

Apple Pie

Ingredients:

- 6 cups thinly sliced, peeled cooking apples
- 1 cup sugar
- 2 Tablespoons all-purpose flour
- ½ — 1 teaspoon ground cinnamon
- Dash ground nutmeg
- 1 Recipe for double-crust pie
- 1 Tablespoon butter



Pie Filling:

1. Preheat oven to 375°F. Place one pie crust in a 9-inch pie plate. Trim the overhang around the edges to ¼-inch. Cover with plastic wrap and place in the refrigerator while preparing the filling.
2. For filling, combine sugar, flour, cinnamon, and nutmeg. Add mixture to the sliced apples, and mix so all the apples are coated with the sugar mixture.
3. Put the apple filling into the pie shell, and dot the top with the butter. Cover with top crust. Trim the overhang so that it is just slightly longer than the bottom crust. Crimp the edges all around the pie to seal the crusts together. Make several slits in the top of the crust to allow steam to escape. Sprinkle sugar on top of crust.
4. To prevent overbrowning, cover edge of the pie with foil. Bake for 25 minutes. Remove foil. Bake about 20-25 minutes more or until golden brown.

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McIntosh Applesauce

Yield: 3 ½ cups

Ingredients:

- 1 ½ pounds cooking apples, preferably tart apples, such as McIntosh
- ¼ cup water
- 1/3 cup sugar or to taste
- 1 teaspoon fresh lemon juice



Directions:

1. Cut apples into quarters but do not peel or remove cores. In a 4-quart saucepan, combine apples and water; heat to boiling. Reduce heat; cover and simmer until very tender, 10 - 15 minutes. Stir in sugar and lemon juice.
2. Press apple mixture through sieve or food mill set over a large bowl; discard skin and seeds. Taste and add more sugar, if desired. Serve warm, or cover and refrigerate to serve chilled.

Ginger Applesauce:

Prepare as directed but add 1 ½ teaspoons grated, peeled fresh ginger to apples.

Lemon Applesauce:

Prepare as directed but add 2 strips (2 inch x 1 inch each) lemon peel to apples.

Spiced Applesauce:

Prepare as directed but add 1 cinnamon stick (3 inches) and 3 whole cloves to apples.

Cranberry Applesauce:

Prepare as directed but add 1 ½ cups fresh or frozen cranberries to apples.

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Fall Cooking

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Pumpkin Pie

Ingredients:

Pastry:

- 1 ¼ cups flour
- ¼ teaspoon salt
- 1/3 cup butter
- 4 to 5 Tablespoons water

Pumpkin Filling:

- 15 ounce can pumpkin
- ½ cup sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 2 eggs, slightly beaten
- ¾ cup half-and-half, light cream, or milk

Pastry:

1. Stir together flour and salt. Cut in butter with a pastry blender until pieces are pea sized.
2. Gently stir in 1 tablespoon of water at a time to the flour mixture. Repeat until all the flour is moistened. Form pastry into a ball.
3. On a lightly floured surface, slightly flatten pastry. Roll pastry from center to edges into a circle about 12 inches in diameter. Transfer to 9-inch pie plate.
4. Trim pastry to ½ inch beyond edge of pie plate. Crimp edge as desired. Refrigerate crust while preparing filling.

Pie Filling:

1. Preheat oven to 375°F. For filling, combine pumpkin, sugar, cinnamon, ginger, and nutmeg. Add eggs; beat lightly with a fork until combined. Gradually add half-and-half; stir just until combined.
2. Carefully pour filling into pastry shell. To prevent overbrowning, cover edge of the pie with foil. Bake for 25 minutes. Remove foil. Bake about 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and chill within 2 hours.



Roasted Pumpkin Seeds

Ingredients:

- 1 ½ cups raw whole pumpkin seeds
- 1 tablespoon butter, melted
- 1 pinch salt

Directions:

1. Preheat oven to 300°F. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



Fun Facts About Pumpkins

- Pumpkins are full of beta-carotene which can help prevent heart disease and certain cancers.
- Pumpkins contain potassium & Vitamin A.
- About 90–95% of processed pumpkins are grown in Illinois.
- Pumpkins are a fruit.
- The Native Americans used pumpkin seeds for medicine and for food.
- Pumpkin flowers are edible.
- Pumpkins range in size from under a pound to over 1,000 pounds.



Resources:

www.buylocalnebraska.org

Baked Pumpkin for use in other recipes



- For fresh pumpkin pie filling, choose a medium-size "pie" pumpkin (pie varieties are labeled "sugar" or "sweet" pumpkins and are higher in natural sugar than decorating types).
- To pick the right size, remember, a 6-pound pumpkin makes about 2 cups pulp; a 15-ounce can of pumpkin equals about 1 ¾ cups pulp.



- To bake, cut pumpkin into 5-inch pieces.
- Scrape away strings.
- Arrange in a single layer, rind sides up, in a baking pan. Cover pan with foil; bake in a 375°F oven for 1 hour or until tender.
- Scoop pulp from the rind. Blend pulp in a blender until smooth. Strain liquid from the pulp.



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