

EXPLORER

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I CAN COOK THIS! Autumn apples

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As we move into fall, one of the fruits readily available from local farmers markets and orchards is apples.

Apples make a great addition to a variety of meals. Tart-tasting apples may be used to complement a main course. Sweeter-tasting apples may be used in salads or in delicious desserts.

Nothing can beat the taste of locally grown apples, even though apple shipping has improved.

Keep apples cool. Storing them in your refrigerator will keep them fresh.

Remember to wash your apples well before use. If using apples in a salad to prevent browning, dip the prepared apple slices in a solution of one part lemon juice to three parts water.

Apples are a very healthy fruit and have no fat, cholesterol or sodium.

CROCKPOT-BAKED APPLES

Cooking time: 4 hours (low setting)

Preparation time: 20 minutes

Servings: 6

Ingredients:

6 large cooking apples

3/4 cup orange juice

1 teaspoon grated orange zest

1/2 cup apple cider

1/4 teaspoon cinnamon

1/2 cup brown sugar

Preparation:

Remove core from apples and peel a strip around the top of each apple to help prevent cracking.

Arrange apples in a three- or four-quart crockpot or slow cooker.

In a large bowl, combine the orange juice, orange zest, cider, cinnamon and brown sugar. Mix to blend. Pour over the apples and cook on low for three or four hours or until apples are tender.

Cool slightly. Serve warm with whipped cream.

Mary Elizabeth Evans has taught cooking through Pima Community College and her company Teascompany at www.teascompany.net.

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