

# Cooking with Apples: The Definitive Guide





# ABOUT STEMILT GROWERS

## WHAT'S IN THE NAME?

The name Stemilt comes from a special place called Stemilt Hill in Wenatchee, WA. This is where our founding family originally settled and still farms today. Stemilt is a Native American word meaning "foothills to the mountains."



Hello from Wenatchee, WA and the home of Stemilt Growers, where we grow, pack, and market World Famous Fruit! This is also the place that our founding family, the Mathisons, settled on back in 1893. The family has been growing fruits, including apples, here since the early 1900s. Today, the fourth and fifth generations lead the family business, with the sixth generation following close behind!

Stemilt fruits are grown for flavor across beautiful central Washington. Each and every day, we work to grow and pack crisp, juicy, and dessert-flavored apples. Our hope is that every bite of a Stemilt apples results in a delightful and memorable eating experience.



We've been growing apples for over 100 years, and because of that, have picked up lots of knowledge about this delicious fruit along the way! In *Cooking with Apples: The Definitive Guide*, we share that knowledge with you. Not every apple is created equally, and this guide will help you choose the right one for each cooking occasion, AND give you new recipe inspiration for enjoying apples.





## Flavor and texture spectrum

There are many flavors and textures across the apple spectrum, and each variety has its own unique taste and texture. From the crisp and tart Granny Smith to the juicy and sweet Honeycrisp, there's an apple for every taste preference and recipe need.

How do apples get their unique taste and texture? It has a lot to do with the amount of sugar and malic acid (the acidic or tangy taste when you bite into the fruit) in each variety that determines the exact balance of sweetness and tartness, thus the final taste. The more sugar, the sweeter the apple; higher malic acid, the tarter the apple.

Like a crunchier apple? The texture of an apple depends on how the flesh of the apple breaks when you're eating it, and that depends on its cell walls. When the flesh breaks across the cell wall, it creates a crunchy apple. If the flesh ruptures and causes the cell to separate, you'll experience a softer and smooth bite.



Want to know more about the different varieties of apples? Visit **THERE'S AN APPLE FOR THAT** to get your apple question answered!



<http://appleforthat.stemilt.com/>



# APPLES: BEST FOR FRESH EATING

## The Top Five



### **HONEYCRISP**

It probably needs no introduction, but Honeycrisp is one of the best apples for snacking on whole because of its incredible texture and honey-sweet flavor.



### **SWEETANGO®**

Like an apple with more tang than Honeycrisp? Look for Sweetango® apples in stores from September through December. This is a Honeycrisp successor and has the same great texture with notes of sweet, tang, and fall spice.



### **PIÑATA®**

This Stemilt signature apple variety brings together a trio of heirloom apples to make a crisp and juicy piece of fruit with a tropical finish on its flavor profile (think pineapple). Find Piñata® apples in season from November through May.



### **PINK LADY®**

Pink on the outside and delicious on the inside. Pink Lady is a great new apple variety to try if you love a sweet and tart apple. It has a crisp bite and is great to enjoy from November through July each year.



### **FUJI**

If you have a sweet tooth, then stop here. Fuji is the sweetest apple variety with sugar levels ranging between 15-18 on the Brix scale. You'll love this apple's crisp bite and will be able to find it in stores year-round!

# APPLES: BEST FOR COOKING & SAUCES

## The Top Five



### **GOLDEN DELICIOUS**

The mellow sweetness of Golden makes it a great cooking and sauce apple. It won't overpower the dish but adds wonderful natural sweetness.



### **GRANNY SMITH**

Add tartness to your dish with Granny Smith apples. This famously green apple has a dense flesh that can withstand high cooking temperatures, making it ideal for any recipe.



### **GALA**

This apple is moderately sweet with vanilla flavor notes, and is a great apple to use when cooking. It's also easy to find because it's available year-round!



### **PINK LADY®**

This sweet-tart apple is a great one to cook with because of its dense flesh. You can even make a pink-hued applesauce by cooking the skin of this apple along with its flesh.



### **MCINTOSH**

This cider-flavored and tangy apple is among the best for applesauce because its cell walls will break down easily under high temperatures. Another fun fact about McIntosh? An Apple, Inc. employee named the Macintosh line of computers after this apple!



# APPLES: BEST FOR SALADS

## The Top Five



### **PINK LADY®**

Pink Lady® apples naturally resist browning, making them an excellent choice for adding to a green salad. They also have a vibrant pink exterior to give your salad a pop of color!



### **HONEYCRISP**

This apple's honey-sweet flavor makes it an obvious choice for any salad. Honeycrisp isn't the best apple for baking or cooking, so why not use it for more than just snacking by adding it to your dinner salad?



### **GALA**

Available year-round, Gala is a great apple to add to your favorite salad recipes. It has a softer texture than apples like Honeycrisp, making it a super easy apple to eat alongside greens.



### **FUJI**

The sweetness of Fuji makes a bed of greens so much more palatable! Grate some sharp cheese over your salad to make this apple's sugary flavor stand out even more.



### **RAVE™**

It's brand new and bound to make salads more delicious! Rave™ is a new Stemilt signature apple variety with an outrageously juicy and zingy flavor with a very crisp bite. Look for it in stores in August and September.



# APPLES: BEST FOR BAKING

## The Top Five



### **GOLDEN DELICIOUS**

The flesh of Golden Delicious is described as silky in texture and won't break down during the higher temperatures needed when baking. Golden has subtle sweetness which also makes it great for baked goods.



