

fun fact

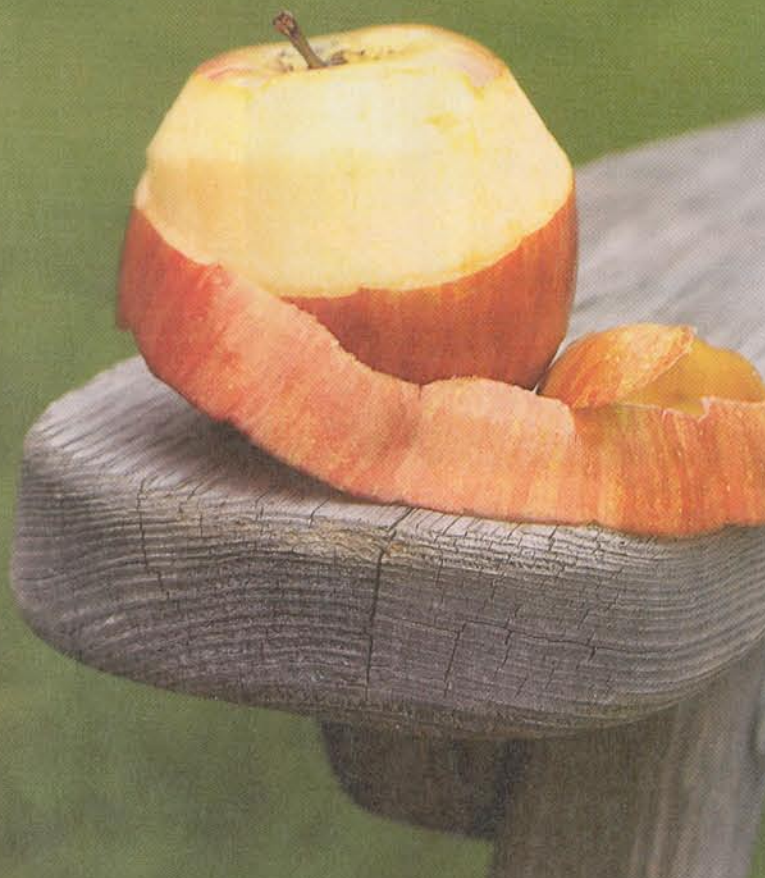
The world's longest recorded continuous apple peel was 172 feet 4 inches, carved by 16-year-old Kathy Wafler in 1976. Kathy used a special horticultural knife and spent 11½ hours creating her masterpiece. (She later became a quality-control advisor for an apple broker.)

# Apples

Where would fairy tales be without them?

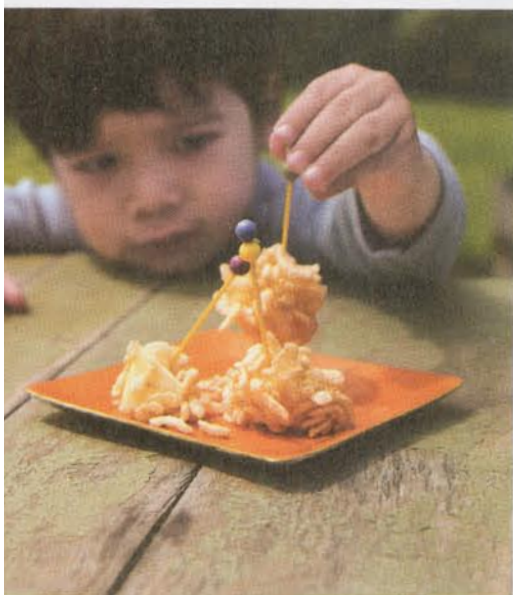
BY DIANE FORLEY OTSUKA

Eating a McIntosh is my father's favorite evening pastime. Whenever we visit him, Olivia, 4, and Adam, 2, wait for the moment when Papa brings his snack out on a plate with a knife for peeling. They sit patiently as he carves off the skin and doles out custom cuts: Adam gets a paper-thin slice—anything bigger, and he'll just stuff it away in one cheek, chipmunk-style; Olivia gets a dainty wedge, which she savors slowly. ►►



IN 5 MINS  
rolled crispy  
rice apples

Cut apples into bite-size pieces, then stick the pieces with toothpicks. Dip them in honey and crispy rice cereal.



apple chips

makes 25 to 50 chips



- 1½ tablespoons sugar (confectioners' or granulated)
- 1 teaspoon cinnamon (or more to taste)
- Pinch of ground cloves
- Pinch of nutmeg
- 1 large crisp apple, such as Braeburn or Granny Smith

Preheat oven to 200 degrees, then line a baking sheet with parchment paper.

Have your helper stir together the dry ingredients in a small bowl, then sprinkle half the mixture onto the baking sheet.

Cut the apple into slices as thin as possible, up to ⅛ inch. (You don't need to peel or core it; the seeds will just fall off.) If you have a mandoline, cut the apple vertically into rounds. If you're using a knife, it may be easier to halve the apple lengthwise, then put the halves cut side down and make half-moon-shaped slices.

Your child can then arrange the slices on the baking sheet in one layer. Sprinkle the remaining spice mixture over the apples, then bake in the middle of the oven for 1½ hours. Rotate the pan and bake for another hour, or until the apples are crisp. (If yours aren't getting crisp enough, try turning off the heat and leaving them in the oven overnight.)

Loosen the chips with a spatula, then cool for 10 minutes before removing them from the parchment. They'll keep in an airtight container for up to one week.

vanilla applesauce

makes 8 (½-cup) servings

- 2 pounds apples
- 1 vanilla bean, halved lengthwise, or ½ teaspoon vanilla extract
- Juice from 1 lemon (about 3 tablespoons)
- ⅔ cup sugar
- ½ cup water

Wash, peel, and core the apples. Cut each apple into quarters; cut each quarter in half. Let your child put the apples in a pot.

Into the same pot, scrape the seeds from the vanilla bean with the tip of a knife, then toss the pod in too (or add the vanilla extract). Stir in the other ingredients and cover. Cook over low heat, stirring occasionally, until the apples are softened, about 15 minutes. Remove the vanilla bean pod. If you prefer a smoother sauce, mash the apples lightly with a potato masher. (Save the pod for vanilla sugar—rinse it, dry it with a paper towel, and put it in a cup of sugar in a sealed container. Store in the refrigerator.)

Chef/mom Diane Forley Otsuka is the author of *The Anatomy of a Dish*.



fun fact

An apple is 25 percent air; that's why it floats.