

FOOD FORUM *

Dorothy Johnson

APPLE TIME

The apple is the most important, the most widely cultivated tree of the temperate zones and it has grown for over 3,000 years in its native region of Eastern Europe and Western Asia. Most of us know the apples grown in our country, Jonathan, Delicious red, Winesap, Rome Beauty, Newton Pippins or the Crab Apple.

Of course gourmet cooks know the Grimes Golden, Starr, Rhode Island Greening, McIntosh, Delicious Golden, Gravenstein, York, Imperial, Wealthy and countless others. Who can describe and apple? In shape it can be round like a McIntosh or egg-shaped like a Delicious. In size it can vary from a two-inch Crabapple to a six inch Rome Beauty.

Apples fit into every course, in every meal, and are munched between meals too. They are found in a lunch box and in a fancy torte. No wonder they are one of our favorite fruits and have crept into our everyday speech; "the apple of his eye," "an apple for the teacher," and "an apple a day keeps the doctor away."

APPLE CRISP

2 lbs. cooking apples (5-1/2 cups) peeled and sliced
 1/4 cup water
 1/2 cup sugar
 1/2 cup firmly packed light brown sugar
 1/2 tsp. each - ground nutmeg and cinnamon
 1/4 tsp. salt
 3/4 cup flour
 1/2 cup butter or margarine

Put apples in shallow 2 quart casserole; add water. Combine sugar, nutmeg, cinnamon, salt and flour. Cut in butter with pastry blender. Spoon evenly over apples. Cover and bake in preheated moderate oven (350 degrees) for 30 minutes. Uncover and bake for 30 minutes longer. Makes 6 servings.

AUTUMN APPLE BREAD

1/4 cup shortening
 2/3 cup sugar
 3 eggs, beaten
 2 cups sifted all purpose flour
 1 tsp. baking powder
 1 tsp. soda
 1 tsp. salt
 2 cups coarsely grated peeled raw apples
 1 tbsp. grated lemon rind
 2/3 cup chopped walnuts

Cream shortening and sugar until light and fluffy; beat in egg. Sift next four ingredients. Add alternately with apple to egg mixture. Stir in lemon rind and nuts. Bake in greased and floured loaf pan in preheated oven (350) for 50 to 60 minutes. Cool before slicing. Makes 1 loaf.

APPLE SLAW

1 Spanish onion
 2 red apples
 4 cups shredded red cabbage
 1/2 cup cross-cut dill pickle slices
 French dressing

Core apples but do not peel; cut into thin slices. Combine onion, apple, cabbage and pickle. Chill. Just before serving toss with French dressing. Makes 6 servings.

WEST INDIES APPLE CHUTNEY

2-1/2 cups (1 lb.-4-oz. can) sliced apples, undrained
 1/2 cup raisins
 3/4 cup molasses
 1/2 cup wine vinegar
 1/2 tsp. salt
 1 tsp. each of ground ginger and dry mustard
 1 tbsp. curry powder

Mix all ingredients in saucepan. Bring to a boil, stirring to blend ingredients. Simmer, uncovered, over low heat for 15 minutes, stirring

INTERIOR LAUNCHES PROGRAM TO IDENTIFY HISTORIC PLACES ASSOCIATED WITH BLACKS

A nationwide study of historic places which involve black Americans in U. S. history will be launched under the terms of a contract signed between the National Park Service and the Afro-American Bicentennial Corporation, according to a joint announcement by Secretary of the Interior Rogers C. B. Morton and brothers Vincent and Robert DeForrest of the ABC.

The ABC, a nonprofit corporation dedicated to fostering the participation of black Americans in the Nation's 200th birthday observance, is coordinating the project. The Association for the Study of Negro Life and History, a Washington-based professional association with a nationwide membership, will play a major advisory role.

The study was urged by a panel of 20 leading scholars in the field of black history who met in Washington in January under the auspices of the National Park Service and ABC, Secretary Morton said.

It is being undertaken in line with President Nixon's February 1971 directive to the Interior Department and its National Park Service to take action to refresh the interest of all Americans in their historical and cultural heritages.

A part of the Service's National Survey of Historic Sites and Buildings, the study will identify and evaluate historic places associated with black contributions to the development of America. ABC will direct the research and investigation be recognized authorities on black history. A special advisory panel of leading scholars will review their findings and recommend to the Park Service which sites should be designated National Historic Landmarks, which deserve further study for possible addition to the National Park System, and which should be considered by State officials for nomination to the National Register of Historic Places.

Funds for the study were provided by the Congress in the 1973 fiscal year appropriation act. Contingent on future funding, the study is expected to last three years.

The first year's study will focus on three areas of American history expected to be particularly rich in black association--development of society and social conscience.

National Historic Landmarks are places determined by the Secretary of the Interior--upon recommendation of the Advisory Board on National Parks, Historic Sites, Buildings and

occasionally. Makes 3 cups.

APPLE-PRUNE STUFFING

2 cups chopped peeled tart apples
 1/2 cup chopped cooked prunes
 1/2 cup seedless raisins
 5 cups toasted seasoned bread cubes
 1/2 cup firmly packed light brown sugar
 Grated rind of 1 lemon
 1/2 tsp paprika
 1/4 tsp thyme
 12/ tsp. ground cinnamon
 1 tsp. salt
 3/4 cup apple juice or apple wine

Mix all ingredients. Use as stuffing for fowls or pork. Makes about 8 cups.

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Monuments--to possess national historic significance.

Historical units of the National Park System, most of which are called National Historic Sites, National Monuments, or National Historical Parks, are nationally significant places that lend themselves to park purposes and that have been specially authorized by the Congress. These places, such as Gettysburg and Independence Hall, are preserved and managed by the Interior Department's National Park Service.

Already included in the National Park System are several areas commemorating significant blacks, such as George Washington Carver National Monument, Missouri; Booker T. Washington National Monument, Virginia; and the Frederick Douglass Home in the District of Columbia.

The National Register of Historic Places is the Nation's official inventory of cultural properties worthy of preservation. All National Historic Landmarks and historical areas of the National Park System are listed as well as places of State and local significance nominated by the States.

The results of the black history study eventually will be made available in book form.



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