaspoon instant coffee  
1 tablespoon water  
1 teaspoon vanilla  
1 cup finely diced peeled apple  
1 cup rolled oats  
 $\frac{1}{2}$  cup crunchy granola (or rolled oats)  
 $\frac{1}{2}$  cup seedless raisins  
Granulated sugar

Sift flour, baking powder, baking soda, salt and spices. Add shortening, brown sugar and egg; beat at medium speed, adding the combined instant coffee, water and vanilla. Beat only enough to blend ingredients. Stir in apple, rolled oats, granola and raisins. Chill dough  $\frac{1}{2}$  hour. Shape in small balls; dip in granulated sugar and place, sugar side up, on greased cookie sheet. Bake 12 to 15 minutes at 375°F. Makes about 4 dozen.

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*APPLE 'CHEESEWICH' — Place sliced Swiss Emmenthaler or process cheddar cheese and thinly sliced apple between buttered bread slices. Toast in sandwich grill or broiler. Serve hot, garnished with ripe olives.*

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## APPLE-RAISIN CHEWS

1 cup shortening  
1½ cups brown sugar  
1 egg  
2¾ cups sifted all-purpose flour  
2 teaspoons baking powder  
1 teaspoon salt  
½ cup evaporated milk  
¼ cup orange juice  
1½ teaspoons vanilla  
2 cups grated apple  
1 cup seedless raisins  
1 tablespoon grated orange rind

Cream shortening and sugar, then beat in egg. Sift flour, baking powder and salt; add to first mixture alternately with combined evaporated milk, orange juice and vanilla. Stir in apple, raisins and orange rind. Drop from teaspoon onto greased baking sheet. Bake at 375°F until light golden brown (12 to 15 minutes). Makes 5 to 6 dozen.

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*FRUIT SALAD GARNISH — Brush small bunches of grapes with egg white that has been slightly beaten with 1 tablespoon water. Sprinkle lightly with sugar and chill on wax paper.*

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## DEEP-DISH PLUM SWIRL

### *Fruit base*

2 pounds prune plums, pitted and quartered  
1 cup light corn syrup  
½ teaspoon cinnamon  
½ teaspoon mace  
Dash salt  
2 tablespoons margarine

Arrange plums in a 1½-quart casserole (it should be about three quarters full). Add syrup, cinnamon, mace and salt. Dot with margarine.

### *Topping*

1 cup sifted all-purpose flour  
2 teaspoons baking powder  
1 teaspoon sugar  
¼ teaspoon salt  
¼ teaspoon cream of tartar  
¼ cup shortening  
⅓ cup milk  
1 tablespoon soft margarine  
2 tablespoons brown sugar  
Dash cinnamon

Sift flour, baking powder, sugar, salt and cream of tartar. Cut in shortening to make a coarse meal. Add milk all at once and stir lightly to make a soft dough. Roll out in a rectangle about 12 x 7 inches. Spread with soft margarine and sprinkle with brown sugar and cinnamon. Roll up jelly-roll fashion, sealing edges. Cut in 1-inch slices and place on plums. Bake at 425°F until topping is brown and fruit is tender (20 to 25 minutes). Serve warm. Serves 8.



## CHERRIES IN THE SNOW

### *Crumb Crust*

1½ cups graham wafer crumbs  
¼ cup sugar  
½ cup melted margarine

Combine graham wafer crumbs, sugar and margarine. Reserve ¾ to 1 cup for topping and pack remainder in bottom of 8-inch square pan.

### *Filling*

1 19-ounce can cherry pie filling  
½ pint dairy sour cream  
1½ cups miniature marshmallows

Spread cherry pie filling over crumb base. Mix sour cream and marshmallows, spread on top of cherry filling. Sprinkle reserved crumb mixture over top. Chill several hours or overnight. To serve cut in 12 or 16 pieces.

