



**Dutch Treat** "Es schmeckt sehr gut!" One taste of this Candied Apple Pie as prepared by a Pennsylvania Dutch housewife and you'll agree "it is quite delicious!"

**Foods and Fancies**

**For Dessert: Candied Apple Pie**

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Of the Register-Guard

Pennsylvania Dutch cookery "got its start" back in the 17th century when the transplanted colonists found the climate of the new land was favorable to the cultivation of many fruits and vegetables they hadn't grown in the "old country."

None was more richly rewarding than the apple tree. This fruit became their favorite beverage, cider; their vinegar; their "schnitz" or dried apple slices; a snack, a dessert, a relish.

As the prairies to the westward began to beckon, many an apple core was thrown from the prairie schooner made at Conestoga in the Pennsylvania Dutch country. From this source many a mid-western apple tree sprang to life.

Even today, there are a number of little superstitions concerning apples among the Pennsylvania Dutch. Peeling apples for pies or apple butter wasn't all work and no play. A long spiral of apple peeling thrown over the shoulder of an unmarried peeler supposedly formed the initial of a future husband. An apple, snapped by a friend's finger, then eaten, was bound to contain exactly as many seeds as the number of children the apple-eater would have. When pressing cider for vinegar, someone would whisper into the barrel the names of the three meanest women in the neighborhood, just to make the cider really acid!

For the full flavor of Pennsylvania Dutch apple cookery, do try these recipes for Apfelstrudel and Candied Apple pie.

**Candied Apple Pie**

- 8-inch unbaked pie shell
- 1 1/4 cups light brown sugar, firmly packed
- 3 lbs. tart cooking apples
- 1/4 teaspoon salt
- 1 cup sifted all-purpose flour
- 1/2 cup (1 stick) butter or margarine

Make a pie shell and set aside. Wash, peel and cut apples in paper thin slices. Add 1/2 cup of the sugar and salt. Mix lightly. Pack firmly as possible into the pastry-lined 8-inch pie plate. Combine remaining 3/4 cup sugar and flour. Add butter or margarine and cut it in until the mixture resembles coarse crumbs. Sprinkle over apples and press it down firmly, especially at the edges to retain juices.

Bake in a preheated moderate oven (350° F.) 1 hour and 20 minutes or until apples are tender. Place a piece of foil in bottom of oven, under the pie, to catch any juice that boils out. Serve cold with whipped cream, if desired.

**Apfelstrudel**

(Apple Strudel)

**Strudel Dough:**

- 2 cups sifted all-purpose flour
  - 1/4 teaspoon salt
  - 1 egg, beaten
  - 1/2 cup warm water
  - 1 cup butter or margarine, melted
  - 1 cup fine dry bread crumbs
- Sift together flour and salt into a mixing bowl. Add beaten egg. Gradually add water, mix-

ing well with a fork. After all water has been added, stir in 2 tablespoons of the melted butter or margarine, reserving the rest for later use. Knead dough on a lightly floured board for at least 30 minutes or until dough is smooth, bubbly, elastic and no longer sticks to the board. Or, if a food chopper is available, put the dough through a food chopper 8 to 10 times, using the medium blade. This method saves time and work.

Place the dough in the center of a large table, covered with a floured cloth. Cover dough with a warm bowl and let stand 30 minutes. Then, divide the dough into 2 equal parts. Roll one part at a time as thinly as possible into a rectangle with a rolling pin. Brush surface with melted butter or margarine.

Place hands under the dough, pull and stretch with fingers very gently until dough is paper thin. Brush the surface again with melted butter or margarine. Sprinkle with 1/2 cup of the bread crumbs and then with one-half of the filling. Roll up in jelly roll fashion, holding the cloth high, allowing the strudel to roll itself over and over. Cut the roll into 2 pieces. Pinch edges together so that juice does not run out.

Place rolls on ungreased cookie sheets. Brush tops with melted butter or margarine. Repeat, using remaining dough and filling. Bake in a preheated hot oven (400° F.) 30 minutes. Reduce heat to moderate (350° F.) and bake 25 to 30 minutes or until crust is brown and very crisp. Baste the top of strudel from time to time while baking with remaining melted butter or margarine. If necessary, melt additional butter.

**Apple Strudel Filling:**

- 3 quarts finely chopped apples (about 4 1/2 pounds)
  - 1 1/2 cups sugar
  - 1 1/2 teaspoons grated lemon rind
  - 1 teaspoon ground cinnamon
  - 1/2 teaspoon salt
- Combine all ingredients. Proceed as in above directions. Makes four 14-inch rolls.

