

# FOOD

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

## APPLES

### GOODNESS IN THE SAUCE

By MARY ANN MENENDEZ

From baby days to the golden year dining, applesauce is a favorite among the masses across this great country of ours. It can be unsweetened, sweetened; and now comes flavored with essences from other fruits.

Information found on foodtimeline.org, tell us that smart cooks from medieval days concocted pudding and stews made mostly from apples. Whether sweet or tart, these preparations were served with a variety of foods including meats.

The web page noted, "The Oxford English Dictionary traces the first use of the word applesauce in print to Eliza Smith's Compleat Houswife, 9th edition, [London:1739]. Many 18th century British and American cookbooks contain recipes for 'applesauce,' confirming its popularity."

A one cup serving offers 105 calories, 12 percent fiber, 5 percent Vitamin C and 2 percent iron. Carbohydrates stand at 9 percent. The good news is there is no fat to measure or cholesterol. Sodium is minimal at 5 milligrams. Serving applesauce at meal time is one great way to get one of those necessary fruit/veggie requirements needed each day.

Today's recipes feature this simple fruity sauce as the main ingredient and may sweeten your menu planning as we transition from summer to autumn.

#### Applesauce Muffins

- 1 cup whole bran cereal
- 1/4 cup milk
- 1 cup sweetened applesauce
- 1 egg
- 1/4 cup shortening
- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup sugar

Combine cereal, milk and applesauce; let stand until most of moisture is absorbed. Add egg and shortening and beat well. Sift together flour, baking powder, soda, salt, spices and sugar. Add to first mixture, stirring only until combined. Fill 12 greased muffin cups (or use paper liners) 2/3 full. Bake 30 minutes at 375 degrees or until done.

#### Cran-Apple Cookies

- 2 3/4 cups whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 cup oatmeal
- 1/4 cup vegetable oil
- 1/4 cup butter
- 2 eggs, beaten
- 1/4 cup maple syrup
- 2 tablespoons molasses
- 2 tablespoons honey
- 1 1/2 cups applesauce
- 1/4 cup walnuts, chopped
- 1/4 cup chopped macadamia nuts
- 1/4 cup dried cranberries
- 1/2 cup golden raisins
- 1 teaspoon vanilla
- 1 tablespoon bourbon or apple juice



#### (optional)

Soak cranberries and raisins in a cup with a few tablespoons in rum or juice for 10 minutes before using. Reserve liquid. Combine dry ingredients together and stir to mix well. Next, beat eggs and add to liquid ingredients (including liquid used to soak dried fruits), adding vanilla last. Finally, stir in nuts, cranberries and raisins. If mixture seems a little dry, moisten slightly with a few tablespoons of water until mixture has the consistency of a soft ice cream. Drop by spoonfuls onto greased cookie sheets and bake at 375 degrees until edges of cookies are golden brown, about 20 minutes. Remove from cookie sheet and cool on wire racks. Store in an airtight cookie jar - these cookies keep well and are great to take on road trips or to pack in lunches. Recipe may be doubled.

#### Sparkling Applesauce Salad

- 2 (3 oz.) pkgs. raspberry gelatin
- 2 cups hot applesauce
- 1 (9 oz.) can crushed pineapple, undrained
- Juice and grated rind of 2 small oranges
- 1 (10 oz.) bottle lemon-lime soda

Dissolve gelatin in applesauce. Add pineapple, juice and rind from oranges and soda. Pour into 8 x 8 inch pan. Chill until set and serve.

#### Spicy Applesauce Cake

- 1 cup sugar
- 1/2 cup shortening
- 2 eggs
- 1 1/2 cups applesauce
- 2 teaspoons baking soda dissolved in small amount of hot water
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon allspice
- 1/2 teaspoon salt
- 2 cups flour
- 1 cup raisins

Combine sugar and shortening; stir in eggs; add soda and water to mixture. Add applesauce; stir in salt and spices; stir in

flour, add raisins. Bake at 350 degrees in greased, 9 x 13 cake pan for 35 to 45 minutes (watch for cake to separate from pan sides). If desired, frost cake with your favorite cream cheese frosting.

#### Saucy Cake with Caramel Frosting

- 2 cups sugar
- 1 cup butter
- 4 eggs
- 1 and 1/2 cups applesauce
- 1 teaspoon soda
- 1 teaspoon cloves
- 2 teaspoons cinnamon
- 2 teaspoons nutmeg
- 3 cups sifted flour
- 1 teaspoon salt
- 1 cup raisins

Cream butter and sugar; add eggs separately, beat well after each addition. Add applesauce and soda. Sift dry ingredients together and add to creamed mixture. Add the raisins. Bake at 325 degrees in a greased and floured tube pan for 1 hour or until done. Can be baked in two 9-inch pans at 350 degrees for 30-40 minutes.

#### Caramel Frosting

- 1/2 cup butter
  - 1 cup brown sugar
  - 1/4 cup milk
  - 1 teaspoon vanilla
  - 3-4 cups sifted confectioner's sugar
- In large saucepan, melt butter and add brown sugar. Bring this mixture to a boil, stirring frequently. Boil and stir for 1 minute until thickened. Remove from heat and add milk. Beat with wire whisk until smooth. Add vanilla and beat again. Then add enough powdered sugar until of desired spreading consistency; the frosting should be pourable. Pour frosting over cake and spread to cover. Let cool and serve.