## NECTAR CAKE PUDDING

¾ cup sugar  
1 tablespoon butter  
2 tablespoons all-purpose flour  
⅛ teaspoon salt  
1 lemon, juice and grated rind  
2 eggs, separated  
1 cup apricot nectar

Cream sugar and butter. Add flour, salt and lemon rind. Stir in lemon juice, well-beaten egg yolks and apricot nectar, blending well. Fold in stiffly beaten egg whites. Pour into 1-quart baking dish. Oven-poach in pan of water (1 inch) 45 minutes at 350°F. Cool. Serves 4 to 5.

## UPSIDE-DOWN APPLE CAKE

6 tablespoons butter  
¾ cup brown sugar  
2 to 3 peeled apples, cut in twelfths  
¼ teaspoon cinnamon  
3 eggs  
1 cup sugar  
2 teaspoons lemon juice  
1 cup sifted cake flour  
1½ teaspoons baking powder  
¼ teaspoon salt  
¼ teaspoon mace  
6 tablespoons hot milk  
Whipped cream or vanilla ice cream

Melt butter in 9-inch square pan. Spread brown sugar evenly over bottom of pan. Lay apple pieces close together on brown sugar, but do not overlap. Sprinkle with cinnamon. Beat eggs until light (about 5 minutes). Add sugar gradually, beating constantly. Stir in lemon juice. Sift flour, baking powder, salt and mace; fold into egg mixture a little at a time. Stir in hot milk quickly and thoroughly to blend completely. Turn batter onto apples in pan. Bake 40 to 45 minutes at 350°F. Remove from oven and immediately loosen cake from sides of pan. Turn upside down on serving plate and let stand 2 to 3 minutes, before removing pan. Serve with whipped cream or vanilla ice cream. Serves 9.

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*APPLE-NUT SANDWICH — Spread buttered whole wheat or other bread with peanut butter mixed with a little honey. Add thinly sliced apple and cover with another buttered slice of bread.*

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## APRICOT DREAM

1 14-ounce can apricot halves  
1 teaspoon unflavored gelatin  
1 package oatmeal cookies  
 $\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sifted icing sugar  
2 eggs  
1 teaspoon vanilla  
 $\frac{1}{2}$  pint whipping cream  
 $\frac{1}{8}$  teaspoon almond extract

Drain and chop apricots in food chopper or blender. Measure and add syrup drained from fruit to make 1 cup. Soak gelatin in 2 tablespoons of the syrup, then dissolve over hot water. Stir into apricots and let stand until slightly thickened. Roll 2 dozen oatmeal cookies to fine crumbs. Pack half the crumbs in bottom of a buttered 9-inch square baking dish. Cream butter and icing sugar, beat in eggs one at a time and add vanilla. Spread over crumbs in baking dish; refrigerate while preparing cream. Whip cream until stiff, adding almond extract. Fold in thickened apricot mixture and spread over butter-sugar layer. Sprinkle remaining crumbs on top. Cover with wax paper and refrigerate overnight. Cut in squares for serving. Serves 16.

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*Examine all fresh fruits carefully before storing in refrigerator. Plan to use overripe fruit immediately and leave underripe fruit at room temperature to ripen.*

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*QUICK DESSERT—In parfait glasses, alternate layers of sliced fresh or canned fruit with custard sauce. Serve chilled.*

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## ELEGANT PEACH TRIFLE

Raspberry jelly roll (bought or homemade)\*  
6 tablespoons sherry  
1 14-ounce can peaches, sliced  
1 3-ounce package raspberry-flavored gelatin  
1 cup hot water  
2 cups soft custard (recipe below)  
1 cup whipping cream  
Walnut halves (optional)

Cut jelly roll in  $\frac{3}{4}$ -inch slices and arrange around sides and bottom of  $1\frac{1}{2}$ -quart glass serving dish. Sprinkle sherry on the cake. Cover and refrigerate. Drain peaches and set aside; measure syrup and add water to make 1 cup. Dissolve gelatin in hot water and stir in mixed syrup and water. Chill until mixture starts to thicken. Spoon half the gelatin mixture into center of cake-lined dish, add peaches, then remaining gelatin. Refrigerate to set gelatin. Pour chilled custard over all. Cover tightly and refrigerate overnight. To serve, whip cream, swirl on top of custard and garnish with a few walnuts. Serves 10 to 12.

