

# Culinary Outlook

## An apple a day is more than delicious

### FOOD



AILEEN CLARE

Apples, bought from stands at small orchards, have been associated with the crisp days of autumn in most parts of the country for generations. Though the number of small apple or-

1940s, but made popular during the '70s when they were promoted by New Zealand growers.

The old saying "an apple a day, keeps the doctor away" proves true in light of what we now know about nutrition. Apples are high in fiber and potassium, low in fat and sodium, and they have no cholesterol. The average apple is about 80 calories.

Aside from being delicious to eat out of hand, apples are great for stir-frying, poaching, baking and making apple cider.

When selecting apples, consider how they will be used. For example:

- Red Delicious are only good for fresh use; in salads, served with

good for cooking, baking and eating plain.

- Rome Beauties are the classic baking apple, and they hold their shape well.

- Winesaps and Newton Pippins are good for cooking and cider.

Although apples are attractive as a table centerpiece, it's best to store them in the refrigerator to keep them from softening. Avoid off flavors by storing them in a plastic bag away from foods such as onions.

As the LeSages point out, eating apples is as much a part of their lives as growing them. When Marianne and Russell make pies with Granny Smiths, the best apples for pies according to Marianne, it's a duel effort

— Marianne bakes and Russell peels.

pings in skillet; deglaze pan over low heat. Gradually add half-and-half. Cook and stir until thickened. Blend in wine, lemon juice, salt and pepper. Pour over chicken and apples. Sprinkle with chopped parsley before serving. This kitchen-tested recipe makes 4 servings.

### GRANNY APPLE PIE

- 6 to 8 pastry for 2-crust (9-inch) pie (1½ to 2 pounds) Granny Smith apples
- ½ to ¾ cup sugar
- 3 tablespoons flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

2 tablespoons butter or margarine

Arrange bottom crust in 9-inch pie plate. Set aside.

Pare, core and slice apples. Toss in large bowl with sugar, flour, cinnamon and nutmeg. Arrange apple mixture on bottom crust; dot with butter. Adjust top crust. Seal edges; crimp and vent. Bake at 400 degrees 50 to 60 minutes. This kitchen-tested recipe makes 6 to 8 servings.

**Quick method:** Prepare as above in microwave-safe pie plate. Cook at HIGH 15 minutes in 600 to 700 watt microwave oven. Bake in conventional oven at 425 degrees 15 minutes or until golden.

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GOLDEN DELICIOUS apples sweeten a chicken dish.

### GOLDEN CHICKEN NORMANDY-STYLE

- 1 (2½ to 3 pound) chicken, cut up
- salt and pepper, to taste
- ¼ cup flour
- 2 tablespoons butter or margarine
- 2 (about 12 ounces) Golden Delicious apples, cored and sliced
- ¼ cup half-and-half
- ½ cup dry white wine, apple cider or Calvados
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley

Season chicken with salt and pepper; dredge in flour. Melt butter in skillet. Brown chicken on all sides; remove from skillet. Add apples to skillet and brown lightly. Arrange chicken and apples in shallow 2½-quart baking dish. Bake at 350 degrees 20 minutes or until chicken is tender. Reserve 2 tablespoons pan drip-

chards has declined, the growth of the apple industry in many states continues, as growers such as the LeSages in Brewster, Wash., can attest.

Marianne LeSage and her husband, Russell, own 160 acres of apple trees themselves and 50 acres in partnership. The orchard has a long history. Marianne notes that "some of the water rights on our orchard trace back to a Dr. Pogue, one of the original settlers of the Omak area and one of the first pioneers to use irrigation."

The LeSages grow Red Delicious, Golden Delicious and Gala apples. Their favorite is Granny Smith, grown in the United States since the

cheese or plain.

- Golden Delicious are the best all-purpose apple. They are very sweet, so sugar can be cut back when they are used in desserts.

- Granny Smiths are tart and so are

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### ASK KATHY:

Dear Kathy

### LABEL LOGIC

Q: My doctor has advised me to cut down on the sugar in my diet. I thought this would be easy, but as I read labels, I don't always see as high a sugar content as I know certain products must contain. Am I overlooking something?

A: Nutrition labeling does little to help promote awareness of sugar content in packaged foods. The labels only show total carbohydrate and not the percentage of sugar and starch in a product. Another problem is that many different types of sugar (sucrose, glucose, lactose, maltose) may be listed by name on the ingredient label and are unfamiliar to the average consumer. The word "sugar" may appear well down the list of ingredients, or not be

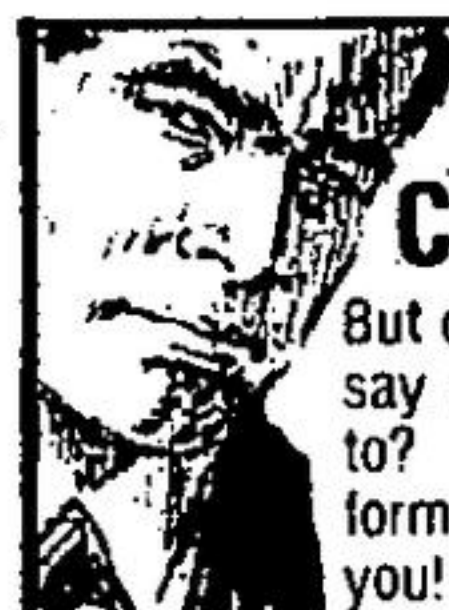


KATHY HAJAS  
Diet Center Counselor

present at all, and yet, sugar may be the most prominent ingredient in the food. One suggestion is to look for a "lose" ending on ingredients listed on labels, indicating the sugar. Also remember that ingredients are listed in order of predominance. The higher on the list, the higher the content. For more nutrition counseling, call your local Diet Center.

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