

*What to
do with*

*your
apples*

*Lots of
recipe ideas
inside*



Alastair's Cider

To start with we need apples, scrapper (apple pulper), fruit press, a sterilised demijohn, bung and airlock, packet of cider yeast and hydrometer if you want to be accurate!

Cut the apples in half and pulp them using a 'scratter' which is a hopper feeding the apples between two studded rollers (second photo below). Alternatively squashing them in a metal bucket with a wooden rolling pin has the same but more hard work effect!

Collect the pulp and put it into a fruit press, gradually squeeze to extract the juice.

Keep on repeating these steps until you have enough juice to fill a demijohn. It is quite important to fill the demijohn in one session - don't be tempted to do half today and half tomorrow. If you want to check the specific gravity which should be around 1035 to 1060.

Let the juice settle for about an hour then add a packet of cider yeast, after another hour add a packet of yeast nutrient. Immediately insert the bung complete with airlock. All this is going to take several hours so do set aside an amount of time to get it all done.

The demijohn should be kept at a temperature between 20 and 27 C until fermentation stops. Probably 2 to 3 weeks. If you want to be sure check the specific gravity for three days running and it should remain the same at around 990 to 1000.

Should you wish to now is the time to add 'stabiliser' (I don't usually bother) and stir to get rid of gas. If you want sparkling cider don't add too much! Leave for a couple of days.

Depending how clear your cider is (or your preference) you can now add 'Finings' or 'Kwik Clear'. The cider should be clear in two to three days.

It's up to you whether to bottle it or put it into another container with a tap. Personally I bottle mine as I keep it for several months.

The easiest way to do this is to siphon the whole lot into another demijohn or container with tap being careful not to disturb the heavy sediment at the bottom. If you are bottling then siphon the cider off again into separate bottles. I usually use glass 'Grolsch' type bottles but you can use PET plastic bottles with an inner liner (cheaper).

This recipe will make flat cider, if you want sparkling cider it's probably best to use glass bottles. Put half a teaspoon of sugar in each 500ml bottle, seal and keep warm for three days to start a secondary fermentation.

You can drink the cider more or less straight away but I usually leave it for at least a couple of months.

Why not bring a bottle to the Inkerman Wassail in January and we can taste several local ciders!



Ian's Apple wine

Wine making is always an adventure !

Write down what you do so you can repeat your triumphs and learn from your mistakes.

Take 6lb of apples - windfalls are fine, variety irrelevant, feel free to include some crab apples as well.

Crush, mince or chop the apples into one gallon of water in a bucket or other sterile container.

Sprinkle a teaspoon of yeast (different yeasts bring different flavours - start with general purpose, it is cheapest) onto the mixture and stir well.

Cover the bucket with a clean tea towel and stand it on a tray in a warm place (not hot - a lower but even room temperature of 17°C will produce a better ferment than a room with a day temperature of 23°C and a night temperature of 12°C. Optimum 21°C)

Stir twice daily with a sterile spoon.

After a minimum of 4 days and a maximum of 10 days strain the liquid from the pulp using a sterile jelly bag or a fine mesh sieve into a sterile fermentation container containing 1 lb of sugar.

Shake to dissolve the sugar, fit an airlock and leave to ferment.

After a week add another 1lb of sugar, shake and top up the liquid to 1 gallon with either boiled water cooled to no more than blood heat or just tap water.

After a week add the final 1lb of sugar and leave the wine to ferment out.

The best indication that fermentation has finished is bubbles through the airlock are less than once a minute and the wine tastes neither sweet or sharp.

Add half a crushed campden tablet to each gallon - this kills the yeast.

Syphon your wine into another sterile container, leaving any sediment behind, seal tightly and place in a cool dark place for at least a month.

You will now have something drinkable.

Bottle it if you wish but it is best to try not to drink it until the fruit is back on the tree next year.



Borrow our juicer to make your own juice. See back page "How to get in touch".

Options

I find adding a hand full of chopped sultanas and a crushed banana to the fermentation container gives a better result.

