

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. The booklet was generously donated by Jill Cowan.

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.

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The history of Orchardring and Orchardists in Bridgetown is recorded on the interpretive panels inside the Orchardring Museum, where you'll also find the agricultural equipment used by many orchardists as they prepared and packed their fruit, along with many rare artefacts.

What follows is a shortened version of the history of Orchardring in Bridgetown taken from those panels in the Museum. All research references can be found on the original interpretive panels:

Memories of Orchardring

Laurie Klopper and Keith Walter's oral history 1975. BHS OH1

I learned to pack off a table about twenty feet long, you'd have your packing case on a trolley. Your rejects on your left-hand side, and you picked your apple up and wrapped it. You'd start off with your size and by the time you got to the other end, you'd have your case full. The trolley ran on rails. Little wooden rails. We made the boxes up ahead on the farm. They were cut by the sawmill, and we made them up.

Before WWI, we started sending apples to London. But it must have been early 1915 that we sent a lot away that the ship was torpedoed, I think we got some insurance on it, not very much. But then, they didn't take apples, they were considered a luxury, the shipping was used for more important things. We didn't send any until after the war.

Nearly all the jobs were done with tractors instead of having to yoke up the old horse team every morning in the winter when it was frosty, the fingers were so numb you couldn't put the horses in the plough, you'd have to go and warm them up by the fire. With the tractor there was no problem, you just went and started it up.

**William Meares Senior and William Meares Jnr oral history 1975.
BHS OH3**

I planted it [the orchard] one of the first things that I did [c.1906].

When the fruit trees began to bear properly and when we were packing for export of course in the early days it used to be my carting was done by a five horse team and wagon. I remember we used to take about 100 cases a load on that wagon and when we went to Hester with a heavy load like that it was a bit too far to go there and back in a day and we mostly used to go to a place called Walcott's Spring halfway in and camp for the night, and then the next day we would go to Hester and then back home.

I would say the horse was the most useful animal because we had to do all the ploughing of the orchard. We would start with a little marking out plough and go around each about twice with one horse pulling it and then you would get onto the Oliver plough, which my father mentioned when you were talking to him, and you'd use two horses in that, and then you'd get onto a double furrowed plough and do the whole orchard. Time didn't seem to be any object in those days. It didn't matter if it took a month to do, you just did it, that was all.

We had eighteen acres of orchard. It was a pretty good thing in those days, we got quite a bit of money out of orchards. But latterly, of course, we have grubbed the orchard out. It got to the stage we couldn't get anyone to pick the apples and do anything much to help us out so far from Bridgetown, so we gave it away.

Freda Tillman, oral history 2017. BHS OH17-001

I came to Bridgetown in 1953 to pack apples ... early February and ended early May. There were four main varieties then. Jonathon, which was a

red eating apple. Cleopatra or Cleo's as most people called them which was good for cooking but also for eating. Granny Smiths, mainly for cooking and Yates, which were a red eating apple ... Ah, packing apples wasn't just filling cases with apples as there was a definite pattern to be followed so that each layer fitted into the last layer until the case was full. All apples were wrapped in tissue paper except for Granny Smiths which were wrapped in oil paper, and I believe that was to help keep them as they were mainly exported or put into cool storage and the oiled paper helped them stop frost burn. The apples were wrapped so that the ends of the paper formed a little pad for the apple to sit on. Each packer had a book of tickets and would insert one into the last layers of each case. Then the nailer down would remove the ticket and place it on a spike as they could be counted later on. This way they knew how much each packer did as we were paid by the case so that meant that the faster one packed the bigger the pay packet.

Freda Tillman worked for Wesfarmers in the 50s - it was seasonal work and after a year at Wesfarmers she worked at various private packing sheds around the district.

When I first started we were all paid 8d. per case but when I retired about 1990 the pay rate had gone up to fifty cents. On occasions we would also pack pears which were quite a bit harder than apples. Most people would groan when they appeared [laughs] on the grader [still laughing]. Some people would get a sore and swollen wrist, which was called Packers Wrist but would now be called RSI or Repetitive Strain Injury. If it was very bad it meant a day off work but most strapped it up with a bandage and carried on. Normally we worked from eight to five with a ten-minute break for morning and afternoon teas and an hour for lunch and this was for five days a week.

