

RECIPE FILE

Ontario Spy and Indared apples in season for baking

Now is the best time of year to find Ontario apple trees laden with the ripe pick of the crop, covering the picturesque autumn countryside.

The large, red-striped Northern Spy, with its slightly tart taste and firm, yellowish flesh, is perfect in desserts. This variety with more than 180 years of its credit, originated in New York at the farm of Herman Chapin.

Chapin had eliminated the Spy as a hardy variety and left it behind, so Roswell Humphrey, a relative, transplanted some sprouts and cared for them. After 12 to 15 years, the trees bore fruit. Had it not been for Humphrey's patience, the Northern Spy would not exist and be enjoyed by Ontarians today.

Indared, solid bright red on the outside with firm, white-flesh on the inside, is a tart apple. Its quality improves in storage. The Indared's origin was not accidental, but was developed about 50 years ago in Bloomfield, N.Y., as a dual purpose fresh market and processing apple. Baked or eaten fresh out of hand, the Indared is always a winner in taste and quality.

It's no accident that Foodland Ontario came up with an appealing dessert recipe featuring these fresh, flavourful Ontario apples. The firm flesh of the Indared or Northern Spy holds up well in Apple Clafouti, a light, fruity custard baked for friends and family.

This easy dessert, between a custard and cake, is perfect for a quick company dessert. If you like, serve it with softly whipped cream.

Apple Clafouti

- 3 large Ontario apples (Indared or Spy);
- 1/3 cup (75 ml) granulated sugar;
- 1/4 cup (250 ml) brandy;
- 1 cup (250 ml) each milk and light cream;
- 3 eggs;
- 1/4 cup (50 ml) all-purpose flour;
- 1/2 tsp. (2 ml) cinnamon;
- pinch of salt;
- 1 tsp. (5 ml) vanilla;
- icing sugar.

Directions: Peel apples, core and cut in half lengthwise. Thinly slice crosswise and arrange attractively overlapping in rows in well-buttered 6-cup (1.5 L) shallow baking dish. Sprinkle with 2 tsp. (25 ml) of the sugar. Bake in 375 F (190C) oven for 10 minutes. Remove from oven. Sprinkle with brandy. Let cool.

In blender or food processor, blend milk, cream, eggs, flour, cinnamon and salt for 2 minutes. Add remaining sugar and vanilla; blend for a few seconds. Pour over apples and bake in 375 F (190C) oven for 45 to 50 minutes or until well puffed and golden. (Clafouti will fall upon cooling.) Serve barely warm sprinkled with icing sugar. Makes 8 servings.

Preparation time: 15 minutes. **Cooking time:** 60 minutes. **Nutritional information:** (1 serving): Protein: 5.0 grams. Fat: 6.5 grams. Carbohydrate: 31.0 grams.



Apple Clafouti, a delightful mix of fruity custard and cake, sets off the sweetness of Ontario Northern Spy or Indared apples.

L33—The Canadian Champion, Wednesday, October 3, 1990

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