

Orchard Recipes from Bridgetown and Beyond



Bridgetown Historical Society Inc.

The recipes in this booklet have been collected by families from Bridgetown over the decades.

Some of the recipes are from a booklet, *Apples the Bridgetown Way*, compiled by the Bridgetown 150th Anniversary Committee, the sesquicentenary celebration of Western Australia, and published in 1979. These will be identified with the notation WAY79.

Some recipes will have comments added by the contributor.

Some recipes come from the Geegeelup Village Inc. recipe collection, *Granny's Favourite Recipes* date unknown.

Some recipes come from the Bridgetown Hospital Ladies Auxiliary recipe booklet, *More Prescriptions for Delicious Dishes*, date unknown.

Toffee Apple Cake from *Nelson Mail* 4 March 2026.

Photos from Bridgetown Historical Society's collection.

Compiled by Bridgetown Historical Society Inc. 2026

Index

Apple Gingerbread	1
Apple Crumble (1)	2
Apple Pudding	2
Apple Sour Cream Bake	3
Apple Dump Cake	4
Apple Crumble (2)	5
Apricot Crumble	5
Apple Dapple Pudding	6
Spiced Apple Cake	7
JBs Icky Sticky Pudding	8
German Apple Cake	9
Apple Snow (1)	10
Apple Mint Sauce	11
Jackie's Apple Cake	12
Apple Quench	13
Apple Mead	13
Apple Punch	14
Apple Chutney	15
Wholemeal Apple Slice	16
Delicious Apple Crunch	17
Dehydrating Apple Slices	17
Apple Raisin Cookies	18
Golden Apples	19
Haybox Cookery	20
Apple Tart	21
Basic Crumble topping	22
Dorset Apple Cake	22
Nan Smith's Apple Tart	23
Nan's Shortcrust Pastry	23
Apple Scones	24

Some Ways with Apples	25
Apple Charlotte	26
Apple Strudel	27
Nan's Apple Sponge	28
Apple Cake	29
Apple and Mint Chutney	30
Almond Crusted Apples	31
Apple Cheese	31
Apple Snow (2)	33
Home-made Cider	35
Apple and Celery Salad	35
Apple and Cabbage Salad	36
Pork Chops with Onions and Apples	36
Mincemeat (1)	37
Mincemeat (2)	38
Apple Bread and Butter Pudding	40
Apple and Hazelnut Cake	41
Apple Crumble Muffins	42
Lumberjack Cake	44
Toffee Apple Cake	45

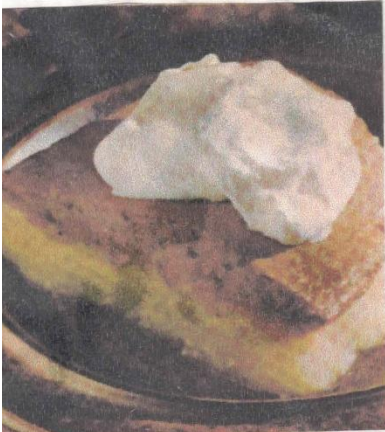
APPLE GINGERBREAD.

$\frac{1}{4}$ c 60g (2oz) butter $\frac{1}{2}$ t bicarb soda $\frac{1}{2}$ c brown sugar 2t ground ginger
 2 t golden syrup 6 apples
 1 egg $\frac{1}{4}$ c water $\frac{1}{2}$ c milk
 4 T sugar 1 c plain flour

Peel apples, cut into quarters, remove cores; cut each quarter into slices. Put apples, sugar and water in saucepan, cover, bring to the boil, boil 5 minutes until apple has broken down to a pulp. Cool.

Sift flour, ginger and soda, rub in butter until mixture resembles fine breadcrumbs, stir in brown sugar. Beat egg, golden syrup and milk together, add to flour mixture and beat until smooth.

Place apple pulp in base of greased 20cm (in) pie plate, pour ginger mixture evenly over top. Bake in mod. oven 30 to 35 mins. Cut into slices and serve with cream or custard. Serves 4.



Recipe from Cheryl Wilson née Armstrong

Apple crumble (1)

Slice apples thinly into dish and sprinkle with 115 gms sugar and 1 teaspoon of cinnamon.

Rub 115 gms butter into 115 gms plain flour. Add 2 tablespoons brown sugar and sprinkle over apples.

Bake at 200c for half an hour or more until apples are cooked.

Apple pudding

4 large apples, cored and sliced

½ cup sugar

1 cup cold water

2 tblsp SR flour

2 tblsps butter

Place apples in baking dish. Rub butter into flour, add sugar and water. Pour over apples and bake in a hot oven for ¾ hr.

Apple Sour Cream Bake

170 gms pl flour	<i>Topping</i>
85 gms sugar	1 egg, whisked
2 tsp baking powder	250 mls sour cream
½ tsp cinnamon	50 gms brown sugar
120 mls milk	30 gms chopped walnuts
1 egg	
115 gms softened butter	
~450 gms peeled, cored sliced apples	

Sift dry ingredients, add milk, butter and beaten egg and beat until smooth. Stir in apples. Turn into greased, oven-proof dish 15 cms x 25 cms x 6 cms deep.

Topping

Blend sour cream and whisked egg. Pour over mixture. Mix together sugar and walnuts and sprinkle on top. Bake in moderate oven for 1 hour. Serves 6.

Apple Dump Cake

425 gms (1 tin) pie apples or apricots

225 gms melted butter

1 ½ cups sugar

2 eggs, whisked

1 tsp vanilla essence

50 gms walnuts, chopped

1 cup SR flour

1 tsp bicarb soda

2 level tsps cinnamon

½ tsp mixed spice

½ tsp nutmeg powder

Pinch of salt

Dump everything in a bowl, stir then into a baking dish. Bake at 170c for approx. an hour.

This is a Mona Stockwell recipe; she liked simple recipes. Gillian Wheatley says she added about 50 gm ginger.

Apple Crumble (2)

4-5 apples, peeled, cored and sliced into pie dish. Layer with 2 tbsps sugar and $\frac{1}{2}$ tsp cinnamon.

Mix 150 gms plain flour with 4-5 tbsps sugar. Add 85 gms butter and mix to a crumbly consistency.

Cook at 225c for 20 minutes.

The crumble is delicious so I usually do double quantity. Lovely with custard or cream.

