

How do you like them
apples?

New varieties
breathing life
into world's
oldest fruit



We think of apples as a simple fruit, but their roots run deep into our past. For more than 3,000 years, civilizations around the world have grown and valued apples. They've worked their way into our language and our imaginations.

Do you like things in apple-pie order or are you more likely to tip over the apple cart? Does a bright red apple conjure up thoughts of seduction or a sentimental gift for a favourite teacher?

With new varieties breathing life into the world's oldest fruit, apples are as relevant today as they were three millennia ago.

Ontario apples

In autumn, head to the local farmers' market to discover small-yield apples. Act quickly and you might be lucky enough to take home some lemon-kissed Ginger Gold or floral Macouns.

At the grocery store you'll find up to 16 varieties of Ontario apples. Look for Ambrosia, Cortland, Crispin (a.k.a. Mutsu), Empire, Fuji, Gala, Golden Delicious, Honeycrisp, Idared, Jonagold, McIntosh, Northern Spy, Red Delicious, Red Prince, Russet and Spartan.

Did I forget to mention Granny Smith? No. They're only available as imports since they require a longer, warmer growing season than Ontario provides. If you want a local substitute, the Crispin is Ontario's true green apple, but won't imitate a Granny Smith's flavour. If you're looking for a firm apple with a bright tart taste, opt for a Russet.

Comparing apples to apples

There's no such thing as a typical apple. Flavours range from sweet to tart. Subtle apple undertones are described as citrusy, floral and even spicy. Toss in textures ranging from bend-your-braces firm to



Charmian Christie

don't-squeeze-too-hard tender, and the simple apple becomes quite complex. Given their diversity, no one apple does it all.

So, what apple should you choose? That depends on how you're going to eat it. This handy chart will help you determine which apple is best for your next meal or snack.

WHAT KIND OF APPLE DO YOU LIKE?

TART AND FIRM

Idared, Granny Smith, Northern Spy, Russet, best for pies, tarts and pastry fillings

SWEET-TART AND FIRM

Crispin, Spartan, a good all-purpose apple

SWEET AND FIRM

Ginger Gold, Golden Delicious, Honeycrisp, Jazz, Jonagold, Pink Lady, Red Delicious, best for cakes, muffins and savory baked dishes

SWEET-TART AND TENDER

Cortland, Empire, McIntosh, best for salads, sauces, and snacks

SWEET AND TENDER

Ambrosia, Fuji, Gala, best for salads, sauces, and snacks

Buying

Regardless of variety, look for firm, smooth-skinned apples. Avoid apples with wrinkled skin or bruises. You can often buy bags of less-than-perfect apples sometimes labelled "Naturally Imperfect." They have the same taste and nutrition as their flawless counterparts, but might be smaller or unevenly shaped. They cost less, so are a

good option if you're cooking or baking.

Storing

Apples like cold and humid conditions. For best results, store your apples in perforated plastic bags in your refrigerator crisper. Some people put a glass of water beside them or mist them with water as an extra measure. Just don't wash them (yet), or leave them on the counter for more than a few days.

As your apple stash diminishes, keep an eye out for bruises and soft spots. Overripe or bruised apples emit ethylene gas which speeds up ripening. Any apples (or other fruits and vegetables) nearby will ripen too quickly and spoil.

If you find an apple with a soft spot, trim it out. The rest of the apple is perfectly good, so eat it, sliver it into salads, or fire up the oven.

If you aren't going to use it right away, sprinkle the exposed fruit with lemon juice to prevent browning.

Washing

Apples arrive at the store washed and polished with an edible "wax." Steve Martin of Martin's Family Fruit Farm in Waterloo says this protective coating is misunderstood.

"The industry term is 'wax' but the consumer thinks 'floors' or 'turtles,'" he says. The wax has been around in some form or other for about 100 years, and remains a necessary part of apple processing.

Since all apples must be washed to remove bacteria, the wax ensures your apples stay fresh and beautiful until you're ready to eat them.

To wash an apple, just use clean, running water, and the friction of your hand. No need for special detergents.