*\*If buying jelly roll, choose small rolls. If making it, roll cake starting at side (instead of end) to have small slices.*

### *Soft Custard*

4 egg yolks  
2 cups milk  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{8}$  teaspoon salt  
1 teaspoon vanilla  
 $\frac{1}{4}$  teaspoon almond extract

Beat egg yolks, milk, sugar and salt. Cook over hot (not boiling) water, stirring until mixture coats a silver spoon. Strain, cool quickly and add flavorings. For richer custard, use half table cream and half milk.

## APPLE-MARSHMALLOW CREAM

1½ cups applecot nectar  
Dash salt  
24 marshmallows, cut in small pieces  
1 cup grated apple  
½ pint whipping cream  
1 package vanilla wafers

Bring applecot nectar and salt to boil and simmer 5 minutes. Remove from heat, add marshmallows and stir until melted. Cool until slightly jelled. Stir in grated apple and fold in stiffly whipped cream. Cover bottom of 8-inch square pan with whole vanilla wafers. Pour in half the cream mixture, cover with another layer of wafers and top with remaining mixture. Roll 6 to 8 vanilla wafers to crumbs and sprinkle over dessert. Cover with wax paper and refrigerate overnight. To serve, cut in 12 or 16 pieces. *Substitutions* — If desired, use half apricot nectar and half apple juice instead of applecot nectar. Whipped cream may be replaced by 2 cups whipped topping prepared according to manufacturer's directions.

## NECTAR-ORANGE JELL

2 cups apricot nectar  
1 3-ounce package orange-flavored gelatin  
Whipped cream or topping

Heat 1 cup apricot nectar to boiling point; pour over gelatin and stir until dissolved. Stir in remaining cup of nectar. Pour into individual serving dishes or a jelly mold. Chill until firm. Serve with whipped cream or topping. Serves 4 to 5.

## APRICOT UPSIDE-DOWN GINGER CAKE

¼ cup butter  
½ cup brown sugar, firmly packed  
1 pound fresh apricots (about 9)\*  
¼ cup butter  
½ cup sugar  
1 egg  
½ cup light molasses  
½ cup milk  
1⅔ cups sifted all-purpose flour  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon ginger  
Whipped cream or topping

Melt ¼ cup butter in 9-inch square pan. Spread brown sugar evenly over bottom of pan. Arrange apricot halves, rounded side down, in single layer on brown sugar. Cream ¼ cup butter and sugar. Beat in egg, molasses and milk. Sift flour, baking soda, salt, cinnamon and ginger; add to egg mixture, stirring only enough to blend. Pour batter over apricot halves. Bake about 1 hour at 325°F. Remove from oven, loosen cake from sides of pan. Turn upside down on serving plate and let stand 2 to 3 minutes before removing pan. Serve warm with whipped cream or topping. Serves 12.

*\*1 14-ounce can apricots, drained, may be substituted. Reduce brown sugar to ⅓ cup.*

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*PEACH MELBA* — Slice half a peach into each serving dish, sprinkle lightly with sugar and add a scoop of vanilla ice cream. Top with raspberry sauce made from frozen raspberries slightly thickened.

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## FRESH CHERRY TOPPING

1 pound dark sweet cherries (3 cups), pitted  
1/3 cup sugar  
1 tablespoon cornstarch  
1/8 teaspoon salt  
1 tablespoon lemon juice  
1/4 teaspoon almond extract

Put cherries through coarse food chopper. Heat to boiling point, stirring constantly. Combine sugar, cornstarch and salt; stir into cherries. Add lemon juice. Bring to boil, stirring constantly, and cook for 1 minute. Remove from heat and stir in almond extract. Serve cold on plain cake or ice cream. Makes about 2 cups.