However, when a lot of fruit from other orchards came in we would have to work all weekend as well. Often, 13 days straight.

Faye Fullam and her son Anthony Fullam, *Edenvale*. Oral History 2021

I can remember Mum with bandages there [indicating her wrists] [laughs]

Used to have a special leather strap, but it didn't last, I mean you rested ... Packers' Wrist, had a rest for a few days and was over it. Everybody got it, yeah, 'cos your wrist movement and the weight of the apple all the time.

We used to rely on the railway workers for pickers, 'cos they worked shift work [and so were free at night to work] and we relied a lot on the men for pickers and then we used to have the local girls for packers, and they used to work in the sheds during the day and we used to pack at night here.

In the early 80s when all the orchards got sold, they never got pushed out and they got sold into little 5-acre lots and people neglected it, so there was diseases and that everywhere, so when the codling moth came through [1993], the Ag Dept came in and pushed everything out. And burnt it up which cleaned up the town, which was good.

Max Armstrong, *Mattamattup*. 2006

Mum and I used to work off the bench in the packing shed before there were many apple graders around. We'd put the apples on the long bench and push a trolley along on rails. We'd pick out apples of the same size and wrap and pack them. A tray on the side of the trolley held the

wrapping paper. A box carried on the front of the trolley was for reject apples.

Fruit boxes or cases were made from Karri shooks [bundles of crate slats tied with wire] and ends, which were purchased from Donnelly Mill. When a case had been filled it was placed on the floor and a lid nailed on. It was stencilled and loaded on to an old truck for transport into Bridgetown.

There were tree-pull schemes too where the government paid farmers to pull their fruit trees out. This came about because of a glut of apples on the world market, or Codling Moth, or when the Grannys started to change colour to a more yellow look, people overseas didn't want that, they wanted green Grannys.

Transporting Fruit Early Days

When John Allnutt planted his first orchard in the early 1860s at Nelson Grange near Bridgetown, he planted as many varieties as he could import from the UK to suit all potential markets. His produce was taken to Bunbury on bullock carts, a distance of about 60 miles or 95 kilometres along poorly defined tracks – it was slow and meant the fruit was often damaged along the way from bruising. Carts pulled by horse teams, either 4- or 6-horse teams, were used instead of bullocks by the 1890s.

Walter Meares Snr recalls how he transported fruit boxes from his farm near Boyup Brook to Hester Siding:

I had to cart it in on the wagon. We had a big van my dad and I used to use for a while. When the fruit trees began to bear properly and when we were packing for export of course in the early days it used to be my carting was done by a five-horse team and wagon. I remember we used to take

about 100 cases a load on that wagon and when we went to Hester with a heavy load like that it was a bit too far to go there and back in a day and we mostly used to go to a place called Walcott's Spring halfway in and camp for the night, and then the next day we would go to Hester and then back home.

In 1898, the railway from Bridgetown to Bunbury was opened and fruit was quickly transported to the shipping yards for overseas export or to other towns in Western Australia, for example, Kalgoorlie, that was expanding rapidly with miners hungry for fresh fruit. Complaints from the Kalgoorlie mob were equally quick – codling moth and other ‘things’ in the crates of apples, alongside the exorbitant price of apples at 1s 3d/lb. compared with 2d/lb. in the eastern states, so transporting fruit expediently, with proper packing techniques, was essential for the future health of orcharding.

By the turn of the century, orchardists realised that the market demanded large quantities of the very best quality – consistency of product for overseas markets was essential – and the packing cases and packers became the focus of their attention.

John Allnutt at *Nelson Grange* was the only supplier of packing cases, but in 1901, the Holdsworth family, who'd come from the UK, opened their mill Coplow Saw Mill at Hester to supply cases to the surrounding areas.

In 1906, the Bridgetown Fruitgrowers Co-operative Association was formed. Although most orchards had their own packing sheds, it was part of the move to standardise packing procedures, improve marketing and greater cooperation between orchardists, that the first co-op fruit packing shed was built by Westralian Farmers in 1914. Fruit was often transported at night when it was cooler to prevent the fruit from over-ripening or burning in the open trucks. It took several more decades before covered rail trucks were used.

In WA, the Simper's fruit case was sold by Westralian Farmers. Its benefits were strength and lightness, with the panels cleated together with a nail driving machine. When assembled, the cleats on the exterior allowed ample air space around the cases when stacked, and in addition, the corner nails from three angles made it doubly strong.