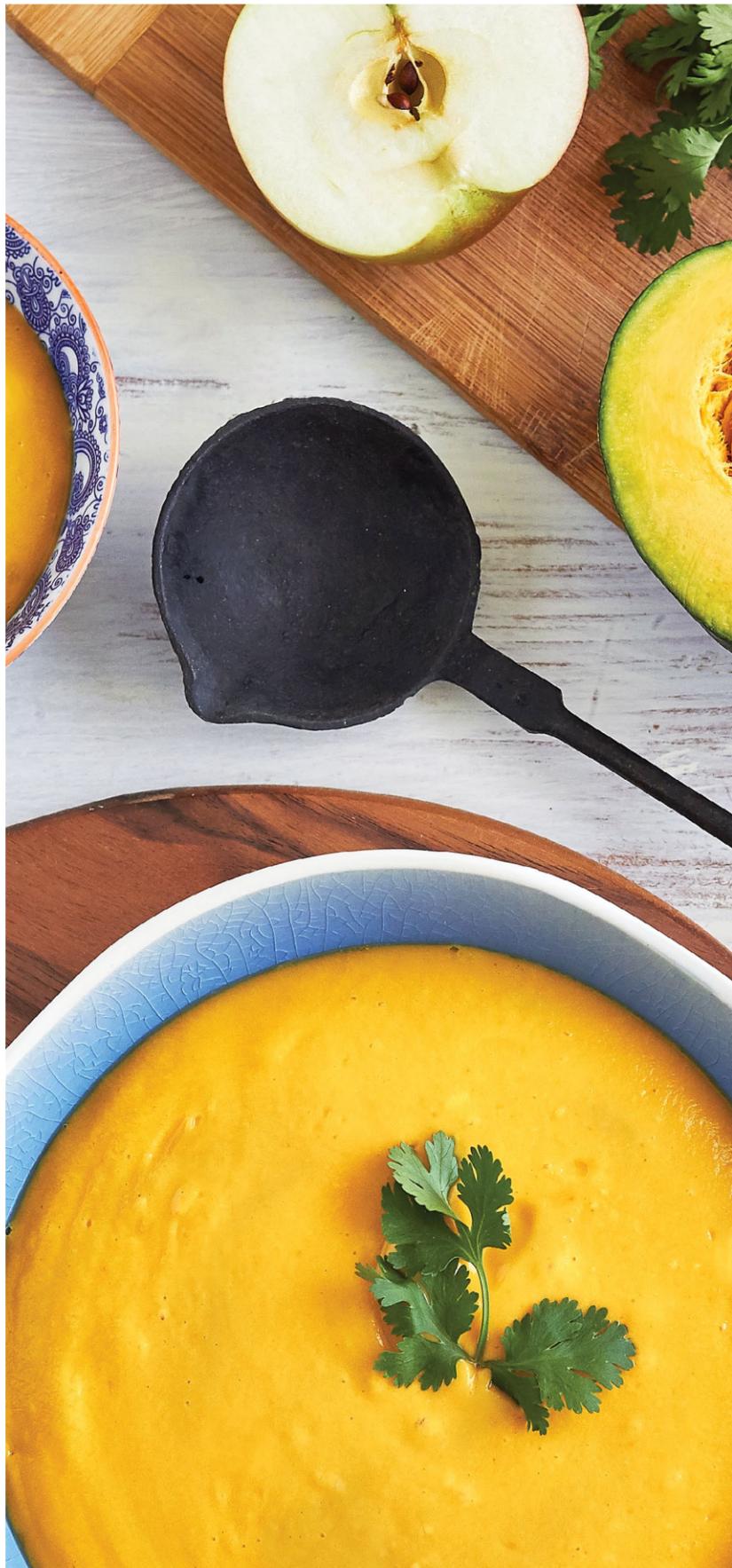
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CRAFTED WITH HEAD, HEART & HAND

Wildcraft is home to masterfully prepared dishes and the region's top Chefs. It has established itself as one of Waterloo's most reputable restaurants by consistently crafting extraordinary items from scratch for 10 years. With a local farm focus and a need for real ingredients, creative culinary freedom breeds a kitchen culture built on passion. Thoughtfully curated wine & spirit selections further the attention to all things crafted. Revel in a glass of our signature wine, or a perfectly executed bespoke cocktail at the W Bar. Experience a sophisticated social get-together, business lunch, private event or a stress free night out away from your own kitchen.

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CURRIED APPLE-SQUASH SOUP

Serves six

Thai meets the Canadian harvest in this velvety apple-squash soup. Any sweet or sweet-tart apple will do, such as Honeycrisp, Crispin, Empire, Cortland or McIntosh.

