

Baking with **APPLES**

12 Tasty Recipes for Fall



Crosby's

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Apple gingerbread

<i>½ cup oil</i>	<i>½ cup Crosby's Fancy Molasses</i>
<i>2 cups flour</i>	<i>½ cup brown sugar</i>
<i>1 ½ tsp baking soda</i>	<i>1 egg</i>
<i>1 tsp ginger</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>½ cup boiling water</i>
<i>½ tsp cloves</i>	<i>4 tart apples peeled and cut into</i>
<i>½ tsp salt</i>	<i>½ inch chunks</i>

- In a medium bowl whisk the flour, baking soda, ginger, cinnamon, cloves, and salt.
- In another bowl whisk oil, molasses, brown sugar, egg, vanilla and ½ cup boiling water.
- Add the flour mixture and stir just until combined. Gently fold in the apples.
- Scrape batter into a greased and floured 9" round cake pan.
- Bake at 350°F for 45 minutes (or until a tester comes out clean)
- Best eaten on the day it's made.



Apple Spice Muffin Cake

<i>2/3 cup sugar (can be reduce to 1/2 cup)</i>	<i>1/4 tsp salt</i>
<i>1 cup unsweetened applesauce (make your own from local apples)</i>	<i>3/4 tsp baking soda</i>
<i>1/3 cup Crosby's Fancy Molasses</i>	<i>1 tsp cinnamon</i>
<i>2 eggs well beaten</i>	<i>1/2 tsp nutmeg</i>
<i>1/2 cup soft butter</i>	<i>2 cups flour (stone ground spelt or whole white, if you have it)</i>

- In one bowl place sifted dry ingredients.
- In another bowl beat applesauce, molasses, eggs, and soft butter.
- Combine wet and dry ingredients.
- Beat well by hand or with an electric beater for 3 minutes.
- Pour into greased and floured 9" round or square cake pan and bake at 350°F for 30-35 minutes, until a tester comes out clean.
- Cool 10 minutes then remove from pan to finish cooking.
- To serve, dust with icing sugar and cut into wedges.



Apple Cake with Molasses Cider Glaze

<i>1 1/2 cups flour</i>	<i>1/4 cup applesauce</i>
<i>1/2 tsp baking soda</i>	<i>1 tsp vanilla</i>
<i>1 tsp cinnamon</i>	<i>1 1/2 cups peeled apples cut into 1" dice</i>
<i>1/2 tsp nutmeg</i>	<i>1/2 cup walnut pieces</i>
<i>1/4 tsp salt</i>	<u>Glaze:</u>
<i>1/2 cup oil</i>	<i>2 Tbsp Crosby's Fancy Molasses</i>
<i>3/4 cup sugar</i>	<i>1 tbs cider</i>
<i>2 eggs</i>	<i>1 tbs butter</i>

For cake:

- In one bowl, sift flour, baking soda, spices and salt.
- In another bowl whisk oil and sugar. Whisk in eggs, one at a time.
- Whisk in applesauce and vanilla.
- Add flour mixture, stirring just until combined. (One tip: take care not to overwork the batter.)
- Stir in apples and walnuts.
- Scrape into a greased 8" baking pan. (Lining the bottom with parchment paper will make for extra easy removal.)
- Bake 40-45 minutes at 325°F.

For glaze:

- Bring ingredient to a gentle boil, and stir for one minute.
- While cake is still warm remove from pan and place on a cooling rack. Poke holes in the cake with a skewer. Brush glaze over warm cake.
- Serve warm drizzled with any leftover glaze.



Whole Wheat Applesauce Cake

(adapted from Martha Stewart Everyday Food)

3 cups flour (½ whole wheat or spelt)	1 cup butter, softened
2 tsp baking soda	2 cups packed light brown sugar
1 tsp salt	¼ cup Crosby's Fancy Molasses
1 ½ tsp cinnamon	2 eggs
1 ¼ tsp cardamom	2 cups applesauce

- In a large bowl whisk together flour, baking soda, salt and spices.
- In another bowl beat butter, brown sugar and molasses until fluffy.
- Add eggs, one at a time.
- Gradually add flour mixture, beating just until combined.
- Blend in applesauce.
- Spoon into a 9 inch tube pan that has been greased and floured.
- Smooth the top.
- Bake at 350°F for 50 min to an hour, until the cake is pulling away from the side of the pan and a tester comes out clean.
- Run a knife around the edge of the cake to loosen it from the pan.
- Cool on a rack for 10 minutes then remove from the pan.
- Cool completely before serving, if you can wait that long.