By the mid-1920s, 40,000 cases of apples were sent from Bridgetown to the UK, Singapore, Colombo (Sri Lanka), Java, Bombay (Mumbai) and Mauritius. It was a lucrative time for Bridgetown orchardists.

In 1934, ice-cooled rail trucks were used to transport fruit to Fremantle. Refrigerated rail wagons made a significant difference to maintaining the quality of the fruit for export but they weren't introduced for many more years.

All commercially grown fruit is now transported by road to the ports and cities of WA after the railways closed in WA c.1988.

Bridgetown's Packing Sheds

Initially, most orchardists had their own packing sheds on their orchards, none more so than John Allnutt who had the first commercial grade orchard in the district. Other orchardists followed suit and small packing sheds appeared all over the district. A demonstration of how to pack apples was held at the Mechanics' Institute in August 1912 to show orchardists how best to pack the crates to prevent damage to the fruit.

The first commercial packing shed in Bridgetown was built in 1914 by the Associated Fruitgrowers Ltd and was situated directly on the railway line about 200 yards from the Goods Shed. Mr J Ramage, Government Chief Packing expert, supervised the build, and offered free instruction on how to pack crates.

In response to the growing need of a larger fruit-packing shed for the orcharding industry in Bridgetown, Westralian Farmers built a new, large, central packing shed on Steere Street, Bridgetown, which was opened in February 1935.

Fruit could be sorted by grade and colour allowing standardised fruit for export. The shed was alongside the railway line and fruit could be easily moved into the open-top rail trucks, which later became a bone of contention because of sunburn to the fruit whilst being transported to Fremantle for shipping. Deputations to the government in the 1950s asked for rail trucks to be covered.

In 1935 Wesfarmers built the Central Packing Shed, which was officially opened on 04 March 1935.

By March 1937, Messrs Paterson & Co had built a rival packing shed that measured 300 ft x 60 ft with a five-foot railway platform for loading purposes, further down the railway track on the corner of Bunbury Street and Hampton Street. The shed was equipped with two Harvey twin graders which served 44 packers.

Although initially men worked in the packing sheds, women became the primary workers and were often brought from further afield than Bridgetown to pack. This was particularly noticeable in 1942 when many men had joined the forces and labour was short. Training classes were held in Perth, Fremantle, Donnybrook and Bridgetown and women became adept at packing.

At its highest production times, as many as 200 people worked in the Bridgetown packing sheds, with a reported record in one year of more than 300,000 cases of apples being packed and exported.

With the demise in orchards during the 70s and 80s, the major packing sheds were forced to close. Wesfarmers was the first to demolish a large

section of the timber packing shed and the front portion became an agricultural supplier and real estate agent. Paterson & Co. closed its doors in the early 80s.

Dehydrating fruit for export

It didn't take long for the early orchardists of Bridgetown to realise that they could grow plenty of excellent fruit but getting it to market before much of it spoiled was difficult before the railway came to Bridgetown. Dehydrating the fruit was deemed a good solution to the problem.

John Allnut and his wife Kate made jams and jellies from their fruit, and also dried fruit using solar methods, but it wasn't enough to create sufficient income from their orchard. Sun-dried fruit tended to be brown and was inconsistent in appearance; by 1886, the attraction of a commercial dehydrator, or evaporator, as they were first known, to dry large quantities of fruit, enticed John to import and install an American dehydrator or evaporator on his orchard, at a not-inconsiderable cost of £30. He packed his dried fruit into tins for export.

The first commercial evaporators worked on a system of hot air from a furnace below being blown up a tower over fruit slices held within a tiered construction. Fruit was pared and sliced, often by hand but also by imported machines, then 'washed' in a solution of sulfur to bleach the fruit. At the Bridgetown Agriculture Show in 1917, Mr Trezise demonstrated his evaporating machine that could dry 30 - 50 bushels in 24 hours.

