Apple stuffing

Tart apples, onion and celery cooked in butter and tossed with bread cubes.

Makes
1 batch, about 950 ml

Cooking time
8 to 10 minutes

Kind
Side dishes

From
United States

Source
Apples in Appealing Ways (Home and Garden Bulletin No. 161), April 1969

Allergens

Contains

wheat (gluten): cubes of bread
milk: butter
celery: celery

Check the label for

barley (gluten): cubes of bread
egg: cubes of bread
soya: cubes of bread
sesame: cubes of bread

Suits vegetarians.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- ☐ 55 g butter
  In the source: "¼ cup butter, margarine, or bacon drippings"
- ☐ 80 g onions, chopped
- ☐ 50 g celery, chopped
- ☐ 500 g tart apples, diced
- ☐ ½ teaspoon salt
- ☐ 65 g sugar
- ☐ 140 g cubes of bread, small

You will need

- a large frying pan

Method

1. ☐ Melt the butter in a large frying pan. Add the onions, celery and tart apples, and sprinkle with the salt and sugar.
2. ☐ Cook for 8 to 10 minutes, turning now and then, until the apples are lightly browned.
3. ☐ Add the cubes of bread and toss gently to blend.

Notes

- The one use the source gives is in pork. It sprinkles the inside of a boned fresh pork shoulder of 1.8 kg with 1 teaspoon of salt, and pepper as desired, spreads it with the stuffing, folds the meat over the stuffing and skewers it, and bakes it skin side up on a rack in a shallow tin at 160°C (140°C fan), gas mark 3 for about 2 hours 30 minutes, or until the meat is tender and the juice is no longer pink.[1]
- The Food Safety and Inspection Service of the same department says that stuffed meat should go into an oven set no lower than 160°C (140°C fan), gas mark 3 immediately after it is prepared, and that a food thermometer should show the centre of the stuffing to have reached 74°C; if the meat is done before the stuffing reaches that temperature, the cooking goes on until it does.[2]

- The same service says that stuffing should not be prepared ahead: uncooked stuffing is not to be kept in the refrigerator, and must be cooked at once or frozen. For optimal safety and uniform doneness it advises cooking stuffing separately.[2]

The apples

The source asks for tart apples, diced, and tells the cook to let its table of varieties guide the choice. That table marks eleven varieties for general cooking and describes ten of them as tart in some degree.[1]

Varieties the sources name:

Cortland (North America) Grimes Golden (North America) Jonathan (North America) McIntosh (North America) Northern Spy (North America) Rome Beauty (North America) Stayman (North America) Winesap (North America) Newtown Pippin (North America) York Imperial (North America)

This recipe

It follows Apples in Appealing Ways (Home and Garden Bulletin No. 161). The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source allows butter, margarine or bacon drippings; we give butter. Its frypan is our frying pan. The metric quantities are our conversions of the source's cups, and the weight of apples is that of the diced fruit. The source's use of the stuffing in a pork shoulder is reported in a note, as far as the source states it, and is not part of our steps.

How the recipes are chosen and converted

Sources

1. Apples in Appealing Ways (Home and Garden Bulletin No. 161) (https://www.gutenberg.org/ebooks/62284), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, April 1969.
2. Stuffing and Food Safety (https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/stuffing-and-food-safety), Food Safety and Inspection Service, United States Department of Agriculture, Last updated 2 August 2013.
3. Apples in Appealing Ways (Leaflet No. 312) (https://archive.org/details/applesinappealin312unit), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Internet Archive, Issued September 1951, slightly revised May 1964.

From The World of Apples, apple.io/recipes/apple-stuffing/