### **GRANNY SMITH**

Add tartness to your dish with Granny Smith apples. This famously green apple has a dense flesh that can withstand high cooking temperatures, making it ideal for any recipe.



### **PIÑATA®**

This Stemilt signature apple variety brings together a trio of heirloom apples to make a crisp and juicy piece of fruit with a tropical finish on its flavor profile (think pineapple). Find Piñata® apples in season from November through May.



### **ROME**

It's not the easiest apple to find these days, but Rome has long been called the "baker's buddy" because its sweet and tart flavors intensify after baking. Rome apples are also good keepers, so you can buy a few at once and store them until you are ready to use.



### **PINK LADY®**

If you are baking something that needs a balance of sweet and tart flavors, grab a Pink Lady® apple. It's perfect for folding up in a turnover, or baking whole with raisins and spices inside!



# APPLES: HOW TO PICK

## The Perfect Apple



### TOUCH

Pick up the apple and gently press a small area of the fruit's skin. It should be firm to the touch. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.



### SEE

As you hold the apple, turn it completely in your hand to visually inspect the quality. Some markings on the fruit (like a scuff or specks) comes from nature and doesn't signal a bad apple. However, apples with bruising or obvious signs of decay should be avoided. You can also glance at the color of the apple. Color isn't the best indicator of taste, but does help as apples with full color absorb lots of sunlight which leads to increased flavor.



### SMELL

Give your apple a sniff! A fresh, high-quality apple should have a pleasant aroma. Some varieties have stronger scents than others, like Gala.



### TASTE

Get to know the different varieties of apples and their unique flavor profiles. If you are looking at trying something new, see if a produce employee at your local store can give you a sample first!

Look For The Ladybug



If there's a ladybug on the sticker, then you know it's a Stemitl apple. We work hard to grow flavor-first apples and want you to always count on us to bring you a delicious apple.





# APPLES: STORAGE TIPS

## How to store apples at home

**DO**

Store unwashed apples in the coldest part of your refrigerator

**DO**

Keep your refrigerator at 33 to 35 degrees with some humidity to reduce shriveling

**DO**

Sort through your apples often and remove any damaged ones to use for juice or sauce. One bad apple can spoil the bunch!



Don't store apples with strong-smelling foods like onions and garlic. Apples can easily take on the odor of those foods.



Don't store apples near potatoes as they release a gas as they age which causes apples to spoil

**DO**

Use a second refrigerator, cellar, or garage if you are trying to store a lot of apples. Keeping a box of apples in a cool, dark place and wrapping each apple in paper will provide additional protection and delay



# APPLES: COOKING TIPS

## New to cooking with apples?

### CHOOSE THE RIGHT APPLES

The best apples for cooking are ones that have a skin and flesh that softens, but doesn't fall apart and turn to mush. Flip back to the top 5 apples for cooking page in this guide to discover the best apples to use when cooking.

### PREP THE APPLE

Wash the fruit under cold water and a fruit/vegetable wash. Then, either core the apple with a handy corer, or simply cut the fruit around the core.

### TIME TO COOK

Whether you cut apples into slices, chunks, or something else, make sure the pieces are even in size before you cook them. That way, everything gets done at the same time!

## Know your measurements

Apples break down during the cooking process, so here's a handy guide to know how many apples you need for different recipes:

	Sliced/Chopped	Finely Chopped	Grated	Sauce
1 large apple	2 cups	1 1/2 cups	1 1/4 cups	3/4 cup
1 medium apple	1 1/3 cups	1 cup	3/4 cup	1/2 cup
1 small apple	3/4 cup	2/3 cup	1/2 cup	1/3 cup





# APPLE HOW TO'S

## How to keep apples from browning



1

### LEMON JUICE

Apples naturally oxidize, or turn brown, after some time when they are cut because the fruit's flesh is being exposed to ambient air which contains both oxygen and water. Certain varieties (like Pink Lady®) are naturally resistant to browning simply because of higher acid levels that slow oxidation. But, what about the rest? Here are 3 proven methods to keep your apples from browning without sacrificing the fruit's flavor:

Squeeze the juice of one lemon into a bowl of sliced apples. Toss to coat and then store apples in a sealed container in the refrigerator.

2

### FRESH FRUIT

A product from Ball® that contains ascorbic acid (vitamin C), Fruit Fresh can either be sprinkled on the sliced fruit or mixed with water to create a soaking mixture. Use 1 tsp. Fruit Fresh with 1 cup of water if soaking. Store in sealed container in the refrigerator.

3

### PINEAPPLE JUICE



Mix 1 tbsp pineapple juice in 1 cup of water. Add apple slices and soak for 5 minutes. Store your apples in a plastic bag, or container in the refrigerator.





## How to freeze apples

One of the reasons apples are so great is because you can find them in stores year-round. However, there are many reasons that you might want to freeze apples to have on hand at any moment's notice. Frozen apples are great for whipping up a quick pie or cobbler, or adding into a smoothie each morning! Here are the simple steps to freeze apples:

**1**

### PEEL, CORE AND SLICE THE APPLES

You can use a handheld peeler or a peeler/corer that speeds up the process significantly. Slice in any shape you desire, just make sure you keep slices relatively uniform in size and thickness.