APRICOT CRUMBLE J. Bayliss

$\frac{1}{2}$ cup S.R. flour	<i>Excellent with apple too</i>	1 egg, lightly beaten
$\frac{1}{2}$ cup sugar		1 tablespoon lemon juice
$\frac{1}{2}$ teaspoon cinnamon		425g can dessert apricot
$\frac{3}{4}$ cup water		

Topping

$\frac{1}{2}$ cup S.R. flour	2 tablespoons coconut
$\frac{1}{3}$ cup brown sugar	60g butter cut into pieces

Sift flour, sugar and cinnamon into a bowl. Mix together water, egg and lemon juice and add to flour mixture, stirring well. Add dessert apricot and mix well. Pour into a well greased 7cup shallow ovenproof dish, smoothing top level. Sprinkle topping evenly over top and bake in a moderate oven 180C for 50 to 60 minutes or until brown. Serve warm with ice cream or custard.

Topping

Place flour, brown sugar and coconut in a bowl and mix well. Add butter and rub in until mixture resembles breadcrumbs.

Note: This pudding is equally delicious made with dessert peaches, drained canned pears, or pie apple.

Recipe from Cheryl Wilson née Armstrong

Apple Dapple Pudding

½ cup SR flour

½ cup sugar

1 tsp cinnamon

½ tsp nutmeg

½ cup sultanas or raisins

¾ cup water

1 egg, lightly beaten

1 tblsp lemon juice

4 ½ cups sliced apple.

Topping

½ cup SR flour

¼ cup brown sugar

1 tsp cinnamon

1 tsp lemon rind

¼ cup softened butter

Sift together flour, sugar and spices. Combine water with egg and lemon juice, add apple slices and sultanas, then mix in dry ingredients. Spoon into prepared, greased dish.

Topping

Rub butter into dry ingredients and sprinkle over apples.

Bake in moderate oven for about 1 hour.

Spiced Apple Cake Recipe from Ruth Egerton-Warburton

2 lge Granny Smith apples, peeled, cored and chopped

1 cup sugar

1 cup sultanas

1 cup SR flour

1 tsp cinnamon

1 tsp mixed spice

2 eggs, beaten

60 gms melted butter

Mix all ingredients together (it will be rather stiff). Cook in greased tin for 35 - 40 minutes at 180c.

Serve with lemon icing or cream.

JB's Tacky Sticky Pudding

Jenny Bagshaw
Bridgetown

Best served warm with hot toffee sauce
and cream or icecream.

350g Chopped dates
2 teasp. bicarb. soda
500ml water

Combine these ingredients in a saucepan and
boil until a dark, sticky, soft, gummy mess.

Add: (while still warm)

120g diced butter
300g dark brown sugar

Stir well until dissolved and melted.

Add:

4 lightly beaten eggs
2 cups sifted S.R. flour
1 teasp. Vanilla essence
Beat well.

Cook in well greased 24 cm cake tin in a
moderately slow oven (150°C) for about an hour.

Hot Toffee Sauce:

400g dark brown sugar
250g melted butter
Dissolve together in a small pan

Add:

200 ml whipping cream
Dash vanilla essence

And the secret ingredients - rasala and
brandy to taste!!!

Recipe shared by Pip Mills, Bridgetown Pottery Restaurant

German Apple Cake

125 gms butter

90 gms sugar

1 cup SR flour, sifted

1 egg, beaten

Melt butter in large saucepan, add sugar and stir until it is beginning to dissolve. Add flour and stir well. Add egg.

Grease an 18 cms (springform) cake tin and spread half the mixture over the base of the tin.

Filling

Peel, core and slice 3 large cooking apples. Arrange half the apples over the cake mixture in the tin. Mix sugar and spices and sprinkle over apple. Cover with remaining apple. Sprinkle with lemon juice.

Spread remaining cake mixture over top of apples and smooth down.

Cook in moderate oven for 35-40 minutes or until cooked and light brown.

Apple Snow *The Gentle Art of Cooking* 1942

3 or 4 large cooking apples

2 or 3 tblsps castor sugar

Whites of 2 or 3 eggs

Strips of lemon rind

Bake or stew apples with a tblsp of sugar, a little water and lemon rind.

Pass cooked apple pulp through sieve.

Beat the egg whites stiffly and gradually add remaining sugar.

Beat apple pulp gradually into egg whites until the mixture is light and soft like snow.

Pile it roughly into a glass dish and decorate with cherries.

Apple Mint Sauce Bridgetown Hospital Ladies Auxiliary

6 large cooking apples (Granny Smith), peeled, cored, quartered

1 cup water

1 ½ cups sugar

½ pint (280 mls) white vinegar

1 cup finely chopped mint

Put apples and water in saucepan and bring to boil. Simmer for 12-15 minutes or until soft. Remove from heat and push pulp through a sieve and return to saucepan. Add sugar and vinegar and bring to boil. Boil gently uncovered for 30 minutes. Add mint, cook 2 minutes. Pour into jars and seal. Delicious with cold meats. Makes about 2 pints (~ 1 litre).

Jackie's Apple Cake

Jackie Beckmann
Boyup Brook '84

(Double Recipe)

Best served warm with cream

- 4 6 diced, par cooked Granny Smiths (retaining some fluid)
- $\frac{3}{4}$ $1\frac{1}{2}$ cups rolled oats
- $\frac{3}{4}$ $1\frac{1}{2}$ cups white sugar
- 125 250 grams melted butter

Combine the above ingredients and stand for 10 mins (not vital! - I usually stand them until other yukky jobs are done around the kitchen.)

Add: (sifted together)

- $\frac{1}{2}$ 3 cups plain flour
- 1 2 teasp. bicarb soda
- 1 1 Tablesp. nutmeg
- 1 1 Tablesp. cinnamon

Stir all ingredients together - if more juice needed add a little water.

The original recipe says to cook the cake in a ring tin in a moderate oven for 40-45 minutes however I prefer to use a 6lt Bessener Dutch oven on top of the stove on low heat. (with open vent)

Topping: (put on top of cake while still hot)

- 4 Tablesp. melted butter
- 1 cup rolled oats
- $\frac{1}{2}$ cup dark brown sugar
- $\frac{1}{2}$ cup slivered almonds

Recipe shared by Pip Mills, Bridgetown Pottery Restaurant

Apple Quench WAY79

Granny Smith apples

Lemon juice

Sugar

Soda water

Stew peeled apples 'til tender with just enough water to cover.
Mash and sieve. Sweeten to taste.

