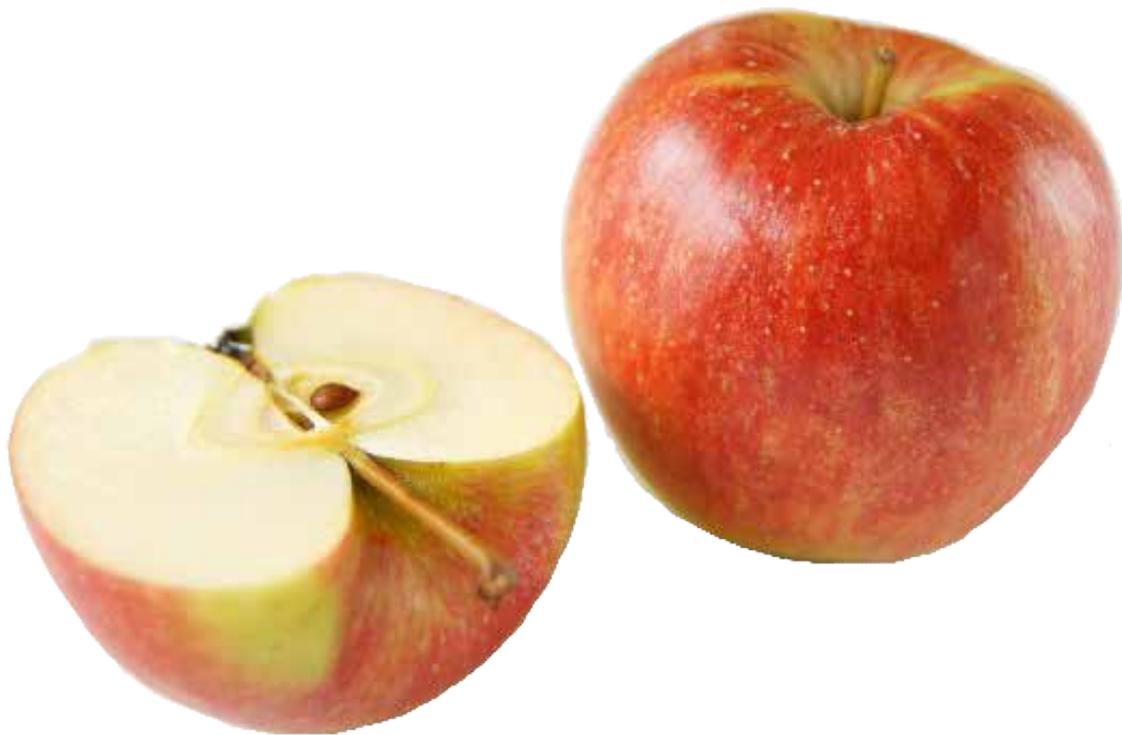


APPLE



*Produced by the Little Burgundy Coalition's Health and Food Committee and the Osez la santé team
at the CIUSS du Centre-Sud-de-l'Île-de-Montréal*

Apples are the fruit of the apple tree, one of the oldest fruit trees and one of the most widespread in the world.

VARIETIES

About 7,500 varieties of apples are now known. McIntosh, Cortland, Spartan, Empire, Gala, Paulared, Lobo and Honeycrisp are the most widely grown varieties among the 600 apple growers in Quebec.

BUYING THEM

Although they are mainly harvested from late summer to mid-October, fresh apples from Quebec are now available throughout the year thanks to refrigerated warehouses or a controlled atmosphere. Choose apples, that are firm, brightly coloured and not bruised.

PREPARING THEM

Before eating an apple, it is always best to wash it by rubbing it under cold water. The flesh an apple will turn brown on contact with the air. To avoid this oxidation, consume or cook the apple immediately or sprinkle with lemon juice.

USING THEM

Apples can be eaten as they are, or cooked. They can be cooked in many ways: apple sauce, jelly, jam, apple butter, salad, muffins, desserts and also to accompany meat, poultry and cheese. Apples are also used in the production of calvados, cider and apple juice.

Here is a short guide to make the right choice when it comes to using Quebec apples.

