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ONTARIO APPLES

ONTARIO APPLE GROWERS

HOW TO BEST USE YOUR ONTARIO APPLES

What is the best apple variety for baking? For use in salads? How about fresh as a snack? Find your favourite apple variety below and see how best to use it.

Apple Varieties	Taste Profile	Fresh	Salads	Pie	Sauce	Baking
Ambrosia	Sweet, low acid, crisp					
Cortland	Mild, sweet and crisp					
Crispin	Sweet and firm					
Empire	Slightly tart, juicy and crisp					
Fuji	Super-sweet and crisp					
Gala	Sweet, fragrant and crisp					
Golden Delicious	Sweet, mellow and crisp					
Honeycrisp	Sweet, juicy and crisp					
Idared	Tart and keeps flavour when baked					
Jonagold	Tangy-sweet crisp					
McIntosh	Mildly tart, juicy but sweetens as it ripens					
Northern Spy	Sweet and crisp					
Red Delicious	Sweet and crisp					
Red Prince	Crisp, sweet and tangy					
Spartan	Slightly tart and crisp					



BAKED FRENCH TOAST WITH CIDER-GLAZED APPLES

Sweet and tart, this breakfast bake is perfect for when having company over for brunch. Add a dash of spiced rum when glazing apples for an adult crowd. Makes 8 servings.

TIP: Try substituting other Ontario apples such as Cortland, Crispin, Golden Delicious, Idared or Jonagold apples.

INGREDIENTS

BATTER:

- 1 cup 10% half and half cream (250 mL)
- 2 eggs
- 1/3 cup granulated sugar (75 mL)
- 1 tsp vanilla (5 mL)
- Pinch salt
- 8 slices day-old French bread, about 3/4-inch (2 cm) thick, cut in half diagonally
- 2 tbsp maple syrup (30 mL)

CIDER-GLAZED APPLES:

- 2 tbsp butter (30 mL)
- 2 each Ontario Empire and McIntosh apples, peeled, cored and cut into 1/2-inch (1 cm) thick slices
- 2 tbsp brown sugar (30 mL)

MASCARPONE CREAM:

- 1/2 cup mascarpone cheese (125 mL)
- 2 tbsp 35% whipping cream (30 mL)
- 1/4 cup apple cider (60 mL)
- 1 tbsp honey (15 mL)

DIRECTIONS

Preheat oven to 375°F (190°C).

Grease 11 x 7-inch (2L) ceramic or glass baking dish.

In a bowl, whisk together cream, eggs, sugar, vanilla and salt. Dip each bread slice in batter to coat; place overlapping slices in prepared pan. Pour any remaining batter over top and refrigerate, covered, for at least 2 hours.

Bake in 375°F (190°C) oven, covered for 20 minutes. Uncover; bake for 20 minutes longer or until puffy and golden. Drizzle with maple syrup and top with Cider-Glazed Apples. Serve with Mascarpone Cream.

Cider-Glazed Apples: In large heavy-bottomed saucepan, melt butter over medium heat. Cook apples, cider and brown sugar, stirring often, for 10 to 12 minutes or until apples are tender and most of the liquid has evaporated.

Mascarpone Cream: Whip mascarpone with whipping cream and honey until light and fluffy.

NUTRITIONAL INFO

Per 1/8 recipe: about 390cal, 7g pro, 23g total fat (12g sat fat), 38g carb, 2g fibre, 105mg chol, 250mg sodium. % RDI: 20% vitamin A, 10% vitamin C, 10% calcium, 6% iron.

PUFFED BAKED APPLE PANCAKE



Rich and fluffy, this fruit-filled dish works well as breakfast or dessert. Makes 8 servings.

TIP: Try substituting other Ontario apples such as Cortland, Golden Delicious, Idared or Jonagold apples.

INGREDIENTS

- 3 eggs
- 1 cup flour (250 mL)
- 1 1/2 cups milk (375 mL)
- 1 tbsp granulated sugar (15 mL)
- Pinch salt
- 1/4 cup butter (60 mL)
- 2 Ontario Crispin apples, peeled, cored and cut into 1/2-inch (1 cm) thick slices
- 1 Ontario Empire apple, peeled, cored and cut into 1/2-inch (1 cm) thick slices
- 1/2 tsp cinnamon (2 mL)
- 3 tbsp brown sugar (45 mL)

DIRECTIONS

Preheat oven to 425°F (220°C).

Whisk together eggs, flour, milk, granulated sugar and salt; set aside.

In 10-inch (25 cm) cast iron or heavy-bottomed ovenproof skillet, melt butter over medium-high heat; cook apples and cinnamon, stirring often, for 8 to 10 minutes or until apples are tender. Sprinkle with brown sugar and cook for 2 to 3 minutes or until brown sugar dissolves and caramelizes.

Pour batter over apples; transfer to 425°F (220°C) oven and bake for 20 to 30 minutes or until pancake is set, puffed and golden brown.

NUTRITIONAL INFO

Per 1/8 pancake: about 220cal, 6g pro, 9g total fat (5g sat fat), 29g carb, 2g fibre, 90mg chol, 120mg sodium. % RDI: 10% vitamin A, 6% vitamin C, 6% calcium, 8% iron.

A photograph showing several golden-brown spiced apple cupcakes on a metal cooling rack. Some cupcakes are topped with a slice of apple and a drizzle of caramel. In the foreground, there are sliced green apples on a wooden surface.

