



Apple

What types of apple good for baking

From Mom's apple pie to a healthy afternoon snack, this scrumptious fruit has long been a part of our culture. Americans love the versatile apple in everything from salads to desserts. With so many varieties available, selecting the right apple can be a little confusing.

Not all apples are created equal but all are healthy and delicious. Because each of the myriad varieties of apple has its own, unique qualities, knowing which to bake and cook with can be a little tricky. Here are several of the most popular varieties, hand-picked to let you know which ones are best for cooking, baking and snacking.

Types of Apple

Red Delicious : This crisp, sweet and juicy apple is the great all-American fruit snack. Its deep red color makes it an attractive addition to salads. Red Delicious apples are not recommended for baking, since they lose much of their flavor when cooked.

Golden Delicious : Known as the all-purpose baking apple, the Golden Delicious apple is semi-firm and has a very thin skin. It has a rich sweet flavor that lends itself to snacking, baking, applesauce and pies.

McIntosh : This tart apple is softer in texture than other dessert apples and makes a delicious saucy filling for apple pies. Its soft pink flesh makes a very pretty sauce.

Granny Smith : For those who prefer tart to sweet, this is the apple for you. The tart flavor increases when the apple is baked or sautéed. It is available year round and is excellent for pies, applesauce or even a snack.



**This healthy living recipe uses approximately two apples per person.
It is very good for you, and great tasting too!**

How to make it apples juice :chards.

First get some apples, preferable home picked and green apples generally work better, but red are fine too. g

First get some apples, preferable home picked and green apples generally work better, but red are fine too.
Take the cores out and you can skin them if you want to, but you'll loose some of the nutrition

Next crush them into a pulp, this 'thick gloop' is called pomace

Next wrap the pomace in cloth

Place some kind of collection tray to collect the juices which comes off



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