

What's Cookin': Picking the right apple at the right time

As you peruse the produce at your favourite supplier, now is the time the shelves will be groaning with offerings.

Apples are in and there are so many varieties to choose from, how can a person ever decide?

Here are a few tips and a bit of info on the varieties. You will not necessarily find all of these varieties here, but they do exist and there are more every year!

- always select apples that are bright, firm and sweet-smelling, with no bruises or bruises

- all apples are best stored in a cool, airy place
- only late season apples will store over the winter and if these are wrapped individually in newspaper and then placed in a cool place, they will keep for several months

Honeycrisp:

My particular favorite as an eating apple. It is crisp, but very sweet. Not a combination you find in the same apple very often. But get them early in the season, as they are a relatively new variety and they sell out quick!

Golden Delicious:

Not very flavourful when young, they become quite sweet when they get more mature. Can be used for eating or baking.

Red Delicious:

A firm, sweet apple (can sometimes be floury—check that entire apple is firm with no bruises), best for eating.

Granny Smith:

Very crisp, with a clean, refreshing, quite tart flavour. Best for eating. If used for baking, then use in a recipe where you want the apple slices to

Lori Gysel & Gerry Kentner



remain completely in tact with no breakdown (for example, this is a great apple for a tart tatin).

McIntosh:

One of the most popularly consumed apples; they have a slightly sharp flavour; good for eating raw or baking. If used for baking, use when you want the apple to completely breakdown into applesauce. This apple does not hold its form when baked— not good for pies, some love it for applesauce.

Spartan:

Can be used for both baking and eating, but best used for baking. These apples when baked will hold their form somewhat, but still provide a little breakdown as well. One of the top two choices for pie baking. Excellent for applesauce making.

Wealthy:

This apple is the other top two choices for pie baking. Not great for eating though.

Royal Gala, Starking, Cox, Jonagold, Pink Lady, Laxton Fortune, Ellison's Orange, Egremont Russet, Crispins, James Grieve and Greensleeves are all excellent eating apples.

Have fun and keep cooking!

Send questions and comments to Lori and Gerry at whatscooking@theifp.ca

Hungry? Upcoming community meals

Dinner and a Movie

A community supper takes place at St. Alban's Anglican Church in Acton at 6 p.m. on Friday, Oct. 21. Then people will be welcome to walk together to The Roxy where a movie suitable for all ages will be shown at 7:30 p.m.

Roast Beef Dinner

Knox Church, 116 Main St., S., Georgetown hosts a Roast Beef Dinner on Friday, Oct. 21. Sittings are 5 p.m. or 6:30 p.m. For tickets call the church office, 905-877-7585 or www.knoxgeorgetown.ca.

Men With Spatulas

Enjoy everything good for breakfast, 8-10 a.m. on Saturday, Oct. 22 at St. Alban's Parish Hall, 537 Main Street, Glen Williams. Cost: \$5.

Roast Beef Supper

Knox-Ospringle Church hosts its semi-annual dinner on Saturday, Oct. 22; sittings at 5:15 p.m., 6 p.m. and 7 p.m. Tickets: \$15 per adult \$6 per child 12 and under, preschool free. The church is located at the corner of Highways 124 and 125. Contact Nora for tickets 519-856-4453 or nhowlett@live.com.



Herbed Roast Chicken

Serves 4-5

Ingredients

- 2.5-3 lb fresh chicken
- 2 tsp paprika
- 2 tsp sage
- 1 tsp dried thyme
- 2 tsp freshly grated pepper
- 2 tsp coarse salt
- 1 tsp seasoning salt
- 1/2 tsp crushed chilies
- 2 tsp Old Bay seasoning (optional)
- 1 tsp dried rosemary

Method

1. Preheat oven to 350 degrees F.
2. Rinse chicken and pat dry.
3. Mix remaining ingredients and pat all over chicken.
4. Add half a cup water to roast pan. Place chicken in roast pan and cover.
5. Roast for 45 minutes covered, then 45 minutes uncovered. Let rest 15 minutes before carving.

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