SPICED APPLE CUPCAKES

Packed with apple flavour, these cupcakes will be a hit with kids and adults alike. Drizzle with caramel for an extra touch of decadence. Makes 12 servings.

TIP: Add chopped pecans or walnuts, if desired.

INGREDIENTS

- 1 cup all-purpose flour (250 mL)
- 1/3 cup whole wheat flour (75 mL)
- 1 tsp baking powder (5 mL)
- 1/2 tsp baking soda (2 mL)
- 1/2 tsp cinnamon (2 mL)
- Pinch ground nutmeg
- Pinch ground allspice
- 1/4 tsp salt (1 mL)
- 2 Ontario Golden Delicious apples, peeled and cored
- 1 tbsp lemon juice (15 mL)
- 1 tbsp maple syrup (15 mL)
- 1/3 cup unsalted butter, at room temperature (75 mL)
- 1/2 cup packed brown sugar (125 mL)
- 1 egg
- 1 tsp vanilla (5 mL)
- 1/2 tsp finely grated lemon zest (2 mL)
- 3/4 cup buttermilk (175 mL)
- 1 tbsp icing sugar, for dusting (15 mL)

DIRECTIONS

Preheat oven to 350°F (180°C).

Line 12 muffin trays with paper liners. Whisk together all-purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, nutmeg, allspice and salt; set aside. Grate 1 of the apples. Slice remaining apple into 24 slices; toss with lemon juice and maple syrup. Set aside.

In bowl, beat butter and brown sugar using electric beaters until light and fluffy; beat in egg. Beat in vanilla and lemon zest.

With mixer on low, alternately add flour mixture in 3 parts and buttermilk in 2 parts, starting and ending with the flour mixture; scrape down bowl as needed between additions. Fold in grated apple.

Spoon batter into prepared muffin trays; top each with 2 slices of apple. Bake in 350°F (180°C) oven for 30 to 35 minutes or until tester inserted into centre comes out clean. Let cool completely; dust cupcakes with icing sugar.

NUTRITIONAL INFO

Per 1 cupcake: about 170cal, 3g pro, 6g total fat (3.5g sat fat), 26g carb, 2g fibre, 30mg chol, 160mg sodium. % RDI: 6% vitamin A, 4% vitamin C, 6% calcium, 6% iron.



APPLE PASTRY DESSERT BARS

Delicious and easy to eat, these handheld desserts are perfect for entertaining. Makes 24 servings.

TIP: Try substituting other Ontario apples such as Golden Delicious, Idared or Jonagold.

TIP: Top with lightly sweetened whipped cream or vanilla ice cream for a richer dessert.

INGREDIENTS

PASTRY:

- 4 cups all-purpose flour (1 L)
- 2 tbsp granulated sugar (30 mL)
- 1 tsp salt (5 mL)
- 1 1/2 cups cold unsalted butter, cut into small cubes (375 mL)
- 4 egg yolks, divided
- 2/3 cup ice water (150 mL), divided

FILLING:

- 8 cups peeled and chopped McIntosh, Empire, Cortland and Crispin apples (2 L)
- 1 cup granulated sugar (250 mL)
- 1/4 cup all-purpose flour (60 mL)
- 2 tbsp cold butter, cut into small cubes (30 mL)
- 2 tbsp lemon juice (30 mL)
- 1 tsp finely grated lemon zest (5 mL)
- 1 tsp cinnamon (5 mL)

GLAZE:

- 1 1/2 cups icing sugar (375 mL)
- 2 tbsp 2% milk (30 mL)
- 1 tsp vanilla (5 mL)



DIRECTIONS

Pastry: Whisk together flour, sugar and salt; cut in butter with a pastry blender or your fingertips until mixture resembles coarse crumbs. Whisk 3 of the egg yolks with 1/2 cup (125 mL) of the water; stir into flour mixture until dough comes together.

Form dough into 2 balls and flatten each into large disk. Wrap in plastic wrap and refrigerate for at least 1 hour before rolling out.

Filling: Toss together apples, sugar, flour, butter, lemon juice and zest, and cinnamon.

Mix together remaining yolk and water; set aside. Roll out one portion of dough into 12- x 17-inch (30 x 40 cm) rectangle between 2 large sheets of lightly dusted parchment paper. Peel off top of parchment paper. Invert onto 10-inch x 15-inch (25 x 40 cm) rimmed baking sheet, removing remaining parchment. Press pastry onto bottom and up sides of pan, trimming as needed. Refrigerate for 10 minutes.

Preheat oven to 400°F (200°C).

Roll out remaining portion of dough between lightly dusted parchment paper; remove top piece of parchment paper. Spread filling into bottom of crust. Invert remaining pastry on top of filling; remove remaining parchment. Pinch, tuck and seal edges of pastry to enclose apples. Brush egg wash over top of pastry. Cut several slits in top crust to create steam vents.

Bake in 400°F (200°C) oven for 40 to 45 minutes or until pastry is golden and filling is bubbly; let cool completely. Drizzle with Glaze; let stand for 20 minutes or until icing is set. Cut into 24 bars.

Glaze: Stir together icing sugar, milk and vanilla until smooth; transfer to small, resealable sandwich bag and snip off one corner of bag.

NUTRITIONAL INFO

Per 1 bar: about 290cal, 3g pro, 14g total fat (8g sat fat), 39g carb, 1g fibre, 65mg chol, 100mg sodium. % RDI: 10% vitamin A, 4% vitamin C, 2% calcium, 8% iron.



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