**2**

### MIX 1 TBSP. LEMON JUICE TO 1 QUART WATER

Dip your sliced apples in that mixture. This will prevent them from browning, but shouldn't alter the taste of the fruit.

**3**

### PLACE APPLES ON BAKING SHEET LINED WITH PARCHMENT PAPER

Keep the apples on the parchment paper until frozen solid, about 1-2 hours. Freezing the slices before you put them in plastic bags means they won't stick together.

**4**

### PUT FROZEN SLICES INTO LABELED FREEZER BAGS

Remove as much air as possible when you seal to prevent freezer burn. Place the bags in the freezer until ready to use. Frozen apples can keep up to 6 months, and even longer in a deep freezer!

## How to make apple cider

Love fresh apple juice or cider? You can make it easily at home with six medium-sized apples, your food processor and a cheesecloth. Here's how:

1

### WASH AND PREP THE APPLES

Wash the apples and then cut each one into one-inch chunks.

2

### PUT THE APPLES IN FOOD PROCESSOR

Fill it nearly to the top with apples and turn it on. Use the pulse option at the end if there are pieces that still need to be broken down. Once you have a "chunky applesauce" consistency, you can stop.

3

### SCOOP APPLE MIX INTO CHEESECLOTH

Put the cheesecloth in the glass vessel that you'll serve your cider out of. Scoop apples into the cheesecloth and then twist the top of the cloth to get the juice out. Discard the apple reserves (or add them to another apple recipe, like muffins) and repeat the process until your juice container is full.

WATCH TO SEE HOW IT'S MADE!



<https://www.stemilt.com/cider>



## Six cool apple hacks



1

**NO CORER, NO PROBLEM:** Cut apples in a tic tac toe pattern to easily remove the core, and retain the most fruit! If you are putting cut fruit in a lunchbox, you can spritz the cut fruit with lemon juice, return the core, and snap a rubber band around it to have a kid-ready snack.



2

**MAKE AN APPLE VESSEL:** Slice off the top of an apple and use a melon baller to scoop out the core and make a shallow bowl. Make a yogurt and peanut butter dip to put inside. You can also use the apple vessel as an edible arrangement of sorts, by placing flowers inside and delivering it to a loved one!



3

**KEEP BAKED GOODS MOIST:** Drop a few apple wedges into a sealed container with extra cake, brownies, or soft cookies to keep desserts from going stale.



4

**MAKE AN APPLE TEA CUP:** Create the vessel described in #2 and put a tea bag in the apple. Fill with boiling water and replace the apple top to let the tea brew for a few minutes. The heat will release the apple's juice to make for a naturally sweet tea.



5

**APPLE RING PANCAKES:** Core an apple and slice horizontally into ¼ inch pieces. Prepare pancake mix as directed and dip the apple slice into the batter to coat well. Cook apple rings on a pan per pancake instructions. Serve with maple syrup!



6

**SAVE THE PEELS:** There are many things you can do with leftover apple peels. Add them to your compost or toss them into a smoothie for extra fiber. You can even use apple peels to clean aluminum cookware. The acid in the peel removes stains and discoloration from aluminum pots and pans. Fill the pan with water, add the peels, and simmer for about 30 minutes.



# TOP 15 APPLE RECIPES



## Apple Oatmeal Cookies

**Serving Size:** 1 cookie  
**Number of Servings:** 1½ dozen  
**Prep Time:** 15 minutes  
**Cook Time:** 40 minutes  
**Total Time:** 55 minutes  
**Level of Difficulty:** Moderate

Dotted with a small dice of Stemilt apples, golden raisins and lightly toasted chopped pecans, these cookies take on a welcomed subtle sweetness and everything good about a classic oatmeal cookie... and more!

### INGREDIENTS

- 1 cup chopped pecans
- 1 1/2 sticks unsalted butter, softened
- 1 cup light brown sugar
- 1/3 cup granulated sugar
- 2 large eggs
- 2 tsp pure vanilla extract
- 1 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1 tsp fine sea salt
- 3 cups old fashioned oats
- 3/4 cups golden raisins
- 1 Pink Lady® apple, peeled, cored and diced into ½" pieces

### DIRECTIONS

Preheat oven to 350 degrees F.

Place chopped pecans in a skillet set over medium high heat and lightly toast for 2 to 3 minutes, tossing intermittently. Transfer to a small dish and set aside to cool.

In bowl of electric mixer fitted with paddle attachment, cream softened butter and sugars until just mixed through. Add eggs and vanilla and mix on medium speed.

In a separate bowl, sift flour, baking powder, cinnamon, and sea salt. Add flour mixture, in small portions, to butter mixture with mixer set to medium-low speed. Once incorporated, fold in oats. Add raisins, apple and cooled pecans. Mix until just incorporated.

Line a baking sheet with parchment paper. Using a ¼ cup measurer, scoop dough onto baking sheet, leaving approximately 2" between cookies. Place in oven and bake approximately 17 to 20 minutes, until just lightly golden and set through. Remove to rack to cool and firm up.

## Recommended Apples



**PINK LADY®**



**PIÑATA®**



**GRANNY SMITH**

# TOP 15 APPLE RECIPES



## Slow Cooker Applesauce

**Serving Size:** 1 cup  
**Number of Servings:** 4-5 servings  
**Prep Time:** 10 minutes  
**Cook Time:** 4 hours on high or 8 hours on low  
**Total Time:** 4-8 hours  
**Level of Difficulty:** Easy

### Recommended Apples



**MCINTOSH**



**GOLDEN DELICIOUS**



**PINK LADY®**



**FUJI**

Slow cookers are a wonderful way to prepare homemade applesauce. It's a set-it-and-forget-it method that means you'll have one less component to worry about when it's time to put dinner on the table.

