

Imperial Fuji Apples

Congratulations! You have just received a shipment of some of the best tasting apples in the world. (Here are some helpful suggestions for maximum enjoyment.)

The Imperial Fuji Apple is a cross between a Red Delicious and a Ralls Janet apple. This delicacy originated in Japan over fifty years ago and was just recently introduced in California. The unique microclimate of our San Joaquin Delta is quite similar to Japan's Fuji growing region. The warm days and cool evenings provide perfect growing conditions for this gourmet apple.

Although your Fuji Apples have already been carefully hand selected and cleaned prior to shipment, it is recommended that you rinse and wipe clean prior to using. Fuji Apples are known for their exceptional shelf life and will stay sweet, firm and crisp for several weeks. Put them in your vegetable crisper or a plastic bag and store in the coldest part of the refrigerator away from strong-odored foods. For best results, start with fresh, cold apples in all your apple dishes.

The Fuji is unsurpassed for its juicy, tangy-sweet and crunchy texture. This versatile apple is best eaten plain but can be a wonderful addition to your favorite recipes.

Bon Appétit!



Pink Lady Apples

The Pink Lady boasts a bold hot pink color and is shaped like a Golden Delicious. Originally from Australia, it was developed by crossing a Golden Delicious and a Lady Williams. The Pink Lady has a unique sweet-tart flavor and is very crunchy. Some people say it is like a Gala with a zing! It is a very dense white apple internally and stores extremely well. Pink Ladies are grown in the San Joaquin Valley and the Cuyama Valley of California. This is a late season apple with availability from California from mid-October through April.

Apple Dumplings

- $\frac{1}{2}$ cup granulated sugar
- 1 tsp. ground cinnamon
- 1 tsp. flour
- 4 medium sized Mister Spear Fuji or Pink Lady apples, whole but peeled and cored
- 1 Tbsp. butter
- milk and sugar for dusting

Use your favorite recipe for two-crust pie dough. Roll the dough in a 12-inch square and cut it into 4 smaller squares. Combine sugar, cinnamon and flour. Place an apple on each square of dough and fill the cavity with the sugar mixture. Divide the butter in fourths. Place a fourth in each apple.

Gently bring up opposite corners of the square to enclose the apple. Seal all seams with a little water. Brush each dumpling with milk and dust with sugar. Place dumplings in a shallow baking pan and bake in 350° oven for about 40 minutes or until nicely browned and apples are cooked.



Nutrient Information

FUJI APPLE

Serving Size	1 Medium Apple
Calories	110
Carotene (A)	550 mg
Thiamine (B ₁)04 mg
Niacin20 mg
Riboflavin (B ₂)10 mg
Ascorbic Acid (C)	1.8 mg
Calcium	13 mg
Iron98 mg
Magnesium	8.2 mg
Phosphorus	21 mg
Potassium	136 mg
Sodium	12 mg
Crude Fiber	2.4 g
Protein54 g
Fat38 g
Carbohydrates	29 g

PINK LADY APPLE

Serving Size	1 Medium Apple
Calories	80
Total Fat	0 g
Cholesterol	0 g
Sodium	0 mg
Total Carbohydrates	22 g
Fiber5 g
Sugars16 g
Protein	0g
Vitamin A	2%
Vitamin C	8%
Calcium	0%
Iron	2%

Spinach and Apple Salad with Bacon

- 1 unpeeled Mister Spear Fuji or Pink Lady apple
- 4 large slices lean bacon
- 2 bunches fresh spinach
- 5 tsp. plain, natural yogurt
- French salad dressing

While bacon is frying crisp, core, dice or slice thinly the apple and sprinkle with lemon juice to prevent discoloration. Drain crisp bacon on paper towels, crumble.

Wash spinach thoroughly and spin dry. Discard coarse stems and tear the tender leaves into 2-inch bite-sized pieces. Place spinach in a large serving dish or bowl, add the apples, crumbled bacon, and yogurt and mix.

Chill until ready to serve. Just before serving pour a thin layer of French dressing (*recipe follows*) over the salad, and toss with two forks to combine thoroughly. Serve immediately. Serves 4.