It doesn't matter what sugar you use.

Other possible additives include ginger, blackberry, blackcurrant, celery or pear.

Make sure everything you use is clean and sterile. 10% domestic bleach solution is fine, milton fluid or tablets work or you can buy specialist solutions from home brew shops. Whatever you use, rinse everything in clean water afterwards.

Good luck and happy brewing.

Steph's Apple Ketchup

4lb apples

2 large onions

2 cloves garlic

3/4 pt vinegar

8 oz sugar

2 tsp pickling spice

2 tsp salt

1 tsp curry powder

1/2 tsp cayenne pepper

1 tsp tumeric

Chop apples, onions, garlic. Cook with spices & vinegar until thick pulp.

Rub through sieve, return to pan, add sugar.

Boil rapidly until it sets.

Pour into sterilised bottles.



Rose's

Apple crumble

There are zillions of recipes for apple crumble and apple pie on the internet or in cookbooks. Here's an excellent (& simple & different) one!



Topping

100g oats
50g hazel nuts ★★
50g sunflower seeds ★★★
25g sesame seeds ★★★
25g desiccated coconut ★★★
75g unrefined caster sugar
75g margarine or butter
(★★★ = as available)

Filling

750g apples, peeled cored & sliced
(use either cooking apples with 75g sugar or eating apples without added sugar -- if eating apples, stew first until beginning to soften)

Method

- ◇ Whizz oats, hazel nuts and sunflower seeds in a food processor to chop.
- ◇ Transfer into a bowl and add sesame seeds, coconut, sugar and margarine.
- ◇ Rub together until blended.
- ◇ Layer the apple slices (and sugar if needed) in a dish.
- ◇ Sprinkle the crumble mixture over the fruit to cover completely.
- ◇ Bake at Gas 5 middle of oven for approximately 30 minutes or until golden brown.
- ◇ Serve with ice cream or favourite accompaniment.

TIP: you can make double or treble amounts of topping and freeze the extra. Use direct from the freezer to sprinkle over the fruit, and bake.

Colin's Scones

Apple scones:

250g plain flour 30g caster sugar 2 teaspoons baking powder
1/2 teaspoon bicarbonate of soda 1/2 teaspoon salt 50g butter, chilled
1 apple, peeled, cored and grated or finely chopped
125ml milk

Extra milk and sugar for glaze + ground cinnamon

Preheat oven to 220 degrees C.

Measure the dry ingredients into a large bowl and mix well, then rub in the butter until crumbly. Add the grated apple and enough milk (you may not need it all) to form a soft dough. Turn it onto a lightly floured surface and knead lightly a few times. Divide in halves and pat gently into two 15cm circles - they should be about 1cm thick. Place on greased baking tray, brush tops with milk and sprinkle with sugar and cinnamon. Score each into 6 wedges. Bake for 15 minutes, or until browned and risen. Best served warm with butter.



Variations: use self-raising flour instead and leave out the baking powder, or substitute about 60g wholemeal flour for the same weight of the white, which gives a nicer texture. A dairy-free version can be made by using sunflower margarine and soya milk.



Apple drop scones:

125g self-raising flour 20g caster sugar;
 $\frac{1}{4}$ tsp ground cinnamon; 1 egg, beaten;
1 tablespoon melted butter; 150ml milk;
1 eating apple, cored, peeled and grated or finely chopped;

More butter for greasing (if needed).

Combine the dry ingredients a large bowl, then add the egg, melted butter and about three-quarters of the milk. Mix well, then add the remaining milk a little at a time to make a thick batter that will pour smoothly from a spoon, then stir in the chopped apple.

Heat a heavy frying pan over medium heat for a few minutes and grease it very lightly - you don't want to fry the scones. Pour the batter into the pan to make rounds about 10cm across, and cook until almost set and bubbles are breaking on the surface (this should take about 2 minutes); the bottoms should be a nice golden brown. Turn over and cook for another minute or two until the same colour. Eat as soon as possible!