### INGREDIENTS

3 pounds Stemilt apples (approximately 6 large apples), preferably a mix of sweet and tart  
2 tbsp fresh squeezed lemon juice (approximately 1 large lemon)  
1/4 cup water  
pinch of kosher salt  
Optional: 1 tablespoon unsalted butter  
Optional: 2 teaspoons ground cinnamon  
Optional: 1 teaspoon freshly grated nutmeg

### DIRECTIONS

Peel, core and chop the apples (note: there are inexpensive peeler/corer/slicer all-in-one tools that make this process incredibly fast and simple).

Place the chopped apples, lemon juice, water and salt in the bowl of a slow cooker, and the butter, cinnamon and nutmeg, if using. Stir the ingredients and close the lid.

Cook on low for 8 hours or high for 4 hours.

Optional: for a smoother consistency, the applesauce can be pureed in a blender, food processor, or with an immersion blender.

Serve warm, or store in the refrigerator for up to 5 days.

# TOP 15 APPLE RECIPES



## Apple Pie Energy Bites

**Serving Size:** 1 bite  
**Number of Servings:** 12  
**Prep Time:** 10 minutes  
**Cook Time:** None  
**Total Time:** 10 minutes  
**Level of Difficulty:** Easy

With dates, apples, flax seeds, and nuts, these energy bites are chock full of protein, fiber, potassium, and healthy fats like omega-3s.

### INGREDIENTS

1 cup of pitted dates (roughly 14 dates)  
1/2 of a Stemilt apple, chopped into one inch squares  
1/3 cup of whole roasted flax seeds  
1/4 cup of almonds  
1/4 cup of walnuts  
1 tbsp of coconut oil, melted  
1 tbsp of applesauce (optional)  
1 tsp of cinnamon  
1 tsp of vanilla  
Special equipment: food processor

### DIRECTIONS

First, remove the pits from the dates. Slicing a date in half lengthwise makes it easy to pop the pit right out. Next, chop the apple into 1-inch squares, leaving the skin on. Add all ingredients into your food processor and blend the ingredients. You want a course texture to roll the mixture into ball-shaped bites. If your food processor has a hard time blending, add a bit of applesauce to help soften the mixture.

Roll the mixture into 12 equal size bites. Place each bite on parchment paper and then place in refrigerator or freezer to harden. Enjoy anytime!

## Recommended Apples



**SWEETANGO®**



**PINK LADY®**



**HONEYCRISP**



# TOP 15 APPLE RECIPES



## Apple Strudel

**Serving Size:** 1 cup  
**Number of Servings:** 16  
**Prep Time:** 30 minutes  
**Cook Time:** 25 minutes  
**Total Time:** 55  
**Level of Difficulty:** Ambitious

This apple strudel recipe adds raisins, lemon rind, almonds and spices for a sweet, complex taste.

### INGREDIENTS

6 cups of tart apples, sliced  
3/4 cup raisins  
1 grated lemon rind  
3/4 cup sugar  
2 tsp cinnamon  
3/4 cup ground almonds  
8 ounces thawed phyllo pastry  
1 3/4 cups melted butter  
1 cup finely crushed breadcrumbs  
Confectioner's sugar for topping

### DIRECTIONS

Preheat oven to 400 degrees F.

Mix apples with raisins, lemon rind, sugar, cinnamon and almonds.

Place 1 phyllo leaf on a towel and brush with melted butter.

Place a second leaf on top and brush with butter.

Repeat until 5 leaves have been used, using about 1/2 cup of butter.

Cook and stir bread crumbs in pan with 1/4 cup of butter until lightly browned.

Sprinkle 3/4 cup crumbs on the layered phyllo leaves.

Mound 1/2 of the filling in a 3-inch strip along the narrow end of the phyllo, leaving a 2-inch border.

Lift towel, using it to roll leaves over apples, jelly roll fashion.

Brush top of the strudel with butter and sprinkle with 2 tbsp crumbs.

Repeat the entire procedure for the second strudel.

Bake the strudels at 400 degrees F for 20 to 25 minutes, until browned.

## Recommended Apples



**GRANNY SMITH**



**PINK LADY®**



**PIÑATA®**

# TOP 15 APPLE RECIPES



## German Apple Cake

**Serving Size:** 1 small slice  
**Number of Servings:** 24  
**Prep Time:** 15 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 60 minutes  
**Level of Difficulty:** Easy

German apple cake is a must-make every fall.  
This recipe originally appeared on AllRecipes.com, courtesy of user Barbara.

## Recommended Apples



**GRANNY SMITH**



**FUJI**



**GOLDEN DELICIOUS**

### INGREDIENTS

- 2 eggs
- 1 cup vegetable oil
- 2 cups white sugar
- 2 tsp ground cinnamon
- 1/2 teaspoon salt
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- 4 cups apples - peeled, cored and diced

### DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch cake pan and set aside.

In a mixing bowl; beat oil and eggs with an electric mixer until creamy. Add the sugar and vanilla and beat well.

