

# XCentric Ideas



*It was not the  
apple on the tree  
– but the pair on  
the ground that  
caused the  
trouble in the  
garden.*

(Unknown)

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Recipes from the Internet  
All photos my own

# Alternative Uses for Apples & Apple Peels

**Make candle holders** - Core the centre of an apple, insert a taper candle and light for a festive, autumn-themed dinner party.

**Ripen tomatoes** - Place green, unripe tomatoes in a paper bag with apples to speed in ripening.

**Soften hardened brown sugar** - Place a slice of apple in a canister of hardened brown sugar, cover and allow to sit overnight. The apple will soften the sugar without affecting the flavor.

**Roast a juicy chicken** - When you are roasting a whole chicken, stick an apple inside to give it a boost. It will leave your chicken just as juicy as can be. Toss apple in trash before serving.

**Keep cakes fresh** - Put a half of a apple under cover with the cake and it will help it retain its freshness a few days longer.

**Absorb salt in soups and stews** - Soup or stew too salty? Drop a few apple wedges into the pot and cook for about 10 minutes. Pull apple wedges out of the soup/stew along with the extra salt and toss.

**Add to oatmeal** - Store apple peels in the freezer and add them to simmering oatmeal along with raisins and cinnamon. For a finer texture, process the peels in a blender first.

**Add to smoothies** - Throw some frozen apple peels into a smoothie for extra fibre.

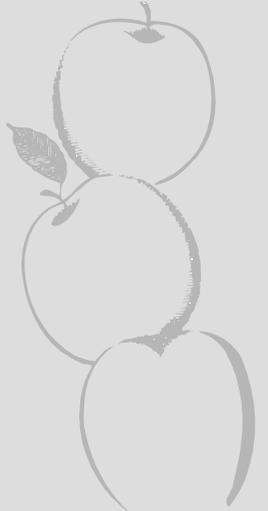
**Clean aluminium cookware** - According to [DIY Network](#), the acid in apple peels can remove stains and discoloration from aluminium pots and pans. Fill the pan with water, add apple peels, and simmer for about 30 minutes.



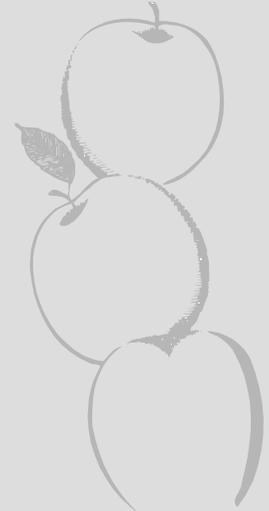


## *Apple and* **Date** *Relish*

Photo - my own



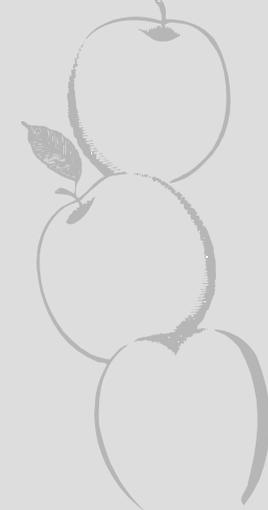
# Apple and Date Relish



2 cups apples, peeled, cored, chopped roughly  
2 cups dates, chopped  
 $\frac{3}{4}$  cup apple juice or pineapple juice

In pan on stove, stir while cooking until apples are soft and mixture is thick.

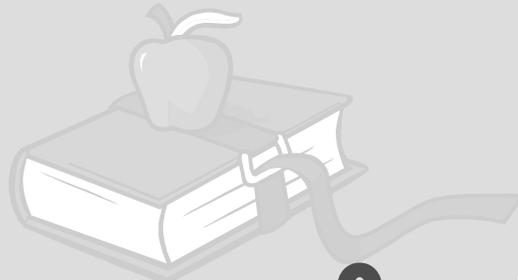
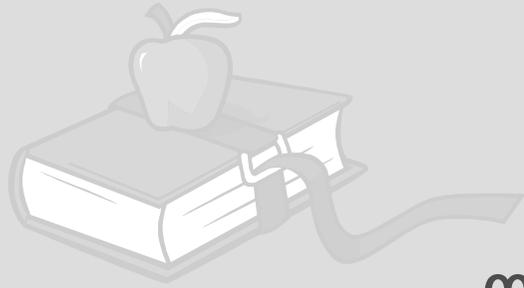
*It's delicious with any meat or fish. Will also be delightful with cheeses & crackers.*