In the early 1920s, Mr Gordon Holdsworth of Bridgetown invented his own portable tower fruit dryer. It was wood-fired with 18 trays. For even-drying of the fruit, the trays could be rotated by operating the two levers on the sides, the bottom tray could be removed and placed on top. The

dryer was made by the State Implement and Engineering Works at Rocky Bay. Mr Holdsworth sold the dryer to Mr James Wesley Smart in late 1929, who used it on his farm at Mersea Lake, then a market garden. *This rare example of a dehydrator is on display in the Orchardring Museum.*

In 1940, the growth in the dehydrated fruit markets, both within Australia and overseas, encouraged the Commonwealth Government to build evaporation plants at Bridgetown (Westralian Farmers Ltd), Donnybrook (Paterson & Co), and Mt Barker (Mt Barker Co-op Society) at a cost of £4-5000 each. It was proposed that the plants treat (collectively) 300,000 bushels (10,571.721 tonnes) of fresh fruit every year. This amount would ensure adequate supply to the armed forces. Fruit was also compacted into dry blocks for the troops.

In Mt Barker a dehydration plant was installed in 1943. The apples ... come direct from the orchard in open dump picking cases, which are slid along the rollers until they reach three hoppers. These stand one each at the rear of a peeling and coring machine, each of which has a girl attendant, who takes the apples in either hand and places them in two circular containers. These are automatically lifted in sequence, and the apple in each is gripped on either end by the corers, which gouge through it, whilst at the same time it rotates against a set of small blades, which do the peeling. Then, while the containers alternately descend for more apples, those already dealt with roll on to the three trimming tables adjoining, and there a team of girls deal with any remaining blemishes or particles of skin, etc. In each of the three trimming tables is a "V"-like opening, through which the trimmed apples are dropped on to a conveyor, which carries them up to a revolving turntable, surrounded by a number of cavities, into which they are trundled.

At the bottom of the cavities the revolving knives of the slicer reduce them to rings. Into a bath of sodium solution they fall from the slicer. Thence on to the shallow wooden trays ... upon which they are to be dried. At this

stage girls, wearing gloves, spread the slices evenly across the area of each tray. Forty trays then are piled upon a small iron-framed truck, which, by a unique system of shunting on a miniature railway track, enters the first drying tunnel, which is promptly sealed. Hot air is blown from a furnace into the primary tunnel, until the temperature within the tunnel reaches a fairly steady 180F.

Into the primary tunnel, at 40-minute intervals go a succession of other truck loads. [After] 3½ hours in the primary tunnel, it goes forward into a secondary tunnel, wherein the temperature is a mere 160F ... for a further 2½ hours. From the secondary tunnel the fruit is pushed along to the storage and sweating section, into which all the trays are emptied and turned over at intervals, while awaiting packing.⁸

In 1942, building commenced on the dehydration plant at the Westralian Farmers Bridgetown depot. The dehydrated fruit was put into tins for distribution.

... Up to this stage [at Wesfarmers packing shed] only two varieties, Cleos and Dunns, had been treated and it was very evident from the attractive colour that Dunns were proving far better for dehydration than Cleos ... The main variety, of course, is Grannies, for the very good reason that they give the best results.

In the pits where the dried product is stored, it is essential that these be turned each day, and men are employed in this work. The dried apples become so solid if left only for a few hours that picks have to be used to break them up ...

A big staff is engaged, mainly girls, and when questioned as to their capabilities, Mr Wauchope [Manager] stated that they were proving very good workers. Most of the girls had come from Fremantle ... What appealed ... was the manner in which three girls from Fremantle were

handling the heavy, difficult and not altogether pleasing task. These girls were taking the apples from a bath, spreading them on racks and then pushing them through the furnace. They appeared to have no hesitation in entering these furnaces to get rid of the trucks and trays. Coming from the furnaces was anything but a pleasant odour of gas and terrific heat, yet the girls faced it for a short period without flinching ...

By September 1946, the dehydration plants closed their wartime program and focused on local and overseas markets, which were clamoring for Australian apples.

POWs on orchards in Bridgetown during World War II

On 11 March 1941, Mr Justice AA Wolff, the West Australian Official Visitor to Internment Camps, wrote to WA Premier Mr Willcock seeking support to employ Italian Prisoners of War to alleviate a chronic shortage of men to do essential work. The bulk of the Italian POWs started to arrive during the second half of 1943.

Between 1941 and 1945, Australia received custody of 18,420 Italian POWs; most came from British camps in India, following capture in North Africa's Western Desert Campaign viz., Sidi al Barani, Bardia, Tobruk and Benghazi.