## HOT BREADS

### APPLE-COCONUT LOAF

1/2 cup shortening  
3/4 cup sugar  
2 eggs  
1 teaspoon almond extract  
3 cups grated peeled apples (3 to 4 large)  
3 cups sifted all-purpose flour  
1 1/2 teaspoons baking powder  
1 teaspoon baking soda  
1 1/2 teaspoons salt  
1/2 cup unsweetened coconut

Cream shortening and sugar, beat in eggs, and stir in almond extract and grated apple. Sift flour, baking powder, baking soda and salt; add to first mixture, along with coconut, stirring only enough to blend (batter is

fairly stiff). Spoon into greased 9 x 5-inch loaf pan. Bake about 1 hour and 15 minutes at 325°F. Cool on rack, remove from pan, wrap and store in refrigerator. Allow to mellow 2 days before serving.

### APPLE BREAD

1/3 cup shortening  
3/4 cup sugar  
1 egg  
1 tablespoon grated orange rind  
1 teaspoon vanilla  
2 cups sifted all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/3 cup orange juice  
3/4 cup raisins  
1/4 cup chopped nuts  
1 cup finely chopped apple

Cream shortening and sugar, beat in egg and stir in orange rind and vanilla. Sift flour, baking powder, baking soda and salt; add to first mixture alternately with orange juice. Add raisins, nuts and chopped apple with last portion of flour, stirring only enough to blend. Spoon batter into greased 9 x 5-inch loaf pan (for round loaves, use two greased 19-ounce cans). Bake 1 hour at 350°F. Cool, remove from pan, wrap in foil and store overnight before serving.

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*APPLE PANCAKES — Add chopped peeled apple to standard pancake batter.*

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## APRICOT MUFFINS

1 cup finely diced fresh apricots  
1 teaspoon lemon juice  
 $\frac{1}{4}$  cup shortening  
 $\frac{1}{2}$  cup sugar  
1 egg  
 $1\frac{1}{4}$  cups sifted all-purpose flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  cup milk  
 $\frac{1}{4}$  cup chopped walnuts  
Granulated sugar

Combine apricot pieces and lemon juice. Cream shortening and sugar, beat in egg and stir in apricots. Sift flour, baking powder, salt and nutmeg; add to first mixture alternately with milk. Add chopped nuts with last portion of flour. Fill greased muffin tins two thirds full. Sprinkle a little granulated sugar on top of each muffin. Bake about 20 minutes at 350°F. Makes 12 muffins.

## APPLE-WHEAT MUFFINS

1 cup sifted all-purpose flour  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup whole wheat flour  
 $\frac{1}{4}$  cup wheat germ  
1 egg  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  teaspoon vanilla  
2 tablespoons liquid honey or  $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup salad oil  
1 cup grated apple

Sift flour, baking powder and salt. Combine with whole wheat flour and wheat germ. Beat egg; add milk, vanilla, honey or sugar, and salad oil. Add to dry ingredients, along with grated apple, and stir quickly until mixed but still lumpy. Fill greased muffin tins two thirds full. Bake about 25 minutes at 375°F. Makes 12 muffins.

## CORN-APPLE MUFFINS

$1\frac{1}{4}$  cups sifted all-purpose flour  
2 tablespoons sugar  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
1 teaspoon salt  
 $\frac{3}{4}$  cup yellow corn meal  
1 egg  
 $\frac{2}{3}$  cup buttermilk  
 $\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup cooking oil

Sift flour, sugar, baking powder, baking soda and salt. Combine with corn meal. Beat egg, add buttermilk, applesauce and cooking oil. Add to dry ingredients and stir quickly until mixed but still lumpy. Fill greased muffin tins two thirds full. Bake about 20 minutes at 425°F. Makes 12 muffins.