#### Fruity Meatloaf

- 2 pounds ground beef
  - 3/4 cup applesauce
  - 1 cup oatmeal
  - 2 eggs
  - 3 teaspoon onion, chopped
  - 1/2 cup milk
- Mix all ingredients together and shape into loaf. Make indentation in loaf and spread topping on top.

#### Topping:

- 2 teaspoons brown sugar
  - 1 teaspoon cinnamon
  - 1/2 teaspoon ginger
  - 1 cup applesauce
- Mix and spread on loaf. Bake 50-60 minutes at 350 degrees.

#### Applesauce Chops

- 6 boneless pork chops
  - 2 tablespoons olive oil
  - 1 (16 ounces) jar applesauce
  - 1 tablespoon cinnamon
- In a frying pan brown pork chops on both sides in olive oil. Drain oil. Cover bottom of pan with half of the applesauce. Put chops on applesauce and put remainder of applesauce on chops. Cover and simmer for 45 minutes. Uncover and sprinkle with cinnamon. Serve immediately.

#### Applesauce Pie

- 1 single pie crust
- 3 cups applesauce
- 2/3 cup brown sugar
- 2 tablespoons butter, melted
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon vanilla

- 3 teaspoon grated lemon peel
- 2/3 cup chopped walnuts
- 3 eggs, separated

Preheat the oven to 400 degrees. Roll out the pastry and line a 10-inch pan with the dough. Place the prepared pie dough in the refrigerator while making the filling. In a large bowl, combine the applesauce, egg yolks, brown sugar, cinnamon, nutmeg, lemon peel, walnuts, butter and vanilla. Stir well. In a separate bowl, beat the egg whites until they stand in stiff peaks. Gently fold the egg whites into the applesauce mixture and turn the mix into the pie shell. Bake for 15 minutes, then turn the heat down to 325 degrees and bake for 30-40 minutes longer or until set. Cool and serve. Refrigerate leftovers.

#### Fruity Noodles

- 1 12-16-ounce pkg. broad noodles
- 2 cups applesauce
- 2 cups sour cream
- 3/4 cup white sugar
- 4 eggs
- 1 tablespoon cinnamon
- Dash salt
- 1 cup raisins (optional)
- 1 stick butter

While boiling noodles as directed, combine ingredients as follows: In large mixing bowl, combine applesauce and sour cream by hand. In separate bowl, add sugar, cinnamon and salt to lightly beaten eggs. Add this mixture to the applesauce and sour cream. Stir well, adding raisins if desired. Grease 9 x 13-inch baking dish with butter. Fill baking dish with cooked noodles that have been drained well. Pour sour cream mixture over noodles and gently stir evenly. Dot with butter and sprinkle with cinnamon. Bake at 350 degrees for 1 hour. Serve as side dish after cutting into squares, slightly cooled.

#### Applesauce & Sweet Potatoes

- 2 1/2 cups canned sweet potatoes, drained
  - 1 cup applesauce
  - 1/3 cup brown sugar
  - 1/2 cup uncooked quick rolled oats
  - 1/2 teaspoon cinnamon
  - 2 tablespoons melted butter
- Put sweet potatoes into a baking pan. Put applesauce on sweet potatoes. Mix brown sugar, rolled oats and cinnamon. Stir in butter. Sprinkle over sweet potatoes. Bake at 375 degrees for about 45 minutes until lightly brown. Makes 6 servings.

#### Surprise Bars

- 1 cup flour
- 3/4 cup sugar
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1/2 cup applesauce
- 1 teaspoon vanilla
- 2 eggs
- 1 cup dry mashed potatoes
- 1/2 cup chopped pecans
- 1/2 cup raisins

Heat oven to 350 degrees. Lightly grease rectangular baking dish 11 x 7 x 1 and 1/2 inches. Mix flour, sugar, cinnamon, baking soda, salt, butter, applesauce, vanilla and eggs in a large bowl. Stir in remaining ingredients. Spread evenly in dish. Bake 25 to 30 minutes or until top springs back when touched lightly in center. Cool 30 minutes. Sprinkle with powdered sugar if desired. Cut into bars.



## RICH'S WEEKLY SPECIAL

Check out THE GREAT DEALS!!



**Splash®**  
**RV & Marine Antifreeze**  
Guaranteed burst-proof protection to -50°F when used full strength. 1 Gallon.  
500-0807

**249**

**bomgaars**  
What You Need... When You Need It. 2620 Central Ave. • Estherville, IA 51334

## ALCO

2402 Central Ave., Estherville, IA  
712-362-5889  
Sale prices good thru Mon., Sept. 6, 2010

XXL Size  
Lays or Doritos **\$2**  
Chips

12 Pack  
Pepsi Products **4/\$11**  
with coupon in this week's insert



CASHERS INSTRUCTIONS: 1. Scan or sku item 2. Arrow up or touch item to highlight 3. Touch PRICE OVER and enter coupon price (\$2.49) 4. Select BOMGAARS COUPON (4)  
\*MUST PRESENT COUPON AT TIME OF PURCHASE.  
COUPON VALID IN ESTHERVILLE BOMGAARS ONLY.  
PRICES GOOD AUGUST 31ST-SEPTEMBER 6TH, 2010.