Over 3,500 came to Western Australian between 1943-46, with up to 200 coming to Bridgetown. During this time prisoners wore second-hand Army uniforms that had been dyed magenta - this was to ensure they stood out from the general population.

Twenty-seven Prisoner of War Control Centres (PWCC) were established throughout WA to manage the allocation of POWs to

farmers between Geraldton and Albany. PWCC No.16 at Marrinup was the administration centre for all POW activities in WA.

Bridgetown's PWCC was W1, located at 19 Steere Street, with Lieut. WLH Baker in command. Between 1943 and 1946 it received 278 Italian POWs, who were employed as farm labourers.

The Italian POWs provided crucial support to orchardists and farmers in and around Bridgetown during WWII and were involved in all aspects of fruit growing. Activities included:

- Pruning: pruning generally started around mid-June.
- Pollination: in Spring, encouraged pollination of the flowers.
- Spraying: against Curculio beetle and scale.
- Ploughing: ploughing, turning over grass and cape-weed into the deep brown soil.
- Harrowing the orchard.
- Harvesting, packing, stencilling of cases and shipment.

There are few photos or diaries from Bridgetown orchardists and farmers who were allocated POWs but one orchardist, EG Hall of Blackwood Park Farm kept extensive diaries, reproduced here by courtesy of his grandson, Peter Hall. EG Hall had seven Italian POWs working for him including brothers Santo Mistretta, #PW1 48544, and Guisepe Mistretta #PW1 48163, who wrote to their mother saying: 'We are very well off here ... Santo and I are working on a farm, and we can't complain. We have everything we want except liberty.' Giuseppe returned to Australia in 1951 and became an Australian citizen.

Alfredo Mele, #PW1 47567 from Lizzano, Taranto, was working on *Mattamattup*, the farm of MH Campbell, and wrote to his wife Carmela Mele saying: 'For the present I am out of camp and living with an elderly couple - husband and wife. I work with them, eat with them, and sleep

in a room of the same house. Moreover we share each other's company in the home, and I feel quite free, go where I please and no longer see the barbed wire and the guards. I think they'll keep me til the end of the war.'

The Sparks family, who owned *Stagaroona* at Sunnyside, had six POWs on the farm before they leased it to the Wemm family. Their first POWs were brothers Rosario Mascaro #PW1 48277 and Pietro Mascaro #PW1 48266, who were bakers from Vaiola, Catanzaro Provence. It is probable that they were the creators of the ship-in-a-bottle for Andrew Sparks (b.1942), to celebrate his first birthday.

This ship-in-a-bottle was created inside an old gin bottle, first lying it on its side and painting the background scenery with a fine paintbrush inserted in through the neck of the bottle. Then the ship was constructed outside the bottle with the masts and rigging lying flat along the hull and then inserted through the bottle opening, secured in place and a string was pulled lifting the masts into position. The bottle has its original glass stopper. *This rare artefact is now on permanent display in the Bridgetown Police Station & Orchardring Museum.*

The Italian POWs finally touched Italian soil again in December 1946. Many requested to return to Australia after the war and these men came back to Bridgetown from 1950 onwards:

PWI 61890 Giuseppe Arcudi
PWI 59657 Luigi D' Amico
PWI 47534 Michele Lanzilotta
PWI 59175 Salvatore Merillo
PWI 59881 Silvio Muraca

PWI 59630 Paolo D'Alessandro
PWI 48014 Antonio Damini
PWI 47601 Giuseppe Magenta
PWI 59880 Ernesto Muraca
PWI 48274 Sante Pratico

The Demise of the Fruit Industry in Bridgetown

There were many factors leading to the demise, in the 1970s/80s, of the fruit industry in the Shire of Bridgetown-Greenbushes:

- ❖ Pests, including:
 - Codling moth (*Cydia pomonella*),
 - SanJose scale (*Diaspidiotus perniciosus*)
 - Mediterranean fruit fly (*Ceratitidis capitata*)
- ❖ Bitter Pit, a calcium deficiency in pome fruit
- ❖ New varieties of fruit that were often unsuitable for the Bridgetown area
- ❖ The high cost of transport and packing for export
- ❖ Rising salinity of Blackwood (Goorbilyup) River
- ❖ Fluctuating fruit prices
- ❖ Increasing competition from other fruit growing areas.