---

*Half-fill muffin tins with apple muffin batter, place a small cube of cheddar cheese in each and top with remaining batter. Bake.*

---

*Arrange an assortment of whole fresh fruits in a bowl or basket, both for dessert and as a centerpiece on the table.*

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# POTPOURRI

## APPLE COCKTAIL PIZZAS

1 clove garlic  
½ cup grated Mozzarella or cheddar cheese  
2 tablespoons grated Parmesan cheese  
2 tablespoons tomato paste  
¼ cup cooked bacon bits  
⅔ cup finely chopped apple  
¼ teaspoon salt  
¼ teaspoon oregano  
⅛ teaspoon thyme  
Dash curry  
Biscuit dough from 2 cups biscuit mix (or your own recipe)  
2 teaspoons melted butter  
Dash parsley

Rub mixing bowl with clove of garlic. Combine all except last three ingredients, tossing lightly. To prepare pizza ‘shells’, roll biscuit dough to ⅜-inch thickness and cut with 1¾-inch cookie cutter. To shape circles of dough, make indentations in center and pinch up sides to form shells. Pile filling into shells, add a few drops of melted butter and sprinkle with parsley. Bake at 375°F until brown (8 to 10 minutes). Serve warm. Makes 2 to 2½ dozen.

*To Prepare a Few Hours Ahead of Time* — Make pizzas, omitting butter and parsley, cover and refrigerate. To serve, add melted butter and parsley and bake as directed.

*To Freeze* — Make pizzas, omitting butter and parsley. Package and freeze. To serve, defrost frozen pizzas in preheated oven about 5 minutes, add melted butter and parsley, and return to oven to finish baking (12 to 15 minutes).

## PEACHY CHICKEN

2 cups cubed, uncooked chicken or turkey meat  
3 tablespoons cooking oil  
1 cup sliced celery (sliced diagonally)  
¼ cup chopped green pepper  
½ cup chopped onion  
1 10-ounce can sliced mushrooms  
1 14-ounce can peaches  
1 tablespoon cornstarch  
1 teaspoon salt  
½ teaspoon seasoning salt  
Dash pepper  
½ cup water  
2 tablespoons lemon juice  
1 tablespoon soya sauce  
¼ cup almonds, lightly toasted  
Hot cooked rice

Stir-fry meat in hot oil until lightly browned. Add vegetables, stir and cook 2 minutes. Drain peaches, cut in quarters and set aside; measure ½ cup syrup. Combine cornstarch and seasonings with syrup, water, lemon juice and soya sauce and stir into meat and vegetables, mixing well. Cover and cook slowly until meat is tender (about 25 minutes). Add peaches, cover and reheat. Stir in almonds and serve with rice. Serves 6.

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*APPLE-TUNA SANDWICH FILLING* — Add chopped apple to flaked tuna along with celery, seasonings and salad dressing.

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*Apples, apricots, cherries, peaches, pears and plums tend to discolor on exposure to air after peeling or cutting. Sprinkle cut fruit with lemon juice to keep from darkening.*

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## CURRIED FRUIT BAKE

1 14-ounce can peach halves, drained  
1 14-ounce can pear halves, drained  
1 14-ounce can apricot halves, drained  
1 14-ounce can pineapple tidbits, drained  
1 banana (optional)  
5 maraschino cherries  
 $\frac{1}{3}$  cup butter  
 $\frac{3}{4}$  cup brown sugar, firmly packed  
3 to 4 teaspoons curry powder

Cut peaches and pears in quarters or eighths. Arrange *well-drained*, canned fruit in 1½-quart casserole; slice banana on top and garnish with cherries. Melt butter, stir in brown sugar and curry powder, and spoon onto fruit. Bake 1 hour at 325°F. Cool several hours or overnight. To serve, reheat at 350°F until bubbly (about  $\frac{3}{4}$  hour). Serve with chicken or meat dishes. Serves 12 to 16.

## SAUERKRAUT SALAD

1 14-ounce can sauerkraut  
1 cup chopped unpeeled apple  
3 to 4 tablespoons chopped onion  
3 tablespoons lemon juice  
3 tablespoons salad oil  
1 tablespoon sugar  
Dash salt and pepper  
Dash seasoning salt and paprika

Drain sauerkraut, rinse slightly under cold water tap and drain well. With sharp knife cut across sauerkraut several times. Add remaining ingredients, seasoning to taste, and toss lightly until well mixed. Serves 6 to 8.