Apple Cranberry Crisp

Filling:

5-6 apples, peeled and sliced
 ½ cup cranberries (fresh or frozen)
 ½ cup Crosby's Fancy Molasses
 ½ tsp cinnamon
 1 Tbsp butter for dabbing

Topping:

1 cup flour
 1 cup rolled oats
 ½ cup brown sugar
 ½ cup butter, softened

For the filling:

- Place the apples and cranberries in a medium casserole dish.
- Pour over the molasses, sprinkle with cinnamon and dab with the butter.

For the topping:

- Combine the flour, rolled oats and brown sugar.
- Add butter and mix together into a crumble.
- Sprinkle the crumble mixture over the apples.
- Bake at 375°F for about 35 minutes, until apples are soft.
- Serve hot or warm.



Apple Dumplings in Sticky Molasses Toffee Sauce

For the pastry:

2 cups flour
(I use half whole wheat pastry flour)
½ tsp salt
1 cup cold butter, cubed
⅓ to ½ cup ice water

For the apples:

8 medium apples, peeled and cored

8 tsp butter (divided)
Cinnamon sugar (2 tsp cinnamon
mixed with 7 tsp sugar)

For the sauce:

1 cup Crosby's Fancy Molasses
⅔ cup cider
½ cup butter
½ cup brown sugar

To make the pastry: Place the flour and salt in a food processor and pulse to combine.

- Add the cubed butter and pulse until butter is chopped into pea-sized pieces.
- Add the water (beginning with 1/3 cup) and pulse until dough begins to come together. Add more water if necessary.
- Scrape dough onto the counter and gather into a ball. Pat into a disk and refrigerate for at least 30 minutes.

To make the sauce: Combine all ingredients in a pot and warm until butter has melted and sugar is dissolved.

To assemble: Line a 9"x13" pan with parchment paper.

- Cut dough into 8 pieces and roll each piece into a 7" square (it needn't be perfect.)
- Plunk an apple in the middle of the pastry square. Place a tsp. of butter in the core, followed by about one tsp. of cinnamon sugar.
- Wrap the pastry around the apple like you're wrapping a present, pinching dough together to seal.
- Place apples in the prepared pan. Drizzle with the sauce.
- Bake at 350°F for 45-50 minutes, until the apples feel soft-ish.
- Remove to plates, drizzle with pan sauces.

Cranberry Sauce with Apple

(adapted from The New York Times Cookbook)

1 pound of cranberries,
picked over and washed
1 ½ cups sugar
½ cup Crosby's Fancy Molasses

2 apples, peeled, cored and diced
½ tsp cinnamon
⅛ tsp allspice
⅛ tsp ground cloves

- In a medium pot combine the cranberries, sugar, molasses and apples.
- Cover and place on medium heat, stirring from time to time.
- Bring to a boil and cook for about 10 minutes, stirring often.
- Uncover, turn the heat down to a simmer and cook another 15 minutes.
- Stir in the spices.
- Mixture will thicken as it cools but cook it a little longer if you prefer a thicker sauce.
- Store in the refrigerator.
- This cranberry sauce will last for three months.



Healthy Kitchen Sink Muffins

Adapted from *The Pioneer Woman*

1 cup whole wheat or spelt flour (spooned in)	½ cup walnuts, roughly chopped
½ cup flour (spooned in)	½ cup dried cranberries or dried cherries or
¼ cup ground flaxseed	1 cup buttermilk*
1 cup rolled oats (not instant)	1 egg
½ cup brown sugar, packed	1 tsp vanilla
½ tsp salt	1 banana, mashed
1 tsp baking soda	½ cup applesauce
2 tsp baking powder	¼ cup Crosby's Fancy Molasses
½ tsp ground cinnamon	

- Preheat the oven to 350°F. Grease a 12-count muffin pan.
- In a large bowl combine flours, ground flax, rolled oats, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, and cranberries. Stir until combined.
- In a separate bowl whisk together the buttermilk, egg, vanilla, banana, applesauce and molasses.
- Pour the wet ingredients into the dry ingredients, stirring until it just barely comes together.
- Divide batter among muffin cups and bake for 16-18 minutes, or until deep golden brown.