These factors were a major problem for export-quality apples and forced many orchardists and their families to uproot the fruit trees or just abandon the orchard altogether. Orchardists who had no family member willing to carry on orcharding walked away too, often leaving the trees untouched on the orchard, which led to further insect contamination to other orchardists and anger.

The main infestation was the Codling Moth, first found in Bridgetown in 1915 and again in March 1956. *Western Australia remains one of the last apple growing regions in the world to remain free of codling moth.*

Codling Moth was declared eradicated in Western Australia in August 1960. However, an outbreak was discovered on 31 January 1993, in fruit probably brought into WA and thrown away when a Codling moth grub was discovered inside it. This became a major problem again and led to infection of over 70% of one orchard in Bridgetown. A further infected apple was discovered in Kalgan, WA, on 14 April 1993. The moth may have been in the area for two years. Between January and July 1993, over 29,000 fruit trees were removed in Bridgetown and Kalgan.

There were a total of 1,454 properties and 24 commercial orchards that were inspected and treated. The subsequent eradication program took three years to complete and cost over \$2 million.

Many of these issues influenced the export of fruit from Bridgetown. Even though the fruit was inspected right from when it was picked all the way through to the time it was loaded on a ship for export, any blemish on the fruit could affect whether it was packed for export or sold on the local market. This, of course, influenced how much money the orchardist would get and whether it would cover his costs or would he be out of pocket.

To add to their burden, orchardists could no longer rely on the Blackwood River for irrigation as it became increasingly saline. Digging dams around Bridgetown was hard and rainfall was dropping.

Many orchardists found that they could not keep going due to the rising costs and the lower prices they were getting. Much of this was due to Britain's entry into the European Common Market and very little fruit was being sold to Europe and North America.

By 1970, abandoning the orchard or uprooting the trees was the only option they felt they had left. Many orchardists walked away from the land and by the mid-70s, the demise of the majority of orchards in the Bridgetown area was complete.

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

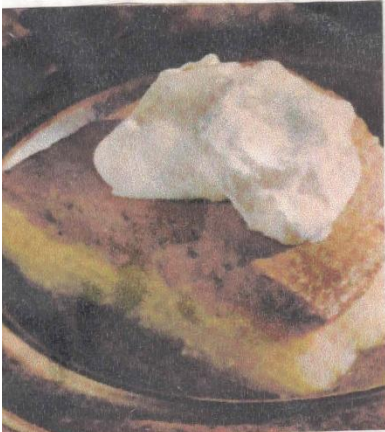
APPLE GINGERBREAD.

¼ c 60g (2oz) butter 1/2 t bicarb soda 1/2c brown sugar 2t ground ginger
2 t golden syrup 6 apples
1 egg 1/4 c water 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 to35 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 ½ 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

½ cup S.R. flour	1 egg, lightly beaten
½ cup sugar	1 tablespoon lemon juice
½ teaspoon cinnamon	425g can dessert apricot
¾ cup water	

Excellent with apple too

Topping

½ cup S.R. flour	2 tablespoons coconut
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 ¼ 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 box. Note thick lining of old newspapers corner with leather strips. These should be well tacked at top between the sides and the sides of the box and a similar hay should space between the sides at two top ends. The bar-ripped cushions sit on top of the lining.

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 the 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

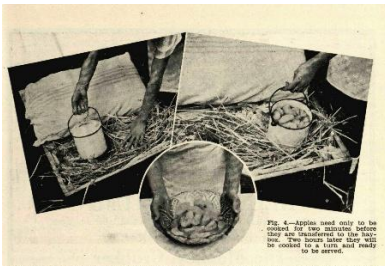


Fig. 4.—Lid can only be closed for two minutes before being transferred to the haybox. Food must then be cooked to a turn and ready to be served.

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

Information from *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 $\frac{1}{4}$ 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 $\frac{1}{2}$ hr until pastry is browned and cooked through.

Nan's Shortcrust Pastry

1 cup plain flour

$\frac{1}{4}$ 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.
- 1 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.

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

APPLE WHIP

Ingredients:

- 1½ tablespoonfuls 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.—Taste 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).

122

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 staple 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.
- 1 pint water.
- 1½ lb. peeled, cored and sliced sour apples.
- 6 lb. sugar.