15 ml (1 tablespoon) vegetable oil

1 onion, chopped

750 ml (3 cups) diced kabocha or butternut squash

250 ml (1 cup) peeled, chopped apples

30 ml (2 tablespoons) freshly grated ginger

15 to 30 ml (1 to 2 tablespoons) Thai red curry paste

500 ml (2 cups) chicken or vegetable stock

1 400 ml tin coconut milk

15 ml (1 tablespoon) fish sauce

30 ml (2 tablespoons) fresh lime juice

Garnish:

125 mL (1/2 cup) finely cilantro leaves or Thai basil

1. In a large saucepan or Dutch oven, heat the oil over medium. Add the onion and cook until soft, about five minutes.

2. Add the diced squash and cook, stirring often, until the squash begins to brown, about five minutes. Add the apples, ginger and curry paste and cook, stirring often until the paste is distributed. About three minutes.

3. Increase heat to medium-high, add chicken or vegetable stock and bring to a boil. Reduce heat to a simmer, and cook until the squash and apples are soft, about five minutes.

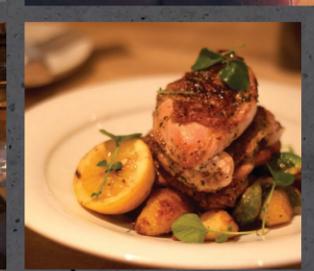
4. Stir in the coconut milk, fish sauce and lime juice.

5. In a blender, working in batches, purée the soup until smooth. You can also purée the soup right in the pot with an immersion blender, but the finished soup won't be as velvety.

6. Pour soup into bowls. Sprinkle with chopped cilantro or Thai basil.

Prep time: 15 minutes

Cook time: 25 minutes



CLASSIC DISHES DONE RIGHT.

Come for brunch, stay for supper. On the edge of Midtown and Uptown Waterloo located in an old felt factory, The Bauer Kitchen has an industrial feel with classic dishes done right, and expertly crafted cocktails. Step in and smell the house-baked breads and try our house-made pizza from the stone hearth oven. Put down the pots & pans and treat your family to Saturday & Sunday brunch from 9-2 with our make-your-own 50+ item Caesar bar. Be sure to taste our house blend coffee curated for the TBK menu by our team, and don't leave before you try one of our cask aged whisk(e)y creations. You can always drop by the Bauer Café next door for boutique pastries or lunch specials to go.



BAKED APPLE CHIPS

Serves two for snacks

You don't need a dehydrator to make these addictive chips. The recipe relies on twos so it's easy to remember. Slice 2 apples as thick as a toonie, bake at 200°F for 2 hours. With this in mind, I'm sharing two ways to enjoy your apple chips.

2 apples, any kind, but Gala, Ambrosia, Crispin, Idared, Empire, and Golden Delicious work well

Optional cinnamon topping:

15 ml (1 tablespoon) granulated sugar
2.5 ml (1/2 teaspoon) cinnamon

1. Preheat oven to 200°F (225°F will work better with the moist heat of a gas oven or on extremely humid days). Line two baking sheets with parchment.
2. Wash the apples. Remove the core. Slice thinly (aim for 1/8 inch thick or about the thickness of a toonie). Place apple slices on the parchment in a single layer, making sure they don't overlap.
3. If making the cinnamon apple chips, combine sugar and cinnamon in a small bowl. Sprinkle the cinnamon sugar over the apple slices before baking.
4. Bake two hours. The apple edges will have curled and the fruit will be leathery. They will crisp up after they've cooled. With the pans still in the oven, turn off the oven, stick a spoon in the oven door to leave it open a crack, and let cool about a half hour.
5. Eat straight away and store leftovers in a sealed plastic bag.

Prep time: Five minutes

Cook time: Two hours, plus cooling

THEY COME FROM ALL OVER.
MANY FROM OUR OWN BACKYARD,
SOME FROM ALL THE WAY ACROSS THE POND.

SOME ARE SHORT,
SOME ARE TALLER,
SOME ARE THINNER,
SOME ARE NOT.
SOME ARE OLDER,
SOME ARE A LITTLE WORSE FOR WEAR.

THEY COME IN A VARIETY OF SHAPES AND SIZES,
AND DIFFERENT COLORS.

THEY ALL HAVE THEIR OWN STORY...
WHERE THEY'VE BEEN, HOW THEY GOT THERE.

DESPITE ALL THE DIFFERENCES...WE KNOW...

IT'S WHAT'S ON THE
INSIDE THAT COUNTS.

WITH ALL OF THEIR UNIQUE TRAITS, AND DISTINCTIVE HISTORY, THEY HAVE FOUND A HOME WITH US. (AT LEAST FOR THE TIME BEING)

BEERTOWN

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