

Versatile Ontario apples

The Ontario apple has long been cherished for its tempting qualities. It is a well known fact that the original out-of-hand snack is truly delicious when prepared as a traditional dessert such as apple cake, applesauce, apple squares and, last but not least, the famous apple pie. Foodland Ontario, however, has recently developed a number of exciting new apple recipes to tempt even the most traditional taste.

Why not change pace from the regular apple dessert by serving HONEY POACHED APPLES as an elegant finale to a special dinner. APPLE CHEESECAKE SUPREME, glazed with apple jelly, is a cheesecake-lover's dream. Here are the recipes.

Honey Poached Apples

1 tbsp	cornstarch	15 mL
1 tsp	ginger	5 mL
1/3 cup	liquid honey	75 mL
1/2 cup	water	125 mL
2 tbsp	Ontario brandy (optional)	25 mL
1 tbsp	lemon juice	15 mL
6	medium Ontario Apples	6
2 tbsp	butter	25 mL

Combine first 6 ingredients in small bowl. Peel and core apples; cut into lengthwise halves.

Melt butter in large frying pan over medium heat. Stir in honey mixture. Cook and stir until mixture comes to a boil. Place apples, cut side down, in pan. Cover and simmer for 8 to 10 minutes, or until fork-tender, turning apples once during cooking. Serve warm with ice cream, if desired. Makes 6 servings.

Apple Cheesecake Supreme

1 cup	all-purpose flour	250 mL
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1/4 cup	firmly-packed brown sugar	50 mL
1/2 cup	butter	125 mL
1 pkg	(250 g) cream cheese, softened	1
1/4 cup	granulated sugar	50 mL
1 tsp	grated lemon rind	5 mL
1	egg	1
6	medium Ontario Apples, peeled and thinly sliced	6
2 tbsp	granulated sugar	25 mL
1 tbsp	lemon juice	15 mL
1/4 cup	apple jelly	50 mL

Combine flour and brown sugar; cut in butter until mixture is crumbly. Press evenly over bottom and 1-inch (2.5 cm) up sides of 9-inch (23 cm) springform pan. Bake at 400°F (200°C) for 10 minutes. Remove from oven and reduce temperature to

350°F (180°C).

Best cream cheese, 1/2 cup (50 mL) granulated sugar and lemon rind until fluffy. Beat in egg. Pour into baked crust.

Combine apples, remaining sugar and lemon juice. Spoon evenly over cheese layer, press down gently. Bake for about 35 minutes.

Melt apple jelly in small saucepan over low heat. Brush over surface of apples. Cool, then chill before serving. Makes 10 to 12 servings.

Other interesting recipes are available in the new Ontario Apples brochure. For a free copy write: Ontario Ministry of Agriculture and Food, Consumer Information Centre, 801 Bay Street, Toronto, M7A 2B2.

An apple-a-day

Ontario apples really are available for the proverbial 'apple-a-day'. Either fresh from the orchard during late summer and early autumn, or from storage later on, they're crisp and juicy year 'round.

Once the frost is here to stay, various types of storage are used to provide fresh, crisp apples through the months ahead. The two most widely used facilities are conventional refrigerated storage and controlled-atmosphere storage. Some of the late harvest apples, especially those of the Spy variety, are stored in a third type of facility called common storage. These apples are picked when the weather is cool, and placed in well insulated, ventilated buildings.

About half of Ontario fresh market apples are stored in conventional storage. After picking, apples are placed in storage units and cooled rapidly to 31°F. Humidity is maintained at high levels to reduce evaporation and shrinkage. Under

these conditions, apples will store well for 3 to 4 months and are available until February.

The first controlled-atmosphere storage facilities were built in Ontario in 1955. This combination of refrigeration and an atmosphere with reduced oxygen and increased carbon dioxide reduces the apples' respiration rate, thereby retarding ripening. An ever-increasing volume of Ontario's apples are stored this way.

Whether it's fresh from the orchard or fresh from storage, be sure to enjoy that 'apple-a-day'.

More apple info on back page.