*Can use half milk half yogurt or sour your milk with 1 Tbsp. of vinegar



Apple Cinnamon Muffins with Molasses

Makes 12 regular sized muffins

1 cup flour	2 eggs
½ cup whole wheat or spelt flour	1 tsp vanilla extract
2 tsp baking powder	¼ cup canola, grape seed or olive oil
¼ tsp salt	2 cups peeled and chopped apples (about 2 medium apples)
1 tsp cinnamon	
½ cup buttermilk or sour milk*	
½ cup Crosby's Fancy Molasses	

- Preheat oven to 400°F and grease muffin pan (or line with muffin cups).
- In a large bowl, whisk flours, baking powder, salt, and cinnamon.
- In another bowl, whisk together buttermilk, molasses, eggs, vanilla, and oil.
- Make a well in the dry ingredients and pour in the buttermilk mixture. Stir gently until almost combined.
- Add the chopped apples and gently fold them into the batter.
- Spoon batter into prepared muffin cups and bake for 15-20 minutes.

*To sour milk, add ½ Tbsp. of vinegar to your measuring cup and fill to the ½ cup mark with milk. Let sit 5 minutes.



Apple Chai Muffins

Makes 12 muffins

<i>1 ½ cups spelt or whole wheat flour</i>	<i>½ tsp. cardamom</i>
<i>1 ½ cups old fashioned rolled oats</i>	<i>½ cup milk</i>
<i>1 tsp baking powder</i>	<i>1 ½ tsp cider vinegar</i>
<i>½ tsp baking soda</i>	<i>1 cup unsweetened applesauce</i>
<i>¼ tsp salt</i>	<i>1 apple, grated with peel on</i>
<i>1 tsp cinnamon</i>	<i>⅓ cup Crosby's Fancy Molasses</i>
<i>1 tsp ginger</i>	<i>1 egg, beaten</i>
<i>¼ tsp cloves</i>	<i>1 tsp. vanilla</i>
<i>¼ tsp nutmeg</i>	

- Preheat oven to 400°F and prepare 12 muffin cups.
- In a large bowl, combine flour, oats, baking powder, baking soda, salt and spices.
- In a medium bowl, combine milk and cider vinegar and let sit for a few minutes. Stir in applesauce, grated apple, molasses, egg and vanilla.
- Add wet to dry and mix very gently.
- Divide mixture among 12 prepared muffin cups and bake for about 20 minutes.

Wayne's Whole Wheat Applesauce Snack Cake

<i>1 cup brown sugar</i>	<i>1 cup whole wheat or spelt flour (spooned in)</i>
<i>½ cup butter, softened</i>	<i>1 tsp baking soda</i>
<i>2 large eggs</i>	<i>1 tsp cinnamon</i>
<i>1 ¼ cups applesauce</i>	<i>¼ tsp allspice</i>
<i>⅓ cup Crosby's Fancy Molasses</i>	<i>¼ tsp salt</i>
<i>1 tsp vanilla</i>	<i>½ cup raisins or chocolate chips (optional)</i>
<i>1 ½ cups flour (spooned in)</i>	

- Preheat oven to 350°F.
- Butter a 9" x 13" baking pan or line it with parchment paper
- In a medium bowl whisk together the dry ingredients.
- In a large bowl beat the butter with the sugar until creamy. Beat in eggs, one at a time, then applesauce. Add molasses and vanilla and mix until well combined.
- Gradually add the dry ingredients and beat until well combined. Stir in raisins, if using.
- Spread in prepared pan and bake for 25-30 minutes until done.
- Cool in pan for 10 minutes then upend on a wire rack
- Dust with powdered sugar before serving if desired.