Add one tablespoon of lemon juice to half a glass of apple juice.
Fill with iced soda water when wanted.

Apple Mead WAY79

4-6 apples chopped and boiled until soft in a gallon (3.8L) of water. Add a pinch of hops and 1 lb (450 gms) honey. Boil for 5 minutes. Strain.

When lukewarm, add $\frac{1}{4}$ tsp of dried yeast.

Skim next morning and bottle (not too tightly for the first few days).

Delicious when kept in fridge. Good for arthritis.

Apple Punch WAY79

7 large Granny Smith apples

16 cups water

1 cup raisins and a few extra seeded raisins

Few bay leaves

1 stick cinnamon

Juice of 5 lemons and grated rind of 3 of them

2 lbs (900 gms) sugar

Dozen crystalised cherries

Core and quarter apples (don't peel) and put in pan with 8 cups of cold water. Add 1 cup raisins, bay leaves, cinnamon, grated rind and juice of 3 lemons and boil.

After boiling add remaining water, boil for a further $\frac{3}{4}$ hr then drain.

Add sugar and juice of 2 remaining lemons, stir until dissolved. Add cherries, some chopped seeded raisings and serve in punch cups.

Apple Chutney Recipe from Mrs Percy, *Freshford*, Hurst Green UK

3 lbs (1.36 kgs) tart (Bramleys are best) apples, peeled and cored

1 ¼ lbs (560 gms) brown sugar

¾ lb (340 gms) sultanas

6 oz (170 gms) finely chopped onions or shallots

2 oz (5 gms) salt

½ oz (10 gms) mustard seed

½ oz (10 gms) chopped garlic

¼ oz (7 gms) root ginger, peeled and grated

3 chopped chillies

Pinch cayenne pepper

½ pt (280 mls) vinegar

Simmer apples, sugar and all other ingredients except vinegar until well mixed and apple is cooked.

Add vinegar and boil up.

Put in a basin and cover (a tea towel is ok) and stir 3 times a day for a week. Keep in fridge during this time.

Bottle (e.g. Kilner jar) and cork well.

Wholemeal Apple Slice Geegeelup Village Inc.

1 cup chopped, dried apples

½ cup raw sugar

⅓ cup sesame seeds

½ cup chopped dates

2 eggs

⅓ cup desiccated coconut

2 tblsps honey

½ cup wholemeal SR flour

Place apples in bowl and cover with boiling water – stand half an hour. Drain well. Beat eggs and sugar together with fork. Add coconut, sesame seeds and flour (return husks from sifted to other ingredients). Mix well. Spread mixture evenly over base of wee-greased 28 x 18 cm lamington tin. Bake in mod. oven for 30 mins, stand for 10 mins before cutting. Cool in tin.

Delicious Apple Crunch Bridgetown Hospital Ladies Auxiliary

Place stewed apples in a dish and top with the following:

2 cups breakfast cereal

¼ cup brown sugar

½ tsp cinnamon

2 ozs (50 gms) melted butter

Mix well together and bake in a moderate oven until crisp. Serve hot.

Dehydrating Apple Slices

Core apples (using an apple corer), slice into ¼ cm thick rings and place in large bowl of 1 cup of lemon juice mixed with 1 litre of water. Seep for 10 minutes, making sure all apple is covered.

Drain, dehydrate at 57c for 7 - 15 hrs until pliable.

Cooking

APPLE RAISIN COOKIES

For Apple Raisin Cookies you will need: 2 oz. butter, 1 cup brown sugar, $\frac{1}{2}$ cup raisins, 1 egg, $\frac{1}{2}$ cup oatmeal, 1 cup S.R. flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup apples (stewed), $\frac{1}{2}$ cup chopped nuts, 2 tablespoons milk.

Cream butter and sugar, add egg and beat well. Add oatmeal and stewed apples (from which the juice has been poured off). Sift flour, salt, add to the mixture, then the fruit, nuts and milk. Drop in spoonfuls on a scone tray. Bake in a moderate oven 15-20 minutes.



PARTY FRUIT DRINK

You will need one cup orange juice, $\frac{1}{2}$ cup lemon juice, grated rind of $\frac{1}{2}$ orange, grated rind of one lemon, one quart water, one cup sugar, one quart ginger ale and $\frac{1}{2}$ cup sliced bananas.

Boil sugar and water together for five minutes. Cool and add juices and grated rinds. Just before serving, add ice-cold ginger ale and sliced bananas.

Golden Apples Geegeelup Village Inc.

4 big apples peeled and sliced

1tblsp butter

1 tblsp flour

1 tblsp golden syrup

½ cup sugar

1 cup hot water

Mix butter, flour, syrup, sugar and water 'til smooth.

Put apples in ovenproof dish and pour flour mixture over.

Bake until tender in moderate oven. Serve hot or cold with unsweetened cinnamon cream.

HAYBOX COOKERY

By H. M. GLOSTER

IN the humble haybox we have an inexpensive form of fireless cooker which will be found ideal for the preparation of soups, stews and other dishes requiring long, gentle, even cooking. The haybox operates by retaining the heat in partly cooked pre-heated dishes, long enough for the cooking process to be completed.

The farm housewife—so often condemned to stay in an overheated kitchen when the mercury is climbing high, even in the shady spots—will find the haybox particularly useful. Food transferred to the haybox needs no further attention as it cannot burn or over-cook, so there is no need for long vigils by the hot stove.

At extra busy periods such as shearing-time and harvesting, porridge and other breakfast dishes may be prepared at night and placed in the haybox so that they will continue to cook and be available for an early breakfast. Similarly, on shopping days, a stew or boiled meat dish may be left to complete its cooking in the haybox while the family is away at the township. On their return, the meal will only need a brief "finishing off" before it is ready to serve.

In the cities and suburbs the haybox has already made many friends. It is particularly useful for working women who do their own housekeeping—and it can help to keep down fuel bills whether they be for gas, electricity or wood.

TO MAKE THE HAYBOX

Obtain a stout wooden box with strong hinges and clasp. The box must be at least eight inches wider than the diameter of the saucepan or billycan



Fig. 1.—Perspective view of the haybox. It should be a stoutly-constructed wooden box with strong hinges and clasp.

that it is intended to use as a container, and should be about eight inches deeper than the depth of the container. This is to ensure that there will be at least four inches of insulating material surrounding the container in order to retain the heat.

The home-made haybox shown in the photograph measures 20in. x 17in. x 16in. and will take two containers.