Combine the flour salt, baking soda, and ground cinnamon together in a bowl. Slowly add this mixture to the egg mixture and mix until combined. The batter will be very thick. Fold in the apples by hand using a wooden spoon. Spread batter into the prepared pan.

Bake at 350 degrees F (175 degrees C) for 45 minutes or until cake tests done. Let cake cool on a wire rack. Once cake is cool serve with a dusting of confectioners' sugar or with a Cream Cheese Frosting.

# TOP 15 APPLE RECIPES

## Apple Stuffing

**Serving Size:** 1 cup  
**Number of Servings:** 8-10 servings  
**Prep Time:** 25 minutes  
**Cook Time:** 40 minutes  
**Total Time:** 65 minutes  
**Level of Difficulty:** Moderate

### Recommended Apples



PIÑATA®



GOLDEN DELICIOUS



GRANNY SMITH

This classic stuffing recipe gets a sweet-tart twist with delicious Piñata apples. Your friends and family will love this unique dressing!

### INGREDIENTS

- 2 tbsp extra virgin olive oil, divided
- 3 large chicken-maple sausages (about 2 pounds), casings removed\*
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 tbsp butter (or vegan buttery spread, for non-dairy version), plus additional to coat baking dish
- 1 cup diced yellow onion
- 1 cup diced celery
- 1/2 tsp dried sage
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 2 Stemilt apples, peeled, cored, cut into thin wedges and diced
- 1/2 cup chopped dried California apricots
- 7 cups cubed day-old bread (as preferred), or good quality dried bread mix
- 2 cups chicken or vegetable stock, as preferred
- 1/2 cup toasted, chopped macadamia nuts or chopped candied pecans, as preferred (optional)

### DIRECTIONS

Preheat oven to 375 degrees F. Butter a large baking dish. Set dish aside.

Heat 1 tablespoon extra virgin olive oil in a large skillet over medium high heat. Add chicken sausage, using a wooden spoon to break up meat. Season with salt and pepper and continue cooking until meat is cooked through and lightly golden, about 5 to 8 minutes. Transfer cooked sausage to a plate and set aside.

In the same skillet you cooked your sausage, add remaining 1 tablespoon olive oil along with butter (or vegan buttery spread). Heat to melt and then add onion, celery, sage, thyme, and rosemary. Mix well and cook for approximately 2 minutes. Then add apples and apricots. Continue cooking for another minute. Add bread and broth. Mix well to incorporate with sausage mixture and distribute broth throughout bread. Cook for another minute, or until broth appears to have soaked into bread fairly well. Add in nuts (optional).

Transfer dressing mixture to buttered baking dish. Place dressing in oven to bake for approximately 25 to 30 minutes. Remove from oven and serve immediately.

\*To remove meat from casing, squeeze sausage in middle and gently push meat out ends of casing and into skillet.



# TOP 15 APPLE RECIPES



## Apple Dumplings

**Serving Size:** 1 dumpling  
**Number of Servings:** 16 servings  
**Prep Time:** 20 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 65 minutes  
**Level of Difficulty:** Moderate

Classic dumplings are sure to please a crowd!  
This recipe originally appeared on AllRecipes.com, courtesy of user docswife.

## Recommended Apples



**PIÑATA®**



**GOLDEN DELICIOUS**



**IDARED**

### INGREDIENTS

2 large apples, peeled and cored  
2 (10 oz) cans refrigerated crescent roll dough  
1 cup butter  
1 1/2 cups white sugar  
1 tsp ground cinnamon  
1 (12 fluid oz) can or bottle Mountain Dew™

### DIRECTIONS

Preheat the oven to 350 degrees F. Grease a 9x13 inch baking dish.

Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish.

Melt butter in a small saucepan and stir in the sugar and cinnamon. Pour over the apple dumplings. Pour Mountain Dew™ over the dumplings.

Bake for 35 to 45 minutes in the preheated oven, or until golden brown.

# TOP 15 APPLE RECIPES



## Classic Apple Pie

**Serving Size:** 1 slice  
**Number of Servings:** 10  
**Prep Time:** 45 minutes  
**Cook Time:** 3 hours 45 minutes  
**Total Time:** 4 hours 30 minutes  
**Level of Difficulty:** Moderate

The art of the classic apple pie is a true labor of love.

### INGREDIENTS

4 pounds apples, peeled, cored and sliced 1/4 inch thick  
2/3 cup of white granulated sugar  
1 tbsp of coarse baking sugar for dusting  
1 tsp of ground cinnamon  
Pinch of salt  
Juice of 2 lemons, around 3 tbsp  
6 tbsp of unsalted butter, diced  
2 tbsp of white all-purpose flour  
2 round disks of pie dough, lightly dusted with flour  
1 tbsp of water  
1 small egg, beaten

### DIRECTIONS

In a large mixing bowl, add the apples and lemon juice, and then use your hands to gently fold and coat the lemon juice across the apples to prevent browning. Once coated, toss in the cinnamon and salt, and fold once more to blend them all together.

Gently melt the butter into a large skillet, and slowly add the sugar, stirring until you have a melted butter thick with sugar.

Add the apples to the pan and simmer over medium heat until slightly tender, around 15 minutes. Once tender, mix in the flour and stir for a moment longer, or until the juices in the pan are thick. Remove the apples from the heat, and allow them to cool to room temperature.