Rose's Traditional Apple chutney

2¼lb apples
8oz onions
8oz sultanas
1oz mustard seed
2oz salt
½ tsp pepper
8oz sugar
1¼ pint vinegar
1 tbsp ground ginger

Peel core and chop the apples.
Thinly slice the onions.
Put all the ingredients into a
pan and bring to the boil, then
simmer until thick and brown,
stirring frequently.
Spoon into warmed jars, seal
with vinegar-proof lids.

Variation:

Beetroot & Apple Chutney.

2lb onions, 3lb beetroot, 1½lb apples (peeled & chopped), 1lb sugar, ½ tsp salt, 1 tsp ground ginger, 1 pt vinegar.

Chop and boil the onions and beetroot.

Put them in the pan with all the other ingredients and boil for about 1 hour, until thick.





Emma's Baked Apples



6 apples
Handful of sultanas / raisins
3 tbsp light muscavado sugar (or any brown sugar will do)
1 tsp cinnamon / mixed spice
Matchbox size piece of butter
2 tsp brown sugar to finish (again, any will do)

Pre-heat oven to 200C / 180C for fan / gas mark 6
Sit each apple on the worktop and push an apple corer into the centre of each apple (you can also use a knife for this) and with a knife increase the hole in the middle to about an inch around.

Note when coring the apple make sure you don't go right to the bottom or all the yummy filling will come out.
Mixed the dried fruit, sugar and cinnamon together in a bowl.

Stand the apples in a baking dish or on a baking tray & push the fruit mixture into each apple evenly.

Add a blob of butter on to the top of each apple and sprinkle over the sugar to finish.

Place in the oven for 20 minutes or until cooked through.

Best served with vanilla ice cream, clotted cream or crème fraiche for a healthier option.

Tip:- You can replace the sultanas / raisins or add any dried fruit - apricots & cherries work well

Colin's Apple Bread

a tangy loaf excellent with cheese or as a contrast with jams etc.

175 g wholemeal bread flour

175 g white bread flour

8g salt

Dried yeast - use quantity specified for 500g flour or 12g fresh yeast

175 g apples, weight after peeling/coring (about 1 large cooking apple).

Mix the flour, yeast and salt together. Simmer the apples in 200 ml water until completely broken down. Leave to cool until tepid, then mix into the flour mixture - this should make a sticky dough - and knead until smooth. Cover with a damp tea-towel and leave to rise until about doubled in size, 1-2 hours. Turn out onto a well-floured surface and knead lightly for a couple of minutes, then put in a greased bread tin that the dough half-fills. Leave to rise again (20 - 30 mins) until the dough reaches the top of the tin, then bake in a pre-heated oven at 210C for 20 minutes, reducing the heat to 190C for a further 20 mins. Turn out and tap the bottom - it should sound hollow. If not, return to the oven (not in it's tin) for another few minutes, then check again.





Abundance Chesterfield



There are hundreds of fruit trees in Chesterfield, in gardens and allotments, on roadsides and on derelict land, whose fruit goes to waste.

Either people don't notice the fruit, or they're not physically able to pick it, or they're too busy, or there's just too much at one time.

Abundance Chesterfield

is a project to share this natural wealth.

Volunteers harvest the fruit and distribute it free of charge. Tree owners and volunteers get some, schools and nurseries get some, homeless shelters and community centres get some, all free of charge.

What can't be eaten gets stored, juiced or preserved.

Nothing is wasted, no money changes hands.

If you can help us find the trees, harvest store, transport or distribute the fruit, please e-mail food@transitionchesterfield.org.uk

Abundance Chesterfield is modelled on Abundance Sheffield and is a project of



www.transitionchesterfield.org.uk

Steph's rough and ready vegan apple cake



Ingredients

Two and a half pounds roughly chopped apple: cores and bad bits removed, skins left on
8oz sultanas 1lb flour, plain or wholemeal 2 tsp bicarb
2 tsp cream of tartar 4 Tbs oil or melted marger 12oz sugar white or brown
2 Tbs golden syrup or treacle
2 tsp spice, more if you like spicy (cinnamon, ginger, cloves, allspice or mixed spice)