Substitutes



Oatmeal Breakfast Pudding with Apple

Serves 6

<i>2 cups rolled oats (preferably old fashioned)</i>	<i>¼ cup Crosby's Fancy Molasses</i>
<i>½ cup buttermilk</i>	<i>2 Tbsp butter, melted (can use oil)</i>
<i>pinch of salt</i>	<i>1 tsp baking powder</i>
<i>3 eggs</i>	<i>1 tsp cinnamon</i>
<i>1 cup milk (nut, seed or cow's)</i>	<i>⅛ tsp grated nutmeg</i>
<i>½ tsp vanilla</i>	<i>1 apple, grated</i>

- In a large bowl combine rolled oats, buttermilk, salt and 1-1/2 cups of water. Stir then cover with a dish towel and let sit overnight.
- The next morning pour oat mixture into a colander and drain for a few minutes to remove excess moisture.
- Preheat the oven to 350°F and line a 9"x9" pan with parchment paper or grease it well.
- In a separate bowl, whisk the eggs then add the milk, vanilla, molasses and melted butter. Mix well then sift in the baking powder, cinnamon and nutmeg.
- Add soaked oats to the egg mixture.
- Core the apple and grate it on the large side of a box grater. Add to the oat mixture and combine well.
- Pour mixture into the prepared pan. Place additional apple slices on top and bake for 40-45 minutes or until light golden on top.
- Let stand for 5 minutes. Serve hot with milk and drizzled with maple syrup or molasses.

Sour Milk - Fresh Milk

For 1 cup, place 1 tablespoon lemon juice or vinegar in bottom of a measuring cup. Add enough milk to make 1 cup. Stir and let mixture curdle, about 5 min.

Cocoa - Chocolate

One square (1 ounce) of chocolate equals three tablespoons of cocoa and one tablespoon of butter.

Brown Sugar

Light brown sugar: combine 1 cup white sugar with 1 Tbsp molasses
Dark brown sugar: combine 1 cup white sugar with 3 Tbsp molasses

Molasses

One cup of molasses equals 3/4 cup of sugar. In baking, decrease liquid by 1/4 cup for each cup of molasses. Omit any baking powder and add 1/2 teaspoon of baking soda.

Baking Powder

One teaspoon of baking powder equals 1/4 teaspoon of baking soda plus 3/8 teaspoon of cream of tartar.

Powdered Milk - Fresh Milk

One cup fresh milk equals four tablespoons powdered milk and one cup of water. When powdered milk is to be used, it is convenient to combine it with flour and other dry ingredients and then add the required quantity of water at the point where the use of fresh milk is called for.

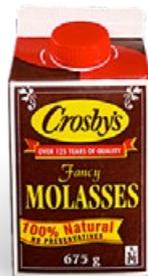
Measuring Equivalents

1 tablespoon = 3 teaspoons	1 kg = 2.2 lbs
2 tablespoons = 1 ounce	1 cup = ½ pint
16 tablespoons = 1 cup	1 teaspoon = 5 ml
1 cup = 8 ounces	1 tablespoon = 15 ml
1 cup = 250 ml	1 litre = 35 ounces

More About Molasses

Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes in this cook book are made with fancy molasses.



Cooking Molasses

Cooking molasses is a blend of blackstrap and fancy molasses. It is thicker and darker than fancy molasses – less sweet, with a more “full-flavoured” taste. Any product made with cooking molasses will have a much more robust “molasses” flavour than if fancy molasses is used.



Blackstrap Molasses

Blackstrap molasses is the highly-concentrated, final by-product of the refined sugar manufacturing process. As the sugar crystallizes, the residual cane juice thickens into a dark mass and is separated out through a centrifuge. The resulting molasses is very dark with a robust, somewhat bitter flavour. Like fancy molasses, it is a pure product and contains no added sulphates or sulphites. Blackstrap molasses is recognized for its health benefits and is an excellent source of many minerals and nutrients including iron, magnesium and calcium.



We Don't Add Sulfur

Sulphur dioxide and/or sulfites used to be added to molasses as a preservative or bleaching agent and causes an unpleasant aftertaste. Crosby's does not add sulphur to any of our products.



Crosby's

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