**Microwave Apple Jam**

Photo - my own

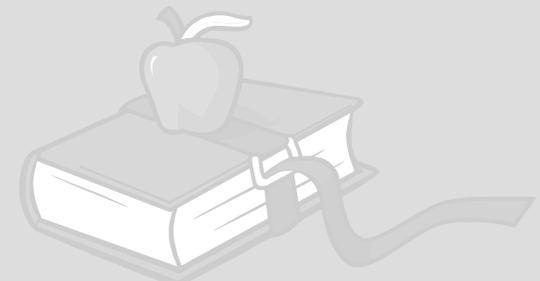
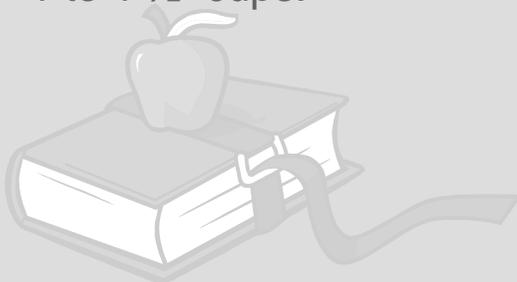


# Microwave Apple Jam

- 2 medium tart apples, cored and peeled (*I used Granny Smith*)
- 1 ½ cup white sugar
- 1 tbsp lemon peel, finely grated
- 1 tbsp fresh ginger, finely grated
- 1 tsp lemon juice (*I used the bottled version*)

Combine apples and sugar in medium microwave bowl. Microwave at High (100%) until apples are tender - 3 to 5 minutes. Beat softened apple mixture with electric mixer until well blended.

Stir in the lemon juice. Microwave at High (100%) until mixture is slightly thickened, 3 to 4 minutes, stirring once during cooking time. Pour into prepared jars; seal and refrigerate. Makes 1 to 1 ½ cups.





*Apple and Cheese T*oasted **Sandwich**

Photo - my own



# Apple & Cheese Toasted Sandwich

2 slices bread  
1 slice cheese (*I used Cheddar*)  
½ apple, sliced, with peel on  
1 tsp brown sugar  
¼ tsp ground cinnamon

Toast the bread.

Place cheese and apple slices on one slice of bread. Sprinkle with sugar and cinnamon.

Top with remaining slice of bread; grill (5 minutes) or microwave (30 seconds on High 100%) until cheese is melted.



**Apple and Oats Muffin**

Photo - my own

# Apple and Oats Muffins

375 ml (180g) cake flour  
15 ml baking powder  
2 ml salt  
5 ml ground cinnamon  
125 ml brown sugar  
125 ml rolled oats  
1 egg  
250 ml milk  
4 tbsp Purity apples (*or applesauce or oil*)  
250 ml Granny Smith apples, peeled and diced

Sift together the flour, baking powder, salt & cinnamon. Add the sugar and oats, mix.

Beat together the egg, milk and Purity apples/applesauce/oil, then add to the dry ingredients with the diced apple, mixing until just combined.

Spoon into greased muffin tins and bake at 180 oC for 20 min or until done.





**Apple, Potato & Onion Soup**

Photo - my own

# Apple, Potato & Onion Soup

2 tsp oil  
1 medium tart apple, peeled and finely chopped  
 $\frac{3}{4}$  cup potato, diced & peeled  
 $\frac{1}{3}$  cup onion, finely chopped  
 $\frac{1}{4}$  cup thinly sliced celery, plus leaves for garnish (optional)  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp dried sage  
Pinch of paprika (*I used a lot*)  
Freshly ground pepper, to taste  
450 ml chicken/beef stock  
3 tbsp reduced-fat sour cream



Heat oil in a medium saucepan over medium heat. Add apple, potato, onion and celery; cook, stirring often, until the onion is translucent, about 5 minutes.

Stir in salt, sage, paprika and pepper; cook for 30 seconds. Pour in broth and bring to a simmer. Reduce heat, cover, and gently simmer until the potato is tender when pierced with a fork, 10 to 15 minutes. (*Not too low heat, cause mine took more than 15 min for potato to soften.*)

Transfer the soup to a large blender or food processor, add sour cream and process until smooth. (Use caution when pureeing hot liquids.) Garnish with celery leaves, if desired.