## APPLE RED-HOTS

4 wieners  
1 cup chopped apple  
 $\frac{1}{2}$  cup grated cheddar cheese  
2 teaspoons finely chopped onion  
 $\frac{1}{4}$  cup tomato ketchup  
Dash salt  
2 teaspoons dry mustard  
 $\frac{1}{2}$  cup soft butter  
8 wiener buns, split

Cut wieners in  $\frac{1}{4}$ -inch slices. Combine with apple, cheese, onion, ketchup and salt. Mix mustard with butter and spread inside buns. Fill buns with wiener-apple mixture and wrap each in aluminum foil. Bake 20 minutes at 375°F (or heat over charcoal grill) to melt cheese and heat filling through. Serve hot.

*To Freeze* — Make as directed, wrap each in foil and freeze. To serve, remove from freezer, let stand at room temperature about 30 minutes, then bake about 20 minutes at 400°F.

## JELLIED CRANBERRY-APPLE SALAD

1 3-ounce package raspberry-flavored gelatin  
1 cup hot water  
 $\frac{1}{2}$  cup orange juice  
1 14-ounce can whole cranberry sauce  
1 cup coarsely grated apple

Dissolve gelatin in hot water, add orange juice and chill until slightly thickened. Break up cranberry sauce with fork and fold into gelatin mixture along with grated apple. Pour into a 1-quart mold and chill until firm. Serves 6.

## FRESH PEACH SHAKE

1 to 2 peeled peaches, cut in chunks  
2 to 4 tablespoons sugar  
1 cup milk  
Dash salt  
Several drops almond extract  
½ cup vanilla ice cream  
Dash nutmeg

Combine first five ingredients in blender and mix until thick and frothy. Add ice cream, blending only until thick and smooth. Serve topped with a dash of nutmeg. Serves 2 to 3.

## DASH-AWAY BREAKFAST

1 cup milk  
⅔ cup canned or frozen peaches, drained\*  
1 egg  
1 tablespoon honey  
3 tablespoons concentrated frozen orange juice  
Dash salt  
¾ cup bran flakes

Combine first six ingredients in blender and mix until smooth. Just before serving, add bran flakes and blend about 5 seconds. Serves 2.

*\*Amount of fruit is approximate; a 14-ounce can peach halves makes 4 servings. For a change, substitute canned pears or fresh fruit.*

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*Use leftover syrup from canned fruit to sweeten a punch, make a dessert sauce, or as the liquid in jellied desserts or salads.*

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*Garnish a fruit salad with crisp apple wedges.*

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## APRICOT SYRUP OR PRUNE-PLUM SYRUP

5 pounds (approx.) fully ripe apricots or prune plums  
1 cup water  
5¾ cups sugar  
2¼ cups corn syrup

Wash, pit and weigh fruit; you need 4 pounds. Add water, bring to boil, stirring frequently, then cover and boil gently until fruit is just tender (about 8 minutes). Put cooked fruit through food mill. Measure 5¼ cups of fruit pulp and stir in sugar and corn syrup. Bring to hard rolling boil and boil 1 minute, stirring constantly. Pour into hot sterilized jars and seal. Serve on pancakes or ice cream. If syrup gels on standing, warm over hot water before serving. Makes 4 to 5 pints.

## NECTAR PUNCH

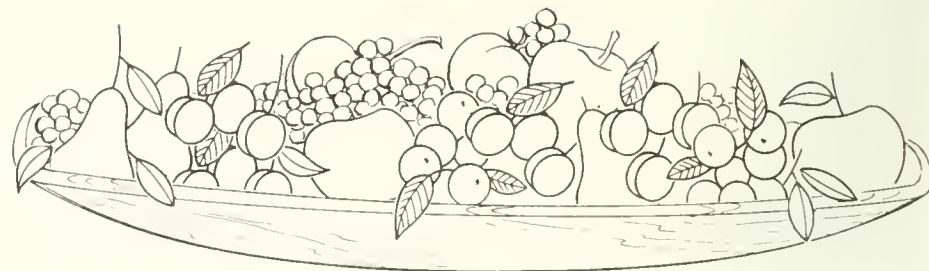
2 48-ounce cans apple juice  
1 48-ounce can apricot nectar  
1 48-ounce can unsweetened grapefruit juice  
¼ cup lemon juice  
1 cup spiced syrup (recipe below)  
1 cup strong tea  
3 quarts (15 cups) ice water  
2 25-ounce bottles gin or vodka  
¾ cup vermouth, sweet or dry  
3 30-ounce bottles ginger ale