Lightly dust your pie dish with flour, and place the first dough disk along the bottom of the pan, before filling with the cooled apples. Then top with the second pie disk; the mound will be high, so ensure that your second disk is slightly larger than the first to cover the mound of apples.

Using a pastry brush, lightly coat the edges of the bottom disk with egg and then use your hands to press the top and bottom disk together. Fold the overhang dough under itself and then crimp the edges between your fingers to create a waved edge.

Add the water to remaining egg and lightly brush the top of the pie with it, then sprinkle with sugar. Cut a few slits on the top for vents and then refrigerate for 2 hours.

While the pie chills, place a large baking sheet on the lower middle rack of your oven, and preheat it to 425 degrees F. Before placing your pie on the hot baking sheet, apply 2 inch strips of foil to the edges to prevent over browning, then place in the oven and immediately reduce the heat to 375 degrees F and bake for an hour.

After 45 minutes remove the foil, and rotate the pie.

Once baked, move to cooling rack and allow it to rest for 2 hours before serving.

## Recommended Apples



**GOLDEN DELICIOUS**



**PIÑATA®**



**GRANNY SMITH**

# TOP 15 APPLE RECIPES

## Easy Apple Crisp

**Serving Size:** 1 cup  
**Number of Servings:** 6-8  
**Prep Time:** 5 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 50 minutes  
**Level of Difficulty:** Easy

Using maple syrup instead of sugar and blending in rolled oats makes this apple crisp recipe less heavy without losing all the delicious taste.

### INGREDIENTS

1/3 cup of all purpose white flour  
1/3 cup of packed light brown sugar  
1/3 cup of rolled oats  
1/2 tsp of ground cinnamon  
1/4 cup of unsalted butter, chilled and diced  
2 tbsp of chopped pecans, optional  
3 pounds of apples, peeled, cored and sliced thin (3 lbs is about 6 medium apples)  
1/4 cup of real maple syrup

### DIRECTIONS

Preheat oven to 375 degrees F.

In a dry mixing bowl, add the flour, oats, 1/4 teaspoon of ground cinnamon, and brown sugar, and blend with a spoon before adding the butter. Using your hands, gently combine by rubbing the ingredients together with your fingertips until you have the texture of wet sand.

Add the pecans, if you are using them, by stirring them in with a spoon. And then set aside while you prepare the apples.

Combine the apples, remaining cinnamon and maple syrup and stir until the apples are fully coated with the blend. And then pour into a baking pan, arranging them flat across the base. Then top with the dry mixture, using your hands to pat it down. Bake at 375 degrees F for 40-50 minutes, or until the top is golden brown. Serve warm with a dollop of vanilla yogurt.

## Recommended Apples



**GRANNY SMITH**



**GOLDEN DELICIOUS**



**IDARED**



**PIÑATA®**



# TOP 15 APPLE RECIPES



## Pork Tenderloin with Apples

**Serving Size:** 1 slice pork tenderloin  
**Number of Servings:** 6  
**Prep Time:** 20 minutes  
**Cook Time:** 50 minutes  
**Total Time:** 70 minutes  
**Level of Difficulty:** Moderate

Pork tenderloin is a lean cut of meat that's very easy to prepare at home.

### INGREDIENTS

1 tsp extra virgin olive oil  
1 yellow onion, sliced thin  
1 cup water (or more as needed)  
2 Stemilt apples, diced  
1/2 tbsp unsalted butter  
1 1/2 to 2 pounds pork tenderloin  
1 tbsp high heat oil (such as grapeseed) or clarified butter  
Salt and fresh ground black pepper to taste

### DIRECTIONS

Heat olive oil on low in a large skillet. Add the onions with a pinch of salt. Sweat the onions, stirring, until they begin to caramelize. Turn up the heat to medium-low. Once a brown glaze has formed on the bottom of the skillet, pour approximately 2-3 tablespoons of water into the pan to deglaze and use a spatula to scrape up the brown bits and stir them into the onions. Repeat this glazing and de-glazing process until the onions have been thoroughly caramelized and taste both sweet and bitter, approximately 25-35 minutes. Use more or less water as needed. Set the caramelized onions aside.

Turn the pan down to medium and add the apples. Allow them to sauté briefly and then add the butter to the pan. Sauté the apples in the butter, tossing frequently, until they begin to brown. Take care not to overcook the apples or they will turn mushy. Set aside.

Preheat the oven to 425 degrees F and line a baking sheet with aluminum foil. Use a sharp knife to trim any silver skin from the tenderloin. Season the meat generously with salt and pepper on all sides.

Heat a large skillet on medium high with the high heat oil. Sear the meat on all sides, making sure it has a nice brown crust. Place the pork tenderloin on the prepared baking sheet and cook in the oven until a meat thermometer reads 145 degrees F, approximately 15-20 minutes. Remove from oven, cover with foil and allow the meat to rest for 10 minutes. Slice and serve with the caramelized onions and apples.

Recommended  
Apples



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PINK LADY®

# TOP 15 APPLE RECIPES

## Healthy Waldorf Salad

**Serving Size:** 1 cup  
**Number of Servings:** 6  
**Prep Time:** 20 minutes  
**Cook Time:** None  
**Total Time:** 20 minutes  
**Level of Difficulty:** Easy

This classic salad is great for summertime BBQ's and potlucks.