Method:

Start by adding a little water to the apples and cook in a large pan until soft
Remove from the heat; add the sultanas and leave to soak while you prepare the other things

Set oven to gas mark 4 and prepare 1 large or two smaller cake tins

Mix the dry ingredients together in a bowl

Add the sugar, oil and syrup to the apple mixture, stir and warm again to dissolve the sugar

Quickly combine the warm wet ingredients with the dry ones, mix it up and transfer to the cake tins

Cook in the oven for about an hour or until a skewer comes out clean

Variations:

① Use pears, plums or other fruit with or instead of apples. ② Add mashed bananas, they help it bind together. ③ Add nuts. ④ Use some porridge oats for a more flapjacky consistency

This cake will not keep, so eat it up within a few days or freeze it. It makes a lovely pudding with vegan custard or vegan cream.

Liz's

Apple cakes



Apple and Almond Cake

Ingredients

5oz margarine, 8oz caster sugar, 2 large eggs, 1tsp. almond extract, 80z self-raising flour, 1 and a half level tsp. baking powder, 12oz peeled apples.

Method

Mix all ingredients in a bowl. Beat together and spread half in an 8in. round tin. Cover mixture with sliced apples. Put blobs of remaining mixture on top of apples, spread over and sprinkle with flaked almonds. Cook for approx. 1 and a half hours gas mark 3/160deg. (I should go for Gas 5/200deg. if I were you). Half quantity, cook in a 1lb loaf tin 140 deg. for 50-60 minutes.

Chocolate Apple Cake

Ingredients

1 and a half lb cooking apples stewed with 2oz brown sugar and well drained. (I use eaters from garden/allotment that don't keep and don't use sugar or bother to precook - I do slice thinly though).

4oz marg, 30z sugar, 1 small egg, 4oz self raising flour, 2oz cocoa powder.

Method

Mix ingredients to a stiff dough and spread less than half in an 8" cake tin. Bake for 10 mins at Gas 5, remove from oven, spread with apple (precooked cookers or thinly sliced eaters as above) and top with remaining mixture, spreading over as much of the apple as you can. (On a good day you can get it to the edge of the tin, but it doesn't matter if some apple still shows round the edges). Return to the oven 15-20 mins to finish cooking. NB this also works well with pears in the middle.





Alastair's Apple and rose hip jelly

About 450g of rose hips (stalks removed)

About 900g eating apples (cut out bad bits and chop roughly)

Zest and Juice of half a lemon.

Sugar (600ml/1 pint of strained juice needs 450g/1lb of sugar)

This amount should fill around 6 or 7 marmalade jars.

Put the rose hips in a large pan with water barely covering them and bring to the boil. Simmer until hips are soft which can take about 20 minutes or over an hour if they are firm.

When they are softening add the apples and top up the water so that the apples are just floating. Add the lemon zest. Continue to simmer until the apples are soft and pulpy.

Maybe use a potato masher to pulp the fruit.

Strain through a jelly bag into a clean container and leave to drip for around 12 hours.

Measure the juice and add the appropriate amount of sugar, then add the lemon juice. Heat it all up to the boil slowly, stirring all the time.

Start to test for a 'set' after about 10 minutes boiling. I take some liquid and put it on a cool plate, if it forms a wrinkled surface when you push it with your finger it is ready. Alternatively use a sugar thermometer.

Pour the liquid into sterilised jars and seal immediately. Store in a cool dark place.



Mary's Marvellous Mincemeat

1lb apples (Bramleys or other cookers)

8oz suet (use veggie suet to make it vegetarian / vegan)

2lb 4oz mixed dried fruit (currants, sultanas, raisins, chopped apricots, etc)

12oz sugar (preferably dark brown or muscova)

2 oranges

2 lemons

4 tsp mixed spice

1 tsp cinnamon

1 tsp nutmeg

6 tblsp brandy



Peel, core and chop the apples finely.