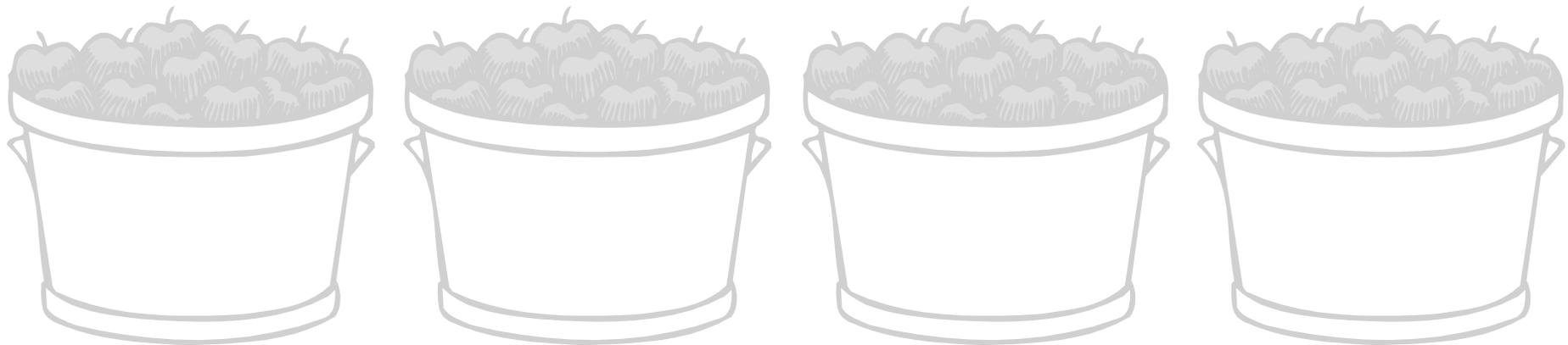
Apple, Vienna, Onion & Cheese Quiche

Photo - my own

# Apple, Vienna, Onion & Cheese Quiche

2 small red apples, peeled, cored, chunks  
6 Chicken Viennas, sliced  
1 onion, finely chopped  
2 eggs  
½ cup milk  
1 ½ cup grated cheddar cheese  
2 tbsp Meat rub spices  
Black pepper

Preheat oven to 180oc. Beat eggs & milk together. Add to the rest of the ingredients. Pour into a pie dish. Bake for 30 minutes or till center of quiche is set.





**Apple Sausage & Onion Casserole**

Photo - my own

# Apple, Sausage & Onion Casserole



1 packet boerewors (or any other sausage)  
Worcestershire sauce  
2 Granny Smith apples, peeled, cored & big chunks  
1 onion, peeled & big chunks  
± 1 cup boiling water  
1 tbsp curry powder  
Black pepper



Cut the wors in pieces. In little oil, fry the wors till brown with Worcestershire sauce.



Add the apples, onion, boiling water, curry powder & black pepper, put the lid on and simmer till wors is done.



Remove the lid, lower the heat and simmer till most of liquid is gone. Serve on mash, pap, rice or just with veg/bread.





Apple Pan Dowdy

Photo - my own

# Apple Pan Dowdy (*upside-down cake*)

4 granny smith apples, peeled, cored & sliced  
Grated rind of half a lemon (*I used an orange*)  
60 g molasses or brown sugar (*used muscavato sugar*)  
125 g Snowflake flour, sifted (*I used self-raising instead of cake, but it was lovely*)  
5 ml baking powder  
1,2 ml salt  
60 ml milk + 60 ml milk (*to make it bit runny*)  
60 ml butter/margarine  
125 g brown sugar  
1 egg



Preheat oven to 180 oC. Mix lemon rind with apple. Place apples in a layer in bottom of well-greased baking tin (*not glass pie dish, it got stuck*) and cover with brown sugar/molasses. Make batter with remaining ingredients.

Pour over apples. Bake for about 30-35 min. Loosen cake with spatula. Invert on serving plate. Serve with cream.

*This is truly delicious! A much easier version of the French Tarte Tatin!!!!!! You can even make it in a muffin pan for individual portions. Serve with cream, custard or ice cream. Or all of them.*