

# FOOD FORUM

DOROTHY JOHNSON

## GRAVENSTEIN: REAL GOOD APPLE

Gravensteins are juicy crisp and tart. They are considered excellent for apple pie, apple sauce, and other cooking uses, and some like to eat them of hand. The Gravenstein has a short season, toward the end of July and concludes toward the end of August. This year's crop is about half normal, but an ample supply has been allotted for the fresh market, according to spokesmen for the grower's.

Virtually all Gravenstein apples are grown in California. Most come from the Sonoma area. A few are cultivated as far south as Bakersfield, and as far north as Mendocino County.

The Gravenstein has pale flesh and greenish yellow skin often striped with red. Use these apples in any favorite pie recipe, or try the following apple tart, which is made with both sliced apples and apple sauce, and glazed with apricot jam.

### FRENCH APPLE TART

Pastry for a 1-crust 9-inch pie.  
2 medium apples  
2 cups applesauce  
3 tbsp. sugar  
1/3 cup apricot jam

Line 9-inch pie pan with pastry, turn under edge and press with fork tines to make a decorative edge. Pare core and cut apples into thin slices. Spoon applesauce into unbaked pastry shell. Arrange apples slices in circles on top of applesauce. Sprinkle with sugar. Bake at 375 deg. 35 to 40 minutes or until pastry is golden. Cool. Melt apricot jam over low heat. Gently brush the top of the pie with jam. Chill thoroughly.

### APPLE SAUCE TRIFLE

2 lbs. apples  
2 tbsp. water  
3/4 cup sugar  
a pinch of salt  
1/2 tsp. nutmeg  
1 tsp. grated lemon peel  
12 lady fingers  
1 cup soft custard  
1/2 cup heavy cream  
1 tbsp. sugar

Slice apples, combine with water and cook, covered, until tender. Force through food mill or sieve. Add 3/4 cup sugar, salt, nutmeg, and lemon peel. Cool. Arrange lady fingers, applesauce and custard in alternating layers, ending with custard. Chill. Just before serving, whip cream with 1 tbsp. sugar and spread over top. Makes 6 to 8 servings.

### APPLE MACARON

6 apples  
1 cup sugar  
2 tbsp. lemon juice  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. cloves  
3/4 cup flour  
1/8 tsp. salt  
1/3 cup butter or margarine  
1/2 cup chopped walnuts  
1/2 cup flaked coconut

Peel core and slice apples. Combine apple slices with 1/2 cup sugar, lemon juice, cinnamon, nutmeg and cloves, mixing lightly. Place in a greased 1-1/2 qt. casserole. Mix remaining 1/2 cup sugar, flour, salt, butter, walnuts and coconut until crumbly. Sprinkle over apples. Bake at 350 deg. 45 minutes, or until apples are tender and crust is browned. Makes 6 servings.

### APPLES CRUMB PIE

2 qts. thickly sliced apples  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. nutmeg  
unbaked pie shell

Fill the shell with the apples and spices mixed

well (use your hands). Cover with crumbs made from 1/2 cup brown sugar, 1/2 cup flour, 6 tbsp. butter. Bake at 425 deg. until apples are soft.

### APPLE SNOW BALL

6 apples  
arrange marmalade  
1/4 cup butter  
1 tsp. cinnamon  
1 tsp. nutmeg  
1 tsp. allspice  
1/2 cup dark brown sugar

Pare and core apples. Fill with orange marmalade. Make a paste by mixing together butter, spices, and brown sugar. Spread over each apple; wrap in pastry and bake at 375 deg. about 30 minutes. Serve hot with Hard Sauce or Whipped Cream.

### CINNAMON APPLE SNOW

1 env. unflavored gelatin  
1/4 cup cold water  
1/2 cup boiling water  
3 tbsp. red cinnamon candies  
1/2 cup applesauce  
2 tbsp. lemon juice  
1/2 cup sugar  
2 egg whites  
a dash of salt  
thinly sliced unpeeled apple  
whipped cream

Soften gelatin in cold water. Combine boiling water, cinnamon candies and softened gelatin in a saucepan. Stir over low heat until candies are dissolved. Remove from heat and stir in applesauce. Add lemon juice and sugar. Chill until slightly thickened. Place saucepan of dessert in bowl of ice water. Add egg whites and salt. Beat vigorously until soft peaks form, about 8 minutes. Spoon into a serving bowl and refrigerate until ready to serve. Garnish with apple slices and whipped cream. Makes 8 servings.

## JOIN THE NAACP

## Recipient Of NAACP Scholarship



The \$500.00 NAACP Scholarship was awarded to Philip Bell Junior. Philip recently graduated from Valley High School with a grade point average 3.56.

He is anticipating a major in pre-med. at George Washington University or the University of Nevada, Las Vegas.

Mr. Bell plays the guitar and hopes to get work as such to help defray his educational experience.

Standing left to right: H. P. Fitzgerald, Philip Bell Jr. and Ray Blanks.

## O.I. Head Start Centers Reopen Tuesday, Sept. 7

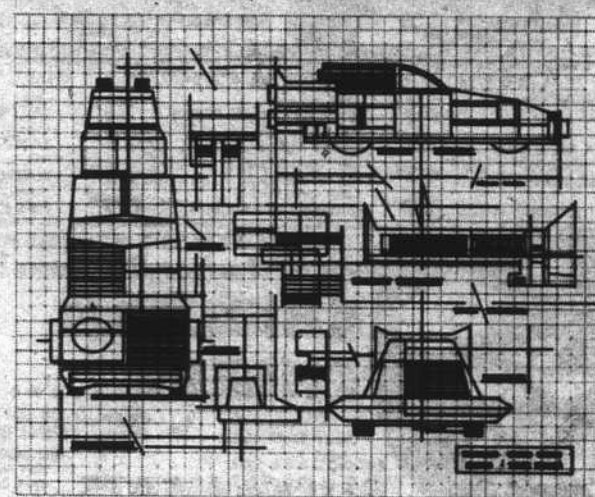
Operation Independence Head Start Center will reopen Tuesday, September 7th and operate through Friday. The two center to reopen are:

Carey Arms Center located at 1717 Mc Donald Court.

Vegas Height Center located at 2201 Concord St.

Regular school hours will start the following week, Monday through Friday, from 7:00 AM. to 5:30 PM.

Enrollment applications are being taken at the Operation Independence main office located at 330 W. Washington St.



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*We live here, too!*



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