

The Best Apples for Baking Pie



The best baking apples offer a balance of sweet and tart flavors as well as flesh that doesn't break down in the oven.

Jonathan apples meet those criteria and are suggested by both the Ohio Apple Marketing Program and the Michigan Apple Committee.

Once you know which apples to look for, experiment, mix and match to find your tastiest combination.

Jonathans and Jonagolds

You'll recognize Jonathans as deep red, classic apples, grown in many Midwest states. They're tart and tangy and have been pie favorites for over 90 years.

Jonagolds (right) are daughters of Jonathan and Golden Delicious, with the best of both worlds--firm flesh and a sweet-tart taste. Both Jonathans and Jonagolds excel as pie apples..



About Jonathan Apples



Description/Taste

Jonathan apple is medium sized and covered in a thin red skin, blushed with yellow to green undertones. Fruit from trees that have limited sun exposure during the ripening process will often have vertical red striping and subtle lenticels (spots) on the skin. Trees that are exposed to more sun will take on a deeper red to purple hue. The fine textured flesh of the

Jonathan apple is creamy yellow in color with a crisp bite and lots of juice. Its flavor is mildly sweet with a tart tang and subtle hints of spice.

Seasons/Availability

Jonathan apples are available in the fall. In New England, they are usually available from mid-September through mid-October.

Current Facts

The Jonathan apple is believed to be a relative of the Esopus Spitzenburg apple. The Jonathan apple is a classic American heirloom variety has been parent to many varieties throughout the

years such as jonaMac, jonafree and jonagold. Most of its relatives share the same first four letters of Jonathon's name.

Nutritional Value

Jonathon apples contain vitamins A and C as well trace amounts of folate. They are a good source of both soluble and insoluble fiber, which has been shown to help prevent heart disease and promote healthy digestion. Apples also contain potassium, which may reduce the chances of a stroke and a trace amount of boron believed to build bones and to increase mental vitality.

Uses

Jonathon apples can be used cooked or raw and in both sweet and savory preparations. Add slices to a tart, chop and add to couscous or puree and add to a soup. The flesh of the Jonathon apple will breakdown just slightly when cooked. Pair with dense apples such as Granny Smith, Pippin, Green Dragon or Fuji to make pie filling or slow cook to make sauces or caramelized apples. Diced Jonathon will add sweetness and moisture to cakes, crisps and bread pudding. Their slightly spicy flavor and exceptional juiciness makes them the perfect apple for use in juice and cider.

Geography/History

The Jonathan apple was first discovered in 1826 as chance seedling on the farm of Philip Rick in Woodstock, New York. The apple went through a handful of different names such as (New) Esopus Spitzenburg, New Spitzenburg and Ulster Seedling. It received the name "Jonathon" by Jesse Buel, president of the Albany Horticulture Society. He named the apple after Jonathon Hasbrouck, who first introduced Mr. Buel to the apple that had been growing on Philip Rick's farm. It quickly grew in popularity becoming one of the most important commercially produced varieties in the United States and served as parent to many popular new varieties. Jonathon trees thrive in climates from cold to moderate and today can be found growing in apple growing regions around the world.

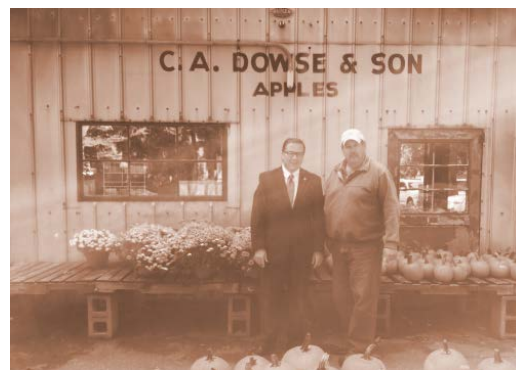
Favorite Local Source

Dowse Orchards
98 North Main Street – Route 27
Sherborn, Massachusetts 01770
508 653-2639
www.dowseorchards.com

For more than 200 years the Dowse family has farmed the gently rolling land in Sherborn, offering the results of our hard work at the Farm Stand since 1919. Our Farm Stand offers fresh fruits and vegetables, flowers and sweet cider produced here on the farm from our fields and greenhouses from May until January every year.

Since 1853 the Dowse family has operated a cider mill, an activity for which Sherborn has been noted. The current apple presses have been in operation since 1947, and each year they turn out pure, fresh apple cider with no additives or preservatives. Several apple varieties are carefully blended in the cider presses for the best tasting cider in the area.

The Dowse family was recently honored with a prestigious Silver Medal from the Massachusetts Horticultural Society for Service to Agriculture. We are pleased to be recognized for our 200 year commitment in production agriculture and open space preservation.



Wednesday, May 28, 2008

Reader Recipe Exchange

Apple Crumb Pie

Pauline M. Kasper of Greendale sent this recipe for apple pie with streusel for Dorothy W. of Stevens Point who wanted a pie recipe with a firm streusel.

Kasper wrote: "This is originally from the Farm Journal Complete Pie Cookbook from the 1950s. I have liked it because no upper crust is needed. The streusel can be compressed to make it a bit more sturdy. I hope this is what Dorothy W. wanted."

Pauline's Apple Crumb Pie

Makes 6 to 8 servings

		Pastry for 9-inch pie shell
5 to 6		Jonathan apples, pared, cored and thinly sliced
1/4	cup	lemon juice
1	Tablespoon	lemon rind
3/4	cup	sugar (divided)
1/4	cup	butter, room temperature (1/2 stick)
1/2	cup	flour
1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground ginger
1/4	teaspoon	mace

1. Line pie pan with pastry. Flute edges, then chill while preparing filling.
2. When ready to bake: Preheat oven to 350 degrees.
3. Arrange apple slices in pie shell. Combine lemon juice, rind and 1/4 cup of the sugar and sprinkle over apples.
4. Prepare crumb crust by combining remaining 1/2 cup sugar with butter, flour and spices. Mix with a fork until combined, then sprinkle over apples.
5. Bake in preheated oven 1 1/2 hours or until done.

Daily Bread Mailing List:

From the archives of the bread-bakers digest email list, founded 1990.

May 20, 2000

Apple Butter

Recipe by Edria Roberts <edria jean@hotmail.com>

3	pounds	Jonathan apples
1 to 2	cups	apple cider
1	cup	sugar (more or less)

I make apple butter in my crock pot and it is very easy and very tasty.

Usually I use 3 pounds of Jonathan apples which I wash, core and chunk into a 3 quart crock pot.

I add about 1 to 2 cups apple cider (sometimes I use just water) and cook on low til mushy. I chop the apples (peel and all) and run through a sieve and return to the crock pot. I add about 1 cup sugar (or more depending on taste preference), cover and cook on high til bubbly.

I then remove the lid and cook on high til apples turn dark brown and thicken.

Pour into jelly jars and put in refrigerator or freezer – after they cool.

Tastes good on everything from biscuits to toast to even ice cream.

Source: <http://www.bread-bakers.com/archives/recipe/text/b1q00-1.txt>