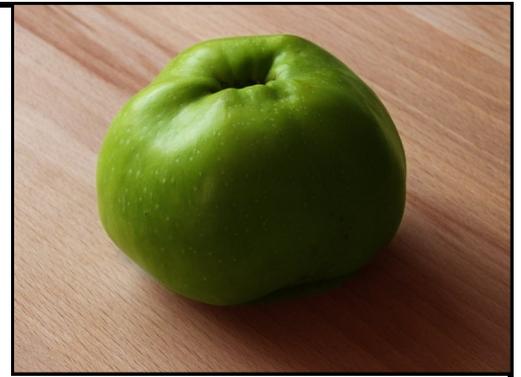
Grate zest of oranges and lemons. Juice them.

Mix apples, suet, sugar, dried fruit, zest, juice and spice (all ingredients except brandy) together in a large bowl. Place the bowl in a warm oven (100C or lowest setting) for a couple of hours until suet has melted. Bring out of oven, stir as it cools and mix in the brandy.

When cold, fill sterilised jars (jars should be washed in hottest water possible and dried in the oven). Seal and store until Christmas (best made about 2-3 months before hand).



Martin's



Winter Salad

For me, any available fruit or veg (obviously, **organically or home grown**) can be used raw in salad, so it is the dressing that makes it.

As a starter, try approx equal amounts of the following:
eating apples, white/coleslaw cabbage, half a portion of onion, red is better,
plus a selection of, as available, grated carrot, grated (raw) beetroot, celery,
plus, if you wish, a handful of (fresh or frozen) peas or broad beans, lightly cooked and cooled, or cashew nuts or walnuts.

Dressing: (double or treble all ingredients as required)

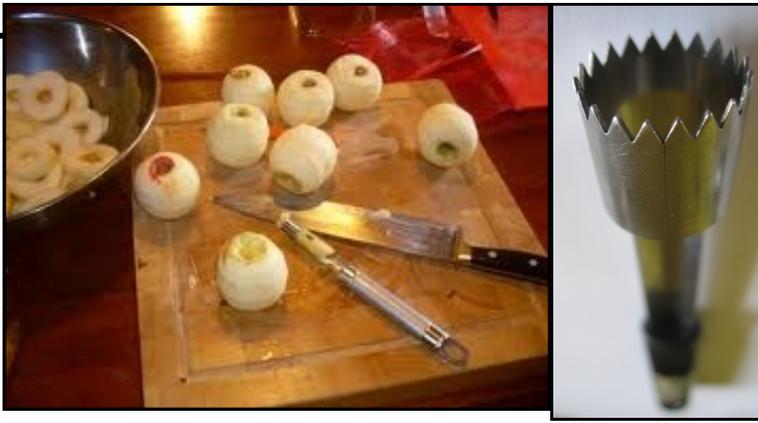
add to all ground pepper, crushed garlic and any fine chopped fresh or dried herbs such as dill, mint, oregano, tarragon or a mixture of all.

Simple = 1g spoonful mayonnaise, 2 spoonfuls oil, $\frac{1}{2}$ spoonful vinegar.

Middling = heaped spoonful mayonnaise, 2 spoonfuls oil, $\frac{1}{2}$ spoonful balsamic vinegar, $\frac{1}{2}$ spoonful tahini or cashew butter, $\frac{1}{2}$ spoonful (ready-made) mustard.

Complicated = $\frac{1}{2}$ fresh lemon juice, 2 spoonfuls oil, $\frac{1}{2}$ spoonful tamari, $\frac{1}{2}$ spoonful conc apple juice or honey, $\frac{1}{2}$ spoonful tahini or cashew butter, $\frac{1}{2}$ spoonful mustard.

Extra dressing will keep in a jar at room temperature for a couple of days.



Dried apple rings

I found the following methods on the internet.

For all, peel (or do not peel), core and slice the apples into rings or wedges approx $\frac{1}{2}$ cm thick. Some methods advice you to soak raw apples in lemon juice first. Some say you can sprinkle with cinnamon, nutmeg or allspice. End result should be flexible, like raisins, "leathery" with deep red colour. You can dry longer for crispier rings if you want.