### INGREDIENTS

3 tbsp plain yogurt  
2 tbsp sour cream  
1 tbsp mayonnaise  
1 tsp lemon juice  
3 Stemilt recommended apples  
2 stalks of celery  
1 cup of seedless grapes (purple)  
1/2 cup of walnuts

### DIRECTIONS

Mix dressing ingredients in a bowl together and set aside.

Rinse the apples under cold water and then chop them into bite-sized pieces (leaving the skin but removing the cores) into a large serving bowl.

Wash the celery stalks, and remove the strings using a vegetable peeler.

Chop the celery into bite-sized pieces and add to the apples.

Cut grapes in half and stir into the apple and celery mixture.

Add in the chopped walnuts, stirring gently to distribute.

Toss the fruit and nut mixture with the dressing, making sure all pieces are coated, and serve immediately.

## Recommended Apples



FUJI



PINK LADY®



HONEYCRISP

# TOP 15 APPLE RECIPES



## Apple, Banana & Carrot Smoothie

**Serving Size:** Makes 28 to 32 ounces  
**Number of Servings:** 1  
**Prep Time:** 10 to 15 minutes  
**Cook Time:** None  
**Total Time:** 10 to 15 minutes  
**Level of Difficulty:** Easy

### Recommended Apples



FUJI



RED DELICIOUS



GRANNY SMITH

This smoothie is the perfect “starter” for those new to blending... just think ABC (apple, banana, carrot & citrus)... it’s as easy as that!

### INGREDIENTS

- 2 Stemilt Granny Smith apples, cored and quartered
- 1 cup ice
- 1/4 cup water
- 3 petite carrots (approx. 6” length), thoroughly scrubbed or peeled, ends trimmed, roughly chopped
- 1/2 ripe banana, peeled
- 1 orange, peeled and halved
- 1 cup fresh baby spinach, firmly packed (optional, see note)

### DIRECTIONS

Add apple, then ice, water, carrot, banana, and orange to pitcher of high-speed electric blender (one suitable for crushing ice and handling firm textures). Blend on high (or use “smoothie” option, if applicable) for approximately 1 minute. (If necessary, stop machine intermittently to scrape down sides or press ingredients down to remove any air pockets that might impede blending.) Pour into glasses and serve immediately.

Note: If you want to go “green,” add baby spinach with other ingredients and blend, as directed. OR, transfer half of ABC smoothie to a pitcher; then add spinach to remaining smoothie mix in blender; blend as directed. To serve, fill glasses halfway with green smoothie, then add ABC smoothie to top for a bit of a layered look.

# TOP 15 APPLE RECIPES

## Apple Pie Ice Cream Sandwiches



**Serving Size:** 1 sandwich  
**Number of Servings:** 6 servings  
**Prep Time:** 30 minutes  
**Cook Time:** 45 minutes  
**Total Time:** 75 minutes  
**Level of Difficulty:** Moderate

These little Mini Apple Pie Ice Cream Sandwiches are a great grab-it-when-you-want-it dessert.

### INGREDIENTS

List #1: Makes one crust (for ice cream)

2 1/4 cups all-purpose flour  
8 ounces (2 sticks) cold butter (cut into cubes), plus 2 tbsp  
1 tbsp granulated sugar, plus 2 tsp  
1/4 to 1/3 cup ice water, added by tbsp (see procedure note)  
1 tsp ground cinnamon

List #2: Makes apple filling (for ice cream)

3 to 4 Stemilt recommended apples  
1/4 cup freshly squeezed lemon juice  
1 tbsp all-purpose flour  
1 tbsp butter  
1/2 cup firmly packed light brown sugar  
1/4 tsp ground nutmeg  
1/2 tsp ground cinnamon  
4 1/2 cups vanilla bean ice cream (approximately 3/4 of a 1.5 quart container of ice cream)

List #3: Makes pecan-cinnamon cookies

3/4 cup unsalted butter, room temperature  
1/2 cup firmly packed light brown sugar  
1/4 cup granulated sugar  
1 egg  
1/2 tsp pure vanilla extract  
1/2 tsp ground cinnamon  
1 1/4 cups all-purpose flour  
1/2 tsp baking powder  
1/4 tsp kosher salt  
1/4 tsp baking soda  
1 1/2 tbsp 2% milk  
1 cup Old Fashioned Oats  
1/2 cup chopped pecans

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## Recommended Apples



**JONAGOLD**



**GOLDEN DELICIOUS**



## Continued: Apple Pie Ice Cream Sandwiches

### DIRECTIONS

To make dough for crust, place flour, 8 ounces butter and 1 tablespoon sugar in the bowl of food processor and pulse until butter breaks down. Then add ice water, one tablespoon at a time, and continue to pulse until dough begins to hold together.

Transfer dough to a lightly floured work surface and press into a large disk. Cut disk into two pieces, wrap each piece in plastic wrap and place in refrigerator to chill for one hour. (Note: you will use only one half of your dough for this recipe; the remaining half can be wrapped and placed in freezer to use another time, if preferred).

Preheat oven to 350 degrees F.

Once dough has chilled, place one disk on a lightly floured work surface and roll out to an approximate  $\frac{1}{4}$ " thickness; transfer to parchment-lined baking sheet. Melt 2 tablespoons butter and lightly brush top of dough. In a small bowl, mix 2 teaspoons granulated sugar and 1 teaspoon ground cinnamon. Sprinkle dough with sugar-cinnamon mixture. Prick dough a few times with the tines of a fork. Place in oven to bake for approximately 20 to 25 minutes, until golden. Remove from heat, transfer to a cooling rack.