Line the box, including the lid, with layers of newspapers and tack a lining of felt or flannel over the paper to keep everything in position. Old blankets or rugs which have been well laundered make excellent linings.

Now pack the bottom of the box with hay to a depth of four inches. Meadow hay or dried grass will be better for this purpose than oat or wheaten hay which is apt to be coarse and brittle, but either kind may be used.

Stand the container or containers on the hay, keeping them at least four inches apart if more than one are used.



Fig. 2.—Top-down view of lid. Note thick lining of old newspapers corner with flannel strips. These should be well tacked to lid between the sides and the sides of the box and a similar hay should space between the strips at two inch intervals. The horizontal cushions sit on top of the linings.

Pack hay firmly between and around the containers.

Make one or, preferably two cushions stuffed with hay to place on top of the containers. They should fill all the space in the box tightly so that the lid can only be closed by applying pressure.

RULES FOR HAYBOX COOKERY

1. All foods must be at boiling point and placed in heated containers when transferred to the box.

2. The containers must have tightly-fitting lids.

3. Containers must be filled with the food



Fig. 3.—Porridge cooked for only five minutes and then left overnight in the haybox is cooked and ready to be served for breakfast.

691

Journal of Agriculture Vol. 1 1952

692

Journal of Agriculture Vol. 1 1952

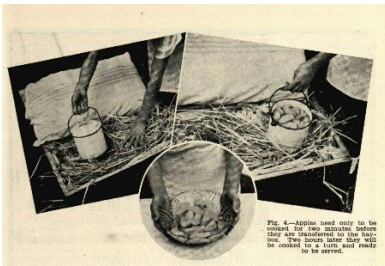


Fig. 4.—Joints need only to be cooked for two minutes before they are transferred to the haybox. They should then be cooked to a turn and ready to be served.

that is to be cooked. If the container is not full it will be found that the food cools rapidly and stops the cooking process before it is completed. If the container used is smaller than the space allotted, the extra space should be filled up with screwed-up paper or more hay.

4. Do not open the haybox until you are ready to take the food out.

5. Foods cooked in a haybox take about four times their normal cooking periods.

6. Food should be re-heated just before serving.

7. For large joints of meat or any food requiring a long time to cook, it may be necessary to remove the container from the box at the end of about

four hours and bring the contents to the boil again before returning to the box to complete the cooking.

TIMING TABLE FOR HAYBOX COOKING

Food	Preliminary Cooking on Stove	Additional time in Haybox
Soup	45 min.	8 hours
Pudd.	5 min.	30 minutes
Irish Stew	20 min.	2 1/2 hours
Meat	20 min.	2 1/2 hours
Veget.	5 min.	4 to 8 hours for 6lb. joint
Boiled Meat	5 min.	2 1/2 hours
Beef Stew	45 min.	11 hours
Vegetables	5 min.	All night
Porridge	5 min.	2 hours
Rice	2 min.	2 hours
Stewed Fruit	5 min.	2 hours

AN ECONOMY HINT

Instead of discarding coarse green outer leaves of lettuce when making salads, wash them thoroughly and break up roughly between the fingers. Carefully remove any discoloured portions then cook the remainder as one would cook silver beet or spinach. Serve with butter, pepper and salt as a green cooked vegetable.

693

Journal of Agriculture Vol. 1 1952

Apple Tart

1 - 2 sheets puff pastry

8 Granny Smith apples, 4 peeled, quartered and sliced thinly, 4 cut in same way but sliced lengthways.

25 gms butter

55 gms sugar

3 tblsp Calvados or brandy

1 tbsp castor sugar

Custard to serve

Use pastry sheets to cover a 20 cm baking tray in a circle. Prick with fork and turn up edges – leave in fridge to chill.

Sauté quartered apples in melted butter. Simmer very gently for 10 minutes then purée and add sugar. Cool, and spread over pastry. Cover with remaining sliced apples.

Cook at 190c for about 20 - 30 minutes.

Sprinkle pie with sugar and 1 tblsp Calvados or brandy and caramelize the top under the grill. Stir remaining Calvados/brandy into custard and serve.

Basic Crumble Topping

150 gms plain flour

150 gms granulated sugar

125 gms butter, diced

50 gms flaked almonds

Rub flour, sugar and butter together to fine breadcrumbs. Stir in almonds and sprinkle on stewed fruit. Bake at 180c ~ 40 mins.

Dorset Apple Cake

 Recipe from Mrs Percy, *Freshford*, Hurst Green UK

Cream 125 gms butter in 125 gms castor sugar.

Add 2 eggs and 175 gms SR flour.

Peel, core and grate 450 gms apples and stir into mixture.

Add a few sultanas.

Put into a greased tin and bake at 160c for about 80 minutes, until golden brown and firm.

Turn out when still warm.

When cold, brush with melted butter and sprinkle with a castor sugar and cinnamon mix.

Nan Smith's Apple Tart

6 green apples (like Granny Smiths), peeled, cored and chopped

Raw sugar about ¼ cup

A few cloves

Simmer apples and sugar for about ten minutes to partially cook apples. Put into a pie dish and stud with cloves. Roll out pastry and cover pie. Cook at 180c for about ½ hr until pastry is browned and cooked through.

Nan's Shortcrust Pastry

1 cup plain flour

¼ cup custard powder

2 tbsps castor sugar

100 gm butter, softened

1 -2 tbsps water

Process flour, custard powder, butter, & sugar until fine breadcrumbs and it starts to clump together. Add enough water to make the dough. Cool in fridge until needed.

Apple Scones Recipe adapted from *Northern Ireland WI Cookbook*

1 medium apple, Granny Smith, peeled & grated coarsely

50 gms castor sugar

250 ml buttermilk

225 gm self-raising flour

1 level tsp baking powder

50 gm butter

Raw sugar and cinnamon mixture

Sift flour, baking powder and rub in butter. Add sugar, apple and milk. Mix well. Turn out dough and mold into greased, circular baking dish or pie plate. Push down slightly and sprinkle with cinnamon sugar.

Bake at 200c for about 15 - 30 minutes depending on oven. It will be cooked when it looks brown and firm.

When cool, cut into wedges.

Some ways with Apples

by HELEN M. GLOSTER

Now that the new season's apples are becoming available, the housewife will be looking for new ways of cooking and serving this ever-popular fruit. Perhaps some of these recipes will enable you to "ring the changes" on the family menu.