Great for eating raw	Cortland, Empire, Gala, Honeycrisp, Jersey mac, Lobo, McIntosh, Paulared, Spartan, Vista Bella
Great for cooking	Cortland, Gala, Honeycrisp, Lobo, McIntosh, Paulared, Spartan
Apple Sauce	Cortland, McIntosh, Vista Bella
Pies	Cortland, Lobo
Juice	Cortland, Empire, Jersey mac, McIntosh, Paulared, Spartan

COOKING THEM

Some apple varieties retain their shape better than others when cooking. Apples can be cooked, peeled or not, quartered, on the stovetop on low heat, adding a little liquid only to prevent the apples from sticking, or in the microwave oven. They will be ready to puree or to make apple sauce. In the oven, remove the core and choose a garnish of your choice to add to the empty centre (raisins, honey, coconut, walnuts, etc.).

NUTRITIONAL VALUE

Low in calories and low in fat, apples are mostly made up of water. They are rich in antioxidants and are a significant source of vitamins B, C and E. Their dietary fibre content promotes better intestinal transit, helps reduce blood cholesterol and plays a role in appetite control.

CONSERVATION

Apples can be kept in the refrigerator in a perforated plastic bag or in the fruit tray for a few weeks without washing. They freeze very well in puree or plain once peeled, sliced and sprinkled with lemon juice.

DID YOU KNOW THAT...

When you eat them raw, apples clean your teeth and massages the gums. Apples are said to have several medicinal properties, hence the popular saying “an apple a day keeps the doctor away”.

APPLE, BEET AND CRANBERRY SALAD

PREPARATION TIME : 20 MINUTES

COOKING TIME : 60 MINUTES (BEETS)

PORTIONS : 6



INGREDIENTS

SALAD

1 cup	(250 ml)	Cooked quinoa
4		Red or yellow medium-sized beets
1		Big apple from Québec
1		Small red onion, chopped
1/4 cup	(60 ml)	Dried cranberries, roughly chopped

DRESSING

1/4 cup	(60 ml)	Fresh Parsley	
2 tablespoon	(30 ml)	Olive Oil	
1 teaspoon	(15 ml)	Cider vinegar	Salt & pepper
2 teaspoon	(10ml)	Honey or maple syrup	Arugula (to garnish)

PROCEDURE

- To cook the beets: brush under water, cut the root as well as head and cut in half. Place the pieces in an ovenproof pyrex dish. Cover the dish with a lid or aluminum foil and bake 60 minutes in the oven at 180 ° C (350 ° F) or until tender but still firm. Allow to cool and peel.
- In a large bowl, whisk together all the dressing ingredients. Set aside.
- Cut the beets and the apple into cubes.
- Place all the ingredients in the bowl containing the vinaigrette. Stir to coat well.
- Serve as an accompaniment or as a starter. Garnish with arugula.

APPLE CRUMBLE

PREPARATION TIME : 15 MINUTES

COOKING TIME : 50 MINUTES

PORTIONS : 4



INGREDIENTS

TOPPING

1 ¹ / ₄ cup	(310 ml)	Quick cooking oat flakes
¹ / ₄ cup	(60 ml)	Brown sugar
¹ / ₄ cup	(60 ml)	Unbleached all purpose flour
¹ / ₃ cup	(75 ml)	Unsalted butter, soft

GARNISH

¹ / ₂ cup	(125 ml)	Brown sugar
¹ / ₂ teaspoon	(2,5 ml)	Ground cinnamon
6		Cortland or McIntosh apples, peeled and sliced
1 tablespoon	(15 ml)	Lemon juice

Delicious with vanilla ice cream!

PROCEDURE

- Place the grill in the bottom of the oven.
Preheat oven to 180 ° C (350 ° F).

TOPPING

- In a bowl, combine oatmeal, flour and brown sugar. Add the butter and mix well. Set aside.

GARNISH

- In another bowl, combine brown sugar and cinnamon. Add apples, lemon juice and mix well.
- Spread into a 20 cm (8 inch) square baking tray. Cover with the topping. Bake for about 50 minutes. Let cool.
- Serve warm or at room temperature.