Meanwhile, peel, core and dice apples into approximate  $\frac{3}{4}$ " to  $\frac{1}{2}$ " pieces and transfer to a large bowl (approximately 2 cups diced). Following Ingredient List #2, drizzle apples with fresh lemon juice and mix through. Sift flour over apples and mix thoroughly to incorporate; set aside.

Melt butter in a saucepan over medium low heat. Add brown sugar, nutmeg, and cinnamon and stir until melted. Add apples and continue to sauté until apples have softened some, stirring intermittently, about 5 minutes. Remove from heat and let cool.

Once crust and apple mixture have cooled, place vanilla ice cream in a large bowl and let softened a bit (enough to get a wooden spoon through). Break up crust into bite-size pieces and add, along with apples, to softened ice cream fold gently to thoroughly combine. Transfer ice cream mixture to a freezer-safe container with lid and return to freezer to firm (1 to 2 hours).

Following Ingredient List #3, sift flour, baking powder, salt, and baking soda together in a large bowl; set aside. Cream butter and sugars in the bowl of mixer fitted with paddle attachment. Add egg, mixing until fully incorporated. Add vanilla and cinnamon. Reduce speed of mixer and begin adding sifted flour mixture and continue mixing until flour is fully incorporate, scraping down bowl as needed. Add milk, then oats and pecans and mix just until fully incorporated. Using a teaspoon, and your fingers, make approximate 1" size balls with cookie dough and place 1 inch apart on large baking sheet. Place in 350 degree F oven for approximately 15 minutes, flattening cookies with spatula about  $\frac{1}{2}$  way through baking process. Remove from oven and immediately transfer to cooling rack (this will help keep the cookies crisp).

### TO ASSEMBLE

Using the larger end of a melon baller, place a "scoop" of apple pie ice cream on "flat" side of one cookie and sandwich with another cookie ("flat" side to ice cream). Place cookie on clean baking sheet and continue process with remaining cookies. Then place cookie sheet, loaded with ice cream sandwich cookies, in freezer to firm up (1 hour). Once cookies are firm, they can be transferred to a freezer-safe plastic zip bag.

# TOP 15 APPLE RECIPES



## Apple Squash Soup

**Serving Size:** 1 cup  
**Number of Servings:** 7  
**Prep Time:** 60 minutes  
**Cook Time:** 40 minutes  
**Total Time:** 100 minutes  
**Level of Difficulty:** Moderate

Honeycrisp apples are roasted with acorn squash in order to make a pot of this delicious soup to warm the entire family's belly. Enjoy!

## Recommended Apples



FUJI



GALA



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### INGREDIENTS

3 medium sized acorn squash, peeled, cored  
(or 1 medium butternut squash and 1 medium sized acorn squash, peeled, cored)  
2 medium yellow onions, diced  
2 garlic cloves, quartered  
2 Stemilt recommended apples, peeled, cored  
1/4 Cup of extra virgin olive oil  
1 tsp of salt  
4 Cups of vegetable stock  
A splash of cream for garnish  
For a light kick, add 2 teaspoons of pumpkin spice

### DIRECTIONS

Preheat your oven to 400 degrees F.

Peel, seed and cut the squash, onions and apples into quarters.

Place on a roasting pan, and then generously drizzle with a blend of the olive oil and pumpkin spice before roasting for 40 minutes, or until tender.

Once roasted, allow it to cool for 10 minutes before adding to a food processor with the stock. Blitz the ingredients together until smooth.

If the soup has cooled, return to a sauce pan and simmer on medium heat to warm, and whisk in the cream, then serve immediately garnished with warm buttery toast.

# TOP 15 APPLE RECIPES

## Apple and Kale Salad

**Serving Size:** 1 small salad  
**Number of Servings:** 2  
**Prep Time:** 10 minutes  
**Cook Time:** None  
**Total Time:** 10 minutes  
**Level of Difficulty:** Moderate

Leafy green kale and Piñata apple are combined with pomegranate seeds and roasted hazelnuts for a healthy salad.

### INGREDIENTS

4-5 large green kale leaves, center ribs removed and sliced into ribbons  
1 Stemilt recommended apple or another favorite, core removed and diced into ½" cubes  
¼ cup fresh pomegranate seeds  
¼ cup chopped roasted hazelnuts

### FOR DRESSING

2 tbsp plain Greek yogurt  
1 tsp light coconut milk  
1 tbsp apple cider vinegar  
1 tbsp honey  
1/3 tsp fresh orange zest  
1 tbsp extra virgin olive oil

### DIRECTIONS

In a small bowl, combine yogurt, coconut milk, apple cider vinegar, honey and orange zest. Slowly whisk olive oil into mixture, until thoroughly combined. Set aside.

Place ribbons of kale in a large bowl and add dressing. Using clean fingers, carefully "massage" dressing into greens for 30 seconds to one minute. This will "tame" the greens (soften them) a bit and work flavor of dressing throughout. Add diced apple, pomegranate seeds and nuts to bowl and lightly toss. Serve with additional slices of Piñata apple alongside, and/or top with additional chopped hazelnuts, if preferred.

Recommended  
Apples



PIÑATA®



HONEYCRISP



SWEETANGO



RAVE™