APPLE CRUMBLE

Ingredients:

- 4 large cooking apples.
- ½ cupful butter, margarine or good beef dripping.
- 1 cupful raw sugar.
- 1 cupful plain flour.
- A squeeze of lemon juice.
- A little spice or ground cinnamon if liked.
- Pinch salt.

Method:

- (1) Grease a pie dish and three-quarter fill with sliced apples.
- (2) Sift the flour, salt and spice.
- (3) Rub the fat into the flour until the mixture resembles fine bread-crumbs.
- (4) Add the sugar, mix well.

- (5) Spread the mixture over the apples.

- (6) Bake in a hot oven for ten minutes, then reduce the heat and continue baking until the apples are soft and the crumble nicely browned.
- (7) Serve hot with custard or whipped cream.

APPLE SPONGE SNOW

Ingredients:

- 2 lb. apples.
- Stale sponge cake.
- A little sugar.
- Squeeze of lemon juice or a strip of lemon rind.
- Pinch salt.
- Cochineal (if liked).
- 3 eggs.

121

Journal of Agriculture Vol. 2 1953

- 1 pint milk.
- 1 tablespoonful sugar.
- Vanilla.

Method:

- (1) Peel the apples, cut up roughly.
- (2) Add lemon and a little water, cook until apples begin to pulp.
- (3) Allow to cool, sweeten to taste, then mash with a fork.
- (4) Place pieces of sponge in a serving dish, pour over half the apple.
- (5) Make a custard with the egg yolk.
- (6) Pour custard over sponge and apples.
- (7) Whisk the egg whites with a pinch of salt until stiff.
- (8) Add remainder of pulped apples to egg white, beat well.
- (9) Pile the apple snow on top.
- (10) Cochineal may be added to part of the apple snow to make a more decorative dish.

Oince cherries may also be used for decorations for special occasions.

APPLE WHIP

Ingredients:

- ½ tablespoonful semolina.
- 1 cup apple puree (steamed pulped apple) or syrup from stewed apples.
- 1 tablespoonful sugar.
- Lemon rind or juice.
- Pinch salt.

Method:

- (1) Blend semolina with fruit syrup.
- (2) Bring remainder of puree or syrup to boil.
- (3) Pour on to blended semolina and return to the pan.
- (4) Stir over a gentle heat and boil seven to ten minutes to cook the semolina.
- (5) Sweeten to taste.

- (6) Allow to cool but not to set, then whisk thoroughly until light and fluffy.
- (7) Serve cold.

N.B.—Variety may be obtained by using any stewed soft fruit, or stewed rhubarb.

FRUIT FOOL

Ingredients:

- 1 lb. stone fruit, apple or rhubarb.
- 1 tablespoonful sugar.
- 1 to 2 tablespoonfuls water.
- ½ pint thick cold custard.

Method:

- (1) Prepare fruit and stew gently until tender with sugar and water.
- (2) Allow to cool, strain off most of the juice.
- (3) Add custard to the fruit, beat well.
- (4) Serve cold.

N.B.—Treat for the fruit juice.

This makes a delicious drink if a little is poured into a tumbler, an ice cube added then tumbler filled with ginger beer or other aerated water.

Syrup from stewed fruit may be made into a sauce to serve with steamed or baked cake puddings.

Syrup is added to blended cornflour, the mixture placed in a saucepan and stirred over the fire until sauce has boiled for five minutes.

Sweeten to taste.

APPLE CHUTNEY

Ingredients:

- 5 lb. cooking apples.
- 1 lb. onions.
- 2 level teaspoons ground ginger.
- 2 level teaspoons salt.
- 2 level teaspoons pickling spices (cloves, allspice, peppercorns).
- 1 lb. sugar.
- 1 pint vinegar (1 bottle).

Journal of Agriculture Vol. 2 1953

Method:

- (1) Mince or chop onion, cook in very little water for 30 minutes, using a covered pan.
- (2) Mince or chop apples, then add to onion.
- (3) The spices, sugar and salt in muslin bag, add to chutney.
- (4) Cook gently until apples and onions are tender, about 1 an hour.
- (5) Add vinegar and sugar, stir well and cook gently without lid until mixture is thick.
- (6) Remove muslin bag.
- (7) Bottle chutney and seal with a layer of melted fat or melted paraffin wax.

TO DRY APPLES

Apples should be ripe but freshly picked. Peel and core apples and cut into rings about ¼ in. thick. Remove bruised parts. Place apples in once in salt water (1 tablespoonful salt to quart water). Place a plate on top to keep apples under the water. This prevents discoloration.

Drain well and place in single layers on trays.

Dry until the consistency of chamotte leather.

N.B.—Apple rings may be dried on to sticks or a piece of twine for threading if desired.

MULBERRY AND APPLE JAM

Ingredients:

- 4 lb. mulberries.
- ½ pint water.
- 1½ lb. peeled, cored and sliced sour 6 lb. apples.

Method:

- (1) Place mulberries and half the water in a pan, stew slowly until tender.
- (2) Stew apples until soft in remainder of water.

- (3) Place both fruits together, add sugar and stir until dissolved.
- (4) Boil quickly until just point is reached.
- (5) Bottle and seal.

BLACKBERRY AND APPLE JAM

Make as above, using blackberries in place of mulberries.

AN ECONOMY HINT

Apple preparations and cores if saved during food preparation may be turned into apple jelly by following the usual apple jelly recipe.

BAKED APPLE GINGER PUDDING

Ingredients:

- 1 lb. cooking apples.
- 4 oz. soft melting butter.
- 1 teaspoon ground ginger.
- 1 lb. golden syrup.
- 1 oz. or 2 oz. margarine, butter or good cooking fat.
- 1 egg.
- 2 oz. sugar.
- Pinch salt.
- A few almonds, if liked.
- Few cloves.
- Strip lemon rind.

Method:

- (1) Peel and quarter apples.
 - (2) Stew with sugar, cloves, lemon rind and one tablespoonful water until soft.
 - (3) Mash apples and place in a greased pie dish. If preferred leave apples in segments.
 - (4) Heat syrup and fat, mix together and add the beaten egg. Beat well.
 - (5) Stir in sifted flour, salt and ginger.
 - (6) Mix lightly and place on top of the apples.
 - (7) Sprinkle with blanched almonds and bake in a moderate oven until nicely browned and cooked through.
- Time—about 30 minutes.

Journal of Agriculture Vol. 2 1953

Variations:

- (1) Pears or rhubarb may be used instead of apples.
- (2) Mixed pines or ground cinnamon may be used instead of ground ginger.