Caramel Dipped Apples

(peeled or unpeeled)

Wash and wipe all apples. They are best if chilled before eating.

Using either Mister Spear Fuji or Pink Lady apples, remove the core and slice to desired wedge thickness.

In a double boiler or microwave (3 to 7 seconds on High), warm an appropriate amount (1-2 tablespoons per medium apple) of Kings Cupboard Pear Cinnamon or Creamy Caramel Sauce until just warm. If microwaving in the jar, remove lid before heating.

Dip the chilled apple wedges into the warm caramel and enjoy! (You don't want to chill after cutting because apples will oxidize and turn brown)

*In addition to caramel apple dip, The King's Cupboard caramel dessert sauces are excellent drizzled over ice cream, pound cake, waffles, crepes and popcorn. The sauces make a wonderful accent for cheesecake, creme brulee, fruit crisps and bread pudding. Use to compliment parfaits, tarts, brownies and fondue. Also, try the sauces as great filling for cakes, tortes, cookies, bars and ice cream pies.



Waldorf Salad

The time-honored, aristocratic Waldorf Salad may be made only better by using Mister Spear Fuji or Pink Lady apples. The basic recipe is a combination of apple, celery, walnut or pecan nuts, and mayonnaise. Tokay grapes (seeded), Thompson seedless grapes, seedless Flame grapes or raisins are frequently incorporated with the basic ingredients for wonderfully flavored varieties of this lovely salad.

- 1 cup finely diced celery
- 1 cup coarsely diced Mister Spear Fuji or Pink Lady apples
- 1 cup seeded grapes or raisins (optional)
- ½ cup coarsely chopped walnut or pecan nut meats
- ¾ cup mayonnaise or salad dressing (recipe follows)

In a large glass or stainless steel bowl, combine all ingredients, and sufficient salad dressing to coat completely, mix well and chill. Serve on chilled salad plates lined with crisp, cold leaves of iceberg, romaine, or red-leaf lettuce.



Recipes Compliments of Mister Spear Customers.

Kitty's Apple Croissant Pudding

- 6 day-old croissants, cut into 1" pieces and let dry
- ¼ cups half & half
- 3 whole fresh eggs
- pinch of salt
- ¼ cup granulated sugar
- ⅔ tsp. pure vanilla extract
- 2 cups whole milk
- 1 tsp. pure vanilla extract
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 2 Tbsp. butter
- 2 cups Mister Spear Mister Spear Fuji or Pink Lady apples peeled, cored and cut into 1" pieces
- 1½ cups heavy cream
- 4 Tbsp. honey
- 2 Tbsp. dark rum
- Preheat oven to 350°
- Combine half & half, eggs, salt, sugar and ⅓ tsp. vanilla in top of double boiler and simmer until mixture reaches custard stage. Add milk, additional vanilla, cinnamon and nutmeg.
- Meanwhile, toss apple dice with croissant dice and place in buttered 9x13 baking dish. Top with custard mixture, dot with butter and sprinkle with 3 tsp. cinnamon sugar mixture. Bake 1 hour uncovered.
- For Garnish, whip cream, fold in the honey and rum.

French Salad Dressing

- 1 Tbsp. red wine vinegar
- 4-6 Tbsp. extra-virgin olive oil
- ½ tsp. Dijon-style mustard
- 1 garlic clove mashed and mixed with salt

Place ingredients, in the same sequence as shown above, in a small bottle with a screw top and shake well. Let flavors blend for at least 30 minutes.

Just before serving, shake well and pour over salad. Toss lightly to coat salad ingredients with a thin layer of salad dressing.

Boiled Salad Dressing

- 1 tsp. salt
- ⅓ tsp. paprika
- ¼ -½ cup granulated sugar
- 3 whole, fresh eggs
- ½ tsp. Dijon-style mustard (optional)
- 6 Tbsp. fresh lemon juice
- 2 Tbsp. melted butter
- 6 Tbsp. heavy cream

Mix all ingredients together in the top of a double boiler. Cook, stirring occasionally, over (not in) boiling water until dressing is thick. Slowly add the lemon juice while beating dressing. If dressing is too thick, thin with fruit juice or cream.