Combine fruit juices, spiced syrup, tea and ice water; chill. Just before serving, add gin or vodka and vermouth and pour into punch bowl over large piece of ice. Add ginger ale slowly; to keep the sparkle, avoid stirring. Makes about 120 4-ounce servings.

### *Spiced Syrup*

1½ cups water  
1½ cups sugar  
½ stick cinnamon  
5 to 8 whole cloves

Combine all ingredients, bring to boil and simmer 5 minutes. Cool and strain before using. Makes 2 cups.



### **ROSY-RED PUNCH**

1 48-ounce can apple juice  
3 cups cranberry juice cocktail  
1½ cups orange juice  
1 30-ounce bottle ginger ale

Chill all ingredients. At serving time, combine juices in punch bowl. Garnish with slices of orange or decorative ice cubes. Add ginger ale slowly; to keep the sparkle, avoid stirring. Makes about 25 4-ounce servings.

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*For perfect salads, buy Canadian fresh fruits in season and use promptly to avoid loss in quality and food value.*

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*Use cubed apples in a fruit cup.*

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*Add apple wedges to a cheese tray.*

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# INDEX TO RECIPES

Apple Bread	15
Apple 'Cheesewich'	10
Apple-Chunk Cookies	10
Apple Cocktail Pizzas	17
Apple-Coconut Loaf	15
Apple-Marshmallow Cream	14
Apple-Nut Sandwich	12
Apple Pancakes	15
Apple-Raisin Chews	11
Apple Red-Hots	18
Applesauce Cake	10
Apple-Tuna Sandwich Filling	17
Apple-Wheat Muffins	16
Apricot Dream	13
Apricot Muffins	16
Apricot Pie	8
Apricot Syrup	19
Apricot Upside-down Ginger Cake	14
Brine	7
Cherries in the Snow	12
Chocolate Surprise Cake	10
Corn-Apple Muffins	16
Curried Fruit Bake	18
Dash-Away Breakfast	19
Deep-Dish Plum Swirl	11
Elegant Peach Trifle	13
Fresh Cherry Topping	15
Fresh Peach Shake	19
Fruit Pie Fillings	9
Fruit Salad Garnish	11
Jellied Cranberry-Apple Salad	18
Nectar Cake Pudding	12
Nectar-Orange Jell	14
Nectar Punch	19
Pastry Mix	9
Peach Melba	14
Peach Pie	7
Peachy Chicken	17
'Pearadise' Pie	8
Pear Pie	7
Plum Pie	8
Prune-Plum Syrup	19
Quick Dessert	13
Rosy-Red Punch	20
Sauerkraut Salad	18
Sweet Cherry Pie	7
Swiss Apple Pie	8
Upside-down Apple Cake	12



## METRIC EQUIVALENTS FOR COMMON CANADIAN HOUSEHOLD MEASURES

### VOLUME

1 quart (40 fluid ounces)	1 137 millilitres	1 14 litre
1 pint (20 fluid ounces)	568 millilitres	
1 cup (8 U.S. fluid ounces) *	237 millilitres	
1 tablespoon	15 millilitres	
1 teaspoon	5 millilitres	
1 fluid ounce	28.4 millilitres	

### WEIGHT

1 pound	454 grams
1 ounce	28.3 grams

### LENGTH

12 inches	30.5 centimetres
1 inch	2.54 centimetres

### TEMPERATURE

°F	°C
450	232
425	218
400	204
375	191
350	177
325	163
300	149
212	100

\*Most measuring cups are in U.S. fluid ounces

# FAVORITE RECIPES, OLD AND NEW

# FAVORITE RECIPES, OLD AND NEW

CAL/BCA OTTAWA K1A 0C5



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