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

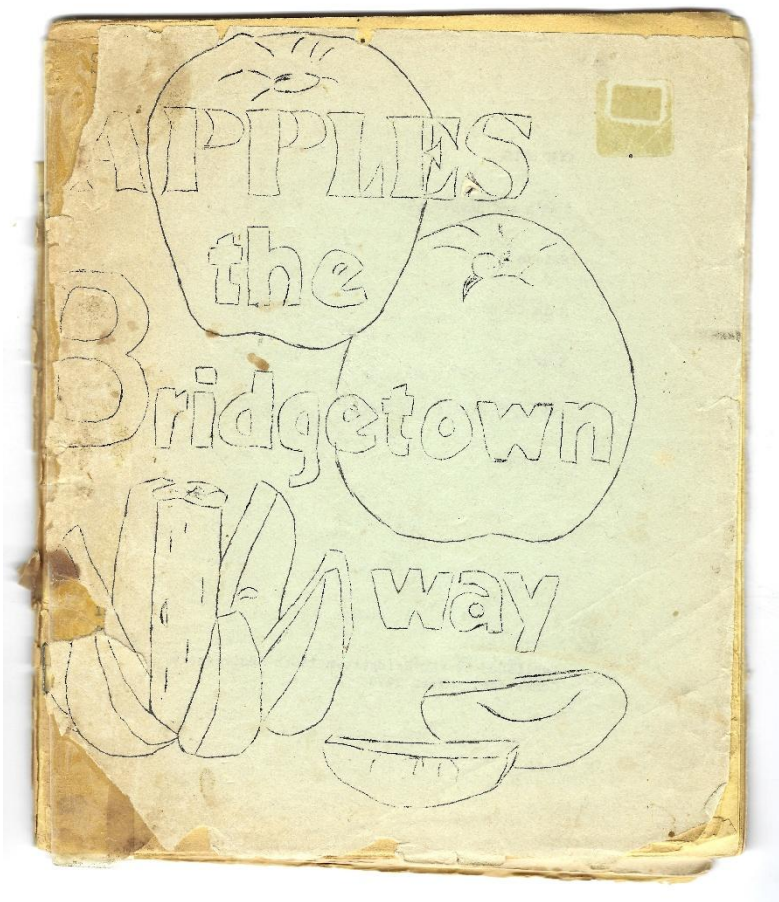
3 ½ kgs apples

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) *Mary Elgar, 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

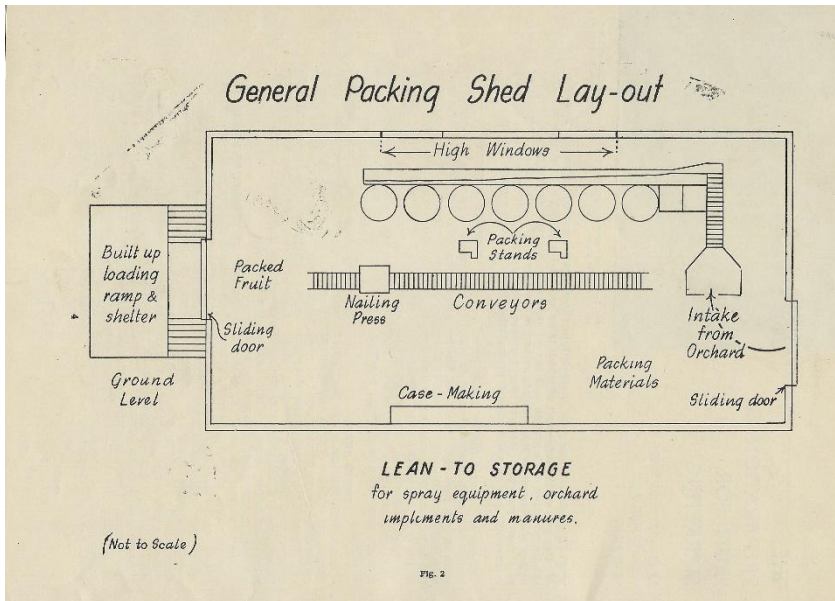
2 tsps mixed spice

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.