GRAPE AND APPLE JAM

Ingredients:

- 6 lb. grapes (muscatels).
- 2 lb. tart apples (new season's apples).
- 6 lb. sugar.

Method:

- (1) Pluck grapes off bunches and wash.
- (2) Put grapes into a preserving pan and prick well or press to break

the skins. This frees juice and allows seeds to escape.

- (3) Wash and dry apples and slice them into the pan. The skins may be left on.
- (4) Sprinkle over 1 lb. of the measured sugar and leave until the juice gathers from the grapes.
- (5) Boil fruit gently until tender.
- (6) Add sugar. When sugar has dissolved boil jam quickly until "jell point" is reached.
- (7) Remove grape seeds as they rise. A small strainer is useful for this purpose.
- (8) Bottle while hot.
- (9) Cover and label when cold.

Apple Charlotte Recipe from *Aunt Mary's Cookery Book* 1935

Stale sponge cake, cut into slices 4 cm x 10 cm

½ dozen apples, peeled, cored and quartered

85 gms castor sugar

120 mls water

3 tblsps butter

Cinnamon sugar (raw sugar and cinnamon powder)

Make a syrup with butter and water. Cook apples in syrup gently until tender.

Melt butter and dip cake slices – line base of deep dish with ½ cake slices.

Pour over cooked apple then cover with remaining cake slices.

Bake in moderate (180c) oven until deep brown.

When cooked, turn out onto plate and sprinkle with cinnamon sugar. Serve with custard or cream.

**Aunt Mary's Cookery Book* was first printed in 1935 by Tillock & Co Ltd, Sydney. The book was produced to showcase Tillock's product Aunt Mary's baking powder. Tillock & Co produced many food products including baked beans, custard powder, jelly crystals, soups, peels, essences and jams.

Apple Strudel Adapted from recipe in *Anniversary Gourmet Food*
compiled by Governor Stirling SHS 1985

4 tart apples, peeled, cored and cut into small pieces

$\frac{3}{4}$ cup raisins

Rind of 1 lemon

$\frac{3}{4}$ cup sugar

2 tsps cinnamon

$\frac{3}{4}$ cup ground almonds

375 gms filo pastry ($\frac{1}{2}$ pkt)

Approx 150 gms butter – melted. May need more

1 cup fine breadcrumbs, browned in a little butter

Using 5 sheets of filo pastry, brush each sheet with melted butter and layer on top of each other in baking tray.

Sprinkle $\frac{1}{2}$ of cooked breadcrumbs over the filo pastry in tray.

Mix apples, raisins, lemon rind, sugar, cinnamon and almonds together. Mound along the centre of the filo pastry base, sprinkle with remaining breadcrumbs and roll up the filo over the filling to create a long, flattish roll. Brush with melted butter.

Bake at 200c for about 20-25 minutes until pastry is browned.

Nana's Apple Sponge

1 Tablespoon Marg.

$\frac{1}{2}$ cup Sugar.

1 cup S. R. Flour.

1 Egg.

Beat Marg & Sugar

Add egg-beaten

light flour - add to mixture

with enough milk to make a soft
mixture

Pour over hot apple
1 quantity
= small
enamel
dish

Cook approx 20 mins



Apple Cake Recipe from *The Unspeakables' Eatables* (1972)

340 gms self-raising flour

225 gms butter

170 gms castor sugar

115 gms sultanas

450 gms tart apples (Granny Smiths), peeled, cored and grated

3 eggs lightly beaten

Pinch of salt

Sift flour and salt and rub in butter. Add sugar and sultanas.

Mix in apples and stir in beaten eggs. Mixture will be stiff but don't add any liquid - moisture and flavour comes from apples during baking.

Cook in greased, lined 20 cms tin at 150c for about 2 hours or until a skewer comes out cleanly.

Apple and Mint Chutney Recipe from *The Unspeakables' Eatables*
(1972)

1 kg apples, peeled, cored and grated finely

½ litre mint leaves, washed and finely chopped

225 gms onions, finely chopped

225 gms tomatoes, finely chopped

500 gms currants

280 mls white vinegar

2 tsps dry mustard powder

2 tsps salt

340 gms brown sugar

Put apples, mint, onions, tomatoes, currants, mustard powder, salt and 170 mls of vinegar into a pot and simmer very slowly until fruit is cooked.

Add sugar and remaining vinegar and stir well. Simmer until cooked.

Bottle into sterilised jars and label.

Almond Crusted Apples Recipe from *The Gentle Art of Cooking*
1942

You need apples, apricot jam, white of egg, ground almonds
castor sugar, breadcrumbs.

Peel the apples whole and core them, then fill the hole with
apricot jam and brush them well with beaten white of egg. Then
cover them with ground almonds and castor sugar mixed together
in equal quantities with breadcrumbs.

Bake in a fairly hot oven (180c) for about ½ hr until apples are
cooked through.