**Apples With Noodles**

- 2 cups uncooked noodles
- 1/4 teaspoon salt
- 1 quart boiling water
- 4 large tart cooking apples
- 1/4 cup sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons butter or margarine

Hard sauce, optional  
Place noodles and salt in a saucepan with boiling water. Cover and cook 9 to 10 minutes or until noodles are tender. Drain. Wash, peel, core and cut apples into eighths. Place half the noodles in a buttered 1 1/2 quart casserole. Top with all the apples.

Mix sugar and cinnamon and sprinkle half over the apples. Dot with butter or margarine. Cover with remaining noodles. Sprinkle with remaining sugar and cinnamon. Cover and bake in a preheated moderate oven (350° F.) 1 hour or until apples are tender.

**Hard Sauce:**

- 1/2 cup butter or margarine
- About 2 1/4 cups sifted confectioners' sugar
- 2 tablespoons top milk or undiluted evaporated milk
- 1 tablespoon pure vanilla

extract  
Soften butter or margarine. Add sugar alternately with top milk or undiluted evaporated milk. Blend in pure vanilla extract. Chill and serve over Apples with Noodles or other warm desserts.

Pennsylvania Dutch  
**Traditional Treat: Sauerbraten Lamb**

The famous traditions of Pennsylvania Dutch cooking are attributed to the farmers of Swiss, German and Dutch ancestry who settled in the eastern section of Pennsylvania.

They were a hard-labouring people, and as was explained in the heading of an old recipe book, "them what works hard eats hearty" . . . so their dishes showed a combination of splendid quality and thriftiness as well.

One of the most noteworthy and one of the quaintest niceties of the Pennsylvania Dutch is the celebrated custom known as the "Seven Sweets and Seven Sours."

Tradition has it that the housewife used to set the table with precisely seven sweets and seven sours . . . and it is the custom for the guests to look for and even count to see that there are exactly seven and seven.

Lamb shanks were the featured meat in one of the most treasured dishes. The lamb shanks were marinated and then cooked in a sauerbraten sauce and served over homemade noodles. Our revised sauerbraten today simplifies the cooking procedure without any loss of the original rich flavor.

Instead of spending hours making homemade noodles, you may want to add a special note to packaged noodles by tossing in a tablespoon of poppyseed and some chopped parsley before serving.

**Sauerbraten Lamb Shanks**

- (Makes 6 servings)
  - 6 lamb shanks, 1 pound each
  - 3 cloves garlic, slivered
  - 3/4 cup water
  - 1 cup vinegar
  - 1 large onion, thinly sliced
  - 3 bay leaves
  - 1/2 cup sugar
  - 1 1/2 teaspoons peppercorns
  - 1 lemon, sliced
  - 5 whole allspice
  - 2 1/2 cup flour
  - 1/2 cup salad oil
  - 3 medium onions, thinly sliced
- Bouillon**  
9 gingersnaps, crushed  
1/2 cup water  
3 medium carrots, sliced and cooked
- Cut deep slits in each lamb shank; insert garlic slivers. Combine in saucepan: 3/4 cups water, vinegar, onion, bay



**Dutch Dinner** A famous recipe which has been handed down through generations of excellent Pennsylvania Dutch cooking cuisine, Sauerbraten Lamb

Shanks is an authoritative and distinctively delicious dish you'll enjoy serving with hot noodles seasoned with poppy seed.

leaves, sugar, peppercorns, lemon and allspice. Bring to a boil; reduce heat and simmer 2 minutes. Cool; pour over lamb. Chill 12 hours, turning lamb occasionally.

Drain lamb; reserve marinade. Coat lamb with 6 tablespoons of the flour. Brown in hot oil in skillet. Remove lamb; add onions and cook over medium heat until lightly browned. Drain off drippings.

Return lamb to skillet. Strain reserved marinade into skillet. Cover and cook over medium heat 1 hour, or until lamb is tender, turning occasionally. Remove shanks to heated platter. Measure sauce; add enough

bouillon to make 6 cups. Blend remaining 6 tablespoons flour with 1/2 cup water in skillet. Gradually add sauce mixture, gingersnaps and carrots; cook over low heat, stirring constantly, until thickened.

Serve sauce over lamb and hot cooked noodles.

**Savory Lamb Loaf**  
1/2 cup chopped onions

- 1 1/2 cups fine dry bread crumbs
- 1/4 cup chopped mushrooms
- 1/4 cup chopped green pepper
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon rosemary, crushed
- 2 eggs, slightly beaten

1/2 cup milk  
1/4 cup chili sauce  
1 1/2 pounds ground lamb  
Combine all ingredients except ground lamb; mix well. Add lamb and mix lightly with fork just until blended. Turn into greased 9x5x3-inch loaf pan. Bake in slow oven (325°) 45 minutes.  
(Makes 6 servings)

**Eugene Register-Guard**  
LANE COUNTY'S HOME NEWSPAPER  
SECTION C EUGENE, OREGON, THURSDAY, MARCH 21, 1963

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