Packing Shed Layout. *The Preparation of fruit for marketing*, JS Bloomfield 1954.
Dept of Ag WA

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

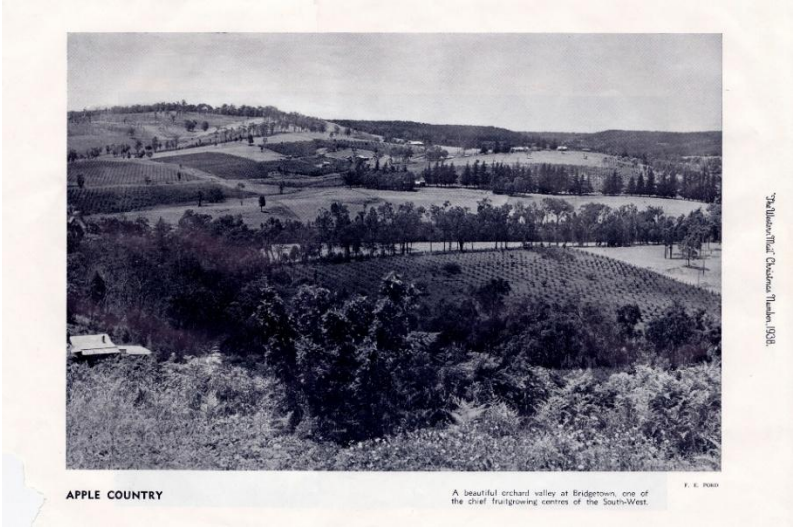
30 gms desiccated coconut

60 gms butter, melted

1 tsp cinnamon & ½ 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

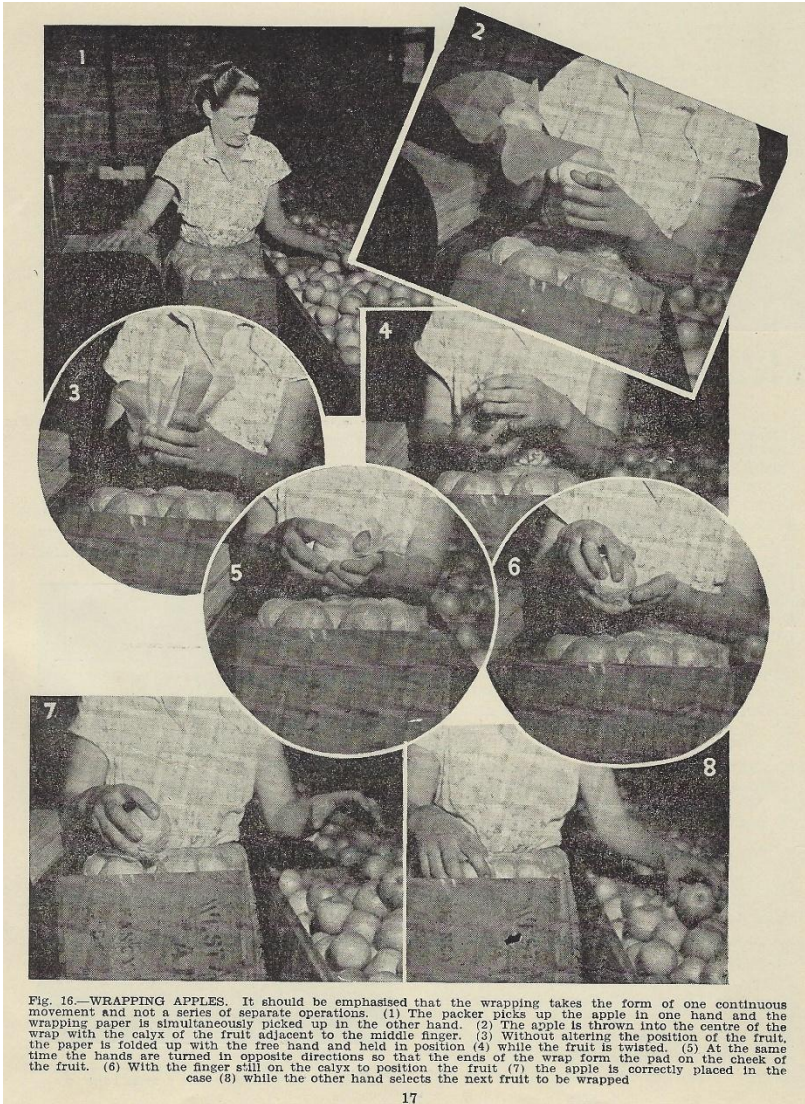
Heat sugar until it dissolves and turns a deep golden brown, swirling the container regularly.

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.



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