Apple Cheese Recipe from *The Gentle Art of Cooking* 1942

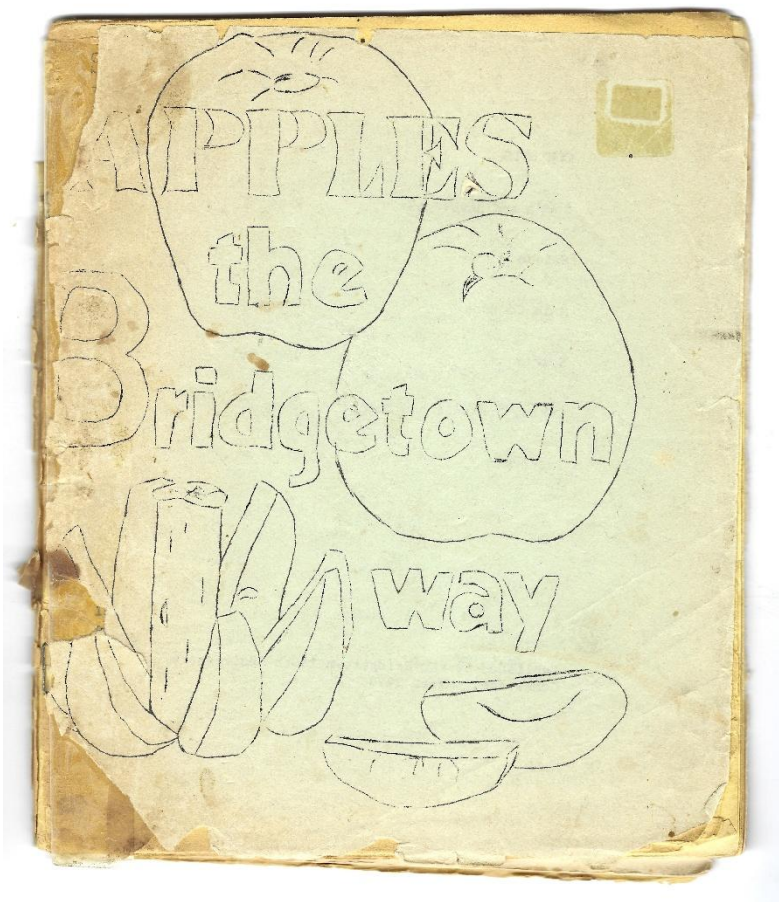
3 ½ kgs apples

3 ½ kgs sugar

Juice and rind of 3 lemons

Cut up apples but do not peel them and put them into a
preserving pan or large saucepan. Almost cover them with water
and boil to a pulp, stirring frequently. Pass them through a sieve
and for each 550 gms of pulp add 550 gms of sugar.

Boil for an hour until thick. Flavour with the grated rind of 3
lemons.



Apples the Bridgetown Way, cover drawing by Karen Johnson, for the Bridgetown 150th Anniversary Committee, the sesquicentenary celebration of Western Australia, published 1979. Book generously donated to BHS by Jill Cowan in 2025.

Apple Snow (2) Recipe from *Golden Wattle Cookery Book* 1924

3 or 4 large apples (Granny Smith)

2 or 3 tbsps castor sugar

Whites of 2 or 3 eggs

Strips of lemon rind

Bake apples with a tbsp sugar, a little water and lemon rind. Pass pulp through a sieve.

Beat the egg whites stiffly and by degrees add remainder of sugar.

Beat the apple pulp gradually into the whites until the mixture is light and soft like snow.

Pile roughly on to a glass dish (or individual sundae glasses) and decorate with pieces of apple jelly or crystalised cherries.

Serve with cream or custard.



Nelson Ag Society Orchard Cup 2nd prize awarded to F Willmott 1903

Home-made Cider WAY79

Fill a plastic dustbin with chopped up apples, skin and cores included. Cover with cold water and stand in a cool place for 10 days (covered with muslin or a towel) and stirring from time to time.

When fermentation has ceased, strain and add 630 gms sugar for each 3,800 mls. A slice of beetroot improves the colour. Bottle and let stand uncorked for 14 days. It should then almost cease working.

Cork securely (not screw stoppers) and in 2 or 3 months you should have lovely sparkling cider. (Very potent!).

Apple and Celery Salad WAY79

1 cup diced apples

1 cup diced celery

½ cup tinned or fresh pineapple

½ cup grated cheese

1 level tsp sugar

Juice of 1 lemon mixed with 2 tbsps mayonnaise

Combine all ingredients and chill until served on crisp lettuce.

Apple and Cabbage Salad WAY79

¼ small cabbage, finely chopped

2 sticks celery, finely sliced

1 eating apple, cored and diced

2 tbsps mayonnaise mixed with juice of ½ lemon

2 - 3 walnuts, crumbled

Mix all ingredients and sprinkle walnuts on top of salad.

Pork Chops with Onion and Apples WAY79

4 - 6 pork chops

1 onion, finely sliced

1 cooking apple, peeled, cored and sliced

1 sage leaf, finely chopped

Season pork chops with salt and pepper and put into an oven bag, in one layer. Top with onion and apple slices and sprinkle with sage. Close bag and puncture with 3 or 4 holes. Bake at 180c

for 45 mins or until chops are cooked. NB a layer of sliced potatoes can be put under the chops prior to baking.

Mincemeat (1) WAY79

225 gms apples peeled, cored and diced finely

115 gms minced suet or vegetable shortening

Rind and juice of 1 lemon

115 gms figs, chopped finely

170 gms sugar

170 gms each of sultanas, currants and seeded raisins

1 tsp ground ginger

½ tsp mixed spice

2 tsps rum or brandy

Mix all fruit together and pass through a mincer or food processor with blade, but do not pulp.

Add brandy/rum and keep in a covered jar until needed.

Mincemeat (2) Adapted from *The Cookery Year 1975*

400 gms tart apples (Granny Smiths), peeled, cored & grated

680 gms combined currants/sultanas/raisins (whizzed in food processor if small fruit is preferred)

115 gms shelled walnuts or almonds

115 gms chopped mixed peel

115 gms glace cherries (optional)

225 gms copha, grated and melted *or* 225 gms grated suet

450 gms sugar

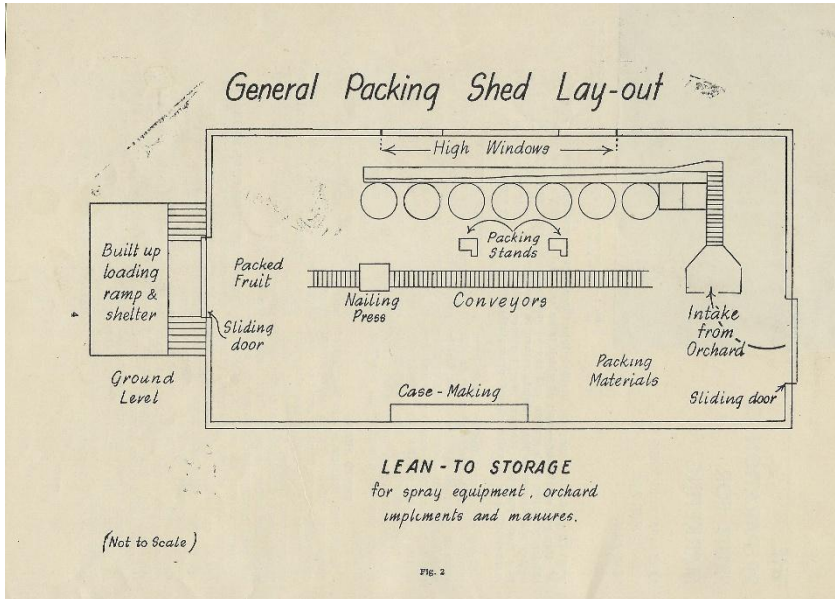
2 tsps mixed spice

120 mls brandy or rum

Juice and grated rind of 1 orange.