Food hydrator.

Equipment cost from £30 to £hundreds, no doubt instructions come with the drier.

Oven.

10 - 20 hours at lowest setting, spread out apple pieces on cake trays or baking sheets.



Car on a hot sunny day.

Wind up the windows and park in the sun. Spread apple pieces on cake trays or baking sheets and leave for two days. Recommended to cover with cloths to keep off insects and dust.

Air dried.

Pass rings over dowel or string and hang in warm, low humidity, circulating air (ideally above your wood burning stove but in a window is also recommended) for 3 days.



This method recommends 'pasteurising' the apple rings if you want to store them for any period, to destroy insect eggs or micro-organisms that may spoil the stored apple rings. Do this by putting the apple pieces in a freezer below 0°C or heating in very low oven (80°C/175°F) 10–15 minutes, and then store in air-tight container.

Microwave oven.

Spread apple pieces on waxed paper and set microwave to defrost for 35 - 45 minutes.

Colin's



Blackberry and Apple jam.

Ingredients

500g blackberries.

500g cooking apples, peeled, cored and chopped into pieces about the same size as the blackberries.

1 lemon, juiced and then chopped up.

1kg (white) sugar.

This quantity should fill about 4 normal sized jam-jars.

Thoroughly wash and sterilise these by putting in an oven at about 120C for 10 minutes or so. They should still be warm when the jam is poured in.



Method

Put couple of saucers into the fridge to chill. Wrap the apple cores and the chopped lemon in a piece of muslin, and put together with the blackberries, chopped apples, lemon juice and 100ml water into a preserving (maslin) pan or large saucepan. Bring to a simmer and cook gently until the fruit is tender, then turn the heat down and add the sugar, stirring to dissolve. It is very important that the sugar is completely dissolved before the next step, which is bringing to the boil and boiling rapidly for about 10 minutes; skim off any scum that forms. Put a teaspoonful of jam onto a chilled saucer for a minute, then drag your finger lightly over the jam. If it wrinkles, it has reached setting point; if it doesn't, boil for a couple more minutes, then try again with another chilled saucer. Don't worry if it takes longer, but make sure the mixture doesn't stick by regular stirring (if you have a jam thermometer, the setting point is 104 degrees C). Once that is reached, allow the mixture to cool slightly; any remaining scum can be dispersed by stirring in a lump of butter. Then pour into the jars and seal.

Steph's vegan Apple & bean soup

INGREDIENTS

2 medium onions
3 small eating apples
2 tins butter beans
1 tablespoon olive oil
handful of fresh mint
1 pint water
veg stock cube

Chop the onions and gently fry them in the oil in the bottom of a saucepan.

Core and chop the apples (remove skins only if they are tough)

Add apples to onions and continue frying for 4 minutes

Drain and rinse the beans and add to pan with the water, bring to the boil and add a stock cube

Lastly chop and add the mint

Remove from heat and whizz in a blender

Return to pan and heat through

Serve with plenty of black pepper and parsley to garnish



Transition Chesterfield

We're an inspiring community group aiming to make Chesterfield more resilient and sustainable. We want to create positive local solutions to the twin challenges of 'peak oil' and climate change, and make our town a better place to live.

Our work is guided by a **concern for future generations** as well as our own. We believe that **strong communities**, based on **co-operation**, will be more resilient and sustainable. We strive to be **honest and open** in our communication, and to base our decisions on the best **scientific understanding**, while remaining flexible and **open to change**.

What we do:-

On-line newsletter

Campaigns

Events

Bring your apples
and we'll juice them for you.

Workshops

Potato Day

Green Drinks

See our website for details

How to get in touch.

www.transitionchesterfield.org.uk

Facebook = Transition—Chesterfield

email:

hello@transitionchesterfield.org.uk
workshop@transitionchesterfield.org.uk

phone: 01246-566598

come to a meeting: second Thursday
of each month in town centre pub;
check our website for current venue.

come to a social: for current venue,
see www.greendrinks.org/Derbyshire/Chesterfield