Mix all ingredients together and put into clean, sterilised jars. Store in dark place for at least a month before using.

NB I put filled jars into Fowler's bottler for about 10 minutes to ensure lids are tight. Once cool, the copha will turn back to solid but this liquifies once used in mince pies.



Apple Bread and Butter Pudding

6 slices bread, crusts removed and spread with butter

2 tbsps sugar

500 gms apples, peeled, cored and grated

½ cup sultanas

2 eggs, beaten

1 ½ cups milk

2 tsps cinnamon

Layer bread and apples in a baking dish. Sprinkle with sultanas, cinnamon and sugar.

Pour over milk and egg mix.

Bake at 180c for 20 - 30 minutes until set and golden.

Apple and Hazelnut Cake

180 gms butter

140 gms castor sugar

1 tsp vanilla essence

3 large eggs, beaten

100 gms ground hazelnuts

150 gms self-raising flour

2 apples, peeled, cored, & sliced

2 pears, peeled, cored, & sliced

Beat butter and sugar til soft and fluffy. Add eggs slowly.

Add essence.

Add flour and nuts. Mix all thoroughly.

Pour into 20 cm lined tin.

Sauté fruit in a tablespoon of butter until caramelised.

Place fruit over cake mixture and smooth over.

Bake for 35 minutes or until cooked and a skewer comes out cleanly.

Leave in tin for ten minutes and sprinkle with extra hazelnuts.

Apple Crumble Muffins

200 gms self-raising flour

100 gms castor sugar

1 tsp cinnamon

60 mls vegetable oil *mixed with* 190 mls milk

1 egg, beaten

1 tsp vanilla essence

120 gms apple, peeled, cored & grated

100 gms apple, peeled, cored and sliced

Combine all ingredients and put into muffin tin or muffin cases

Topping

70 gms plain flour

30 gms brown sugar

40 gms rolled oats

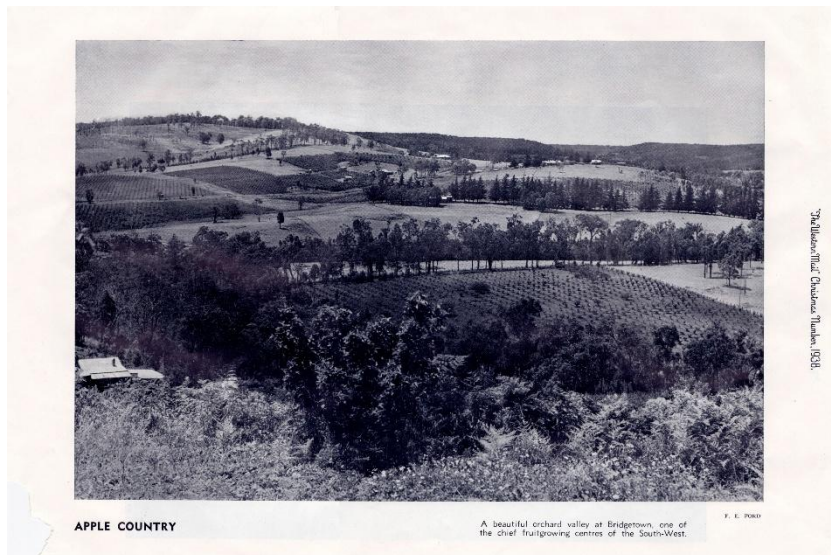
30 gms desiccated coconut

60 gms butter, melted

1 tsp cinnamon & $\frac{1}{2}$ tsp ground nutmeg

Combine all ingredients and sprinkle over muffin mixture.

Bake at 180c for about 20 minutes.



Mattamattup Valley, Bridgetown 1938



Taking apples to the Railway Station BHS 95-378

Lumberjack Cake

400 gms green apples, peeled, cored and grated

200 gms Medjool dates, de-pipped & chopped

1 tsp bicarb of soda

1 cup boiling water

125 gms butter, softened

1 cup castor sugar

1 large egg, beaten

1 ½ cups plain flour

Topping

60 gms butter

½ cup milk

½ cup brown sugar

⅔ cup shredded coconut

Mix all *topping* ingredients heat until sugar melts. Cool in pan.

Mix apples, dates, bicarb & boiling water in a bowl, stir well and leave til just warm. Beat butter and sugar til fluffy, stir in egg, then date mix, then flour. Stir well. Pour into greased and lined cake tin. Cook for 45 - 50 minutes. Pour *topping* evenly over the cake and bake a further 30 minutes. Allow cake to cool in tin.

Toffee Apple Cake Recipe from *Nelson Mail*, 4 March 2026

2 large apples (Royal Gala or Granny Smith) unpeeled

2 eggs

175 gm soft brown sugar

175 mls grapeseed oil

2 tsp vanilla extract

½ cup raisins

175 gm plain flour

1 ½ tsp baking powder

½ tsp baking soda

1 ½ tsp ground cinnamon

½ tsp ground nutmeg

Toffee Sauce

180 gm white sugar

150 mls cream, warmed

Cream Cheese Frosting

250 gm cream cheese, softened

50 gm butter

50 gm icing sugar

Handful toasted walnuts to decorate

Apple crisps

One green apple

Preheat oven to 140c (120c fan-forced). Line a baking tray with baking paper.

Slice the apple through the core, toss slices in lemon juice and dry on paper towels before laying out on the baking tray. Bake for about 40 mins until dry to touch. Cool on wire rack.

Cake

Increase oven temperature to 180c (160c fan-forced). Grease and line a 20 cm square cake tin.

Coarsely grate the apples and discard the cores.

In a bowl, whisk eggs and sugar until thick and pale. Add oil and vanilla and whisk again for a minute.

Stir in grated apple and raisings. Add flour, baking powder, bicarb of soda, cinnamon and nutmeg. Stir well until combined.

Pour batter into prepared tin and bake for 30 – 35 mins until springy and browned. Cool completely in the tin.

Toffee Sauce

Heat sugar until it dissolves and turns a deep golden brown, swirling the container regularly.

Once coloured, remove from heat and add cream. Take care as it will splutter. Whisk continuously for 30 seconds until smooth, then sieve into a bowl and set aside.

Cream Cheese Frosting

Beat cream cheese until smooth, add butter and icing sugar and beat again to a smooth texture.

Remove cake from tin, spread with frosting and drizzle with toffee sauce. Sprinkle apple crisps over the cake.

