

# Cool Off With A Delicious, Warm Weather Treat

(NAPS)—It may surprise some people to learn Americans enjoyed one of the country's most delicious desserts even before the U.S. enjoyed its independence.

Scholarly investigations of the American history of ice cream say the tasty treat arrived in the country around 1774, two years before the U.S. war of independence—now, National Ice Cream Month and Independence Day are both celebrated in July.

It is believed that First Lady Dolley Madison popularized ice cream by introducing it to White House guests at her husband's 1813 inaugural ball.

Today, the average American consumes 23 quarts of ice cream and related frozen treats each year, according to Suzy Gardner, co-author of *Ice Cream for All Seasons* (ReTreat Publishing, 1999).

To enjoy the sweet taste of ice cream all year round, the home economists at Fleischmann's Yeast offer this delicious new flavor combination: Apple Kuchen a la Mode.

Apple Kuchen is fluffy, batter bread topped with apple slices and cinnamon mixture. This sweet cake-like treat combines beautifully with ice cream. It has an old-fashioned feel—great for cooling off on a hot night:

## Apple Kuchen

### Ingredients

**2¼ cups all-purpose flour**  
**½ cup sugar**  
**1 envelope Fleischmann's RapidRise Yeast**  
**1 teaspoon salt**  
**½ cup water**  
**¼ cup milk**  
**½ cup butter or margarine**  
**1 egg, large**  
**3 cups sliced fresh cooking apple**  
**Cinnamon Topping (recipe follows)**

In a large bowl, combine ¾ cup flour, sugar, undissolved yeast, and salt. Heat water, milk, and butter until very warm (120° to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scrap-



**Apple Kuchen: A fluffy batter bread topped with apple slices and a cinnamon mixture.**

ing bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Turn into greased 13 x 9-inch pan. Arrange apple slices evenly over batter; sprinkle with Cinnamon Topping. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 25 minutes or until done. Cool in pan on wire rack, or serve warm with vanilla or cinnamon ice cream.

**Cinnamon Topping:** In a small bowl, combine ⅔ cup sugar and 1½ teaspoons ground cinnamon. Cut in 2 tablespoons butter or margarine with pastry blender until mixture resembles coarse crumbs.

**Nutrition Information Per Serving:** Serving size: slice (½ of recipe)

**Calories: 240; Total fat: 8 g; Saturated fat: 4.5 g; Cholesterol: 35 mg; Sodium: 270 mg; Carbohydrates: 39 g; Dietary Fiber: 2 g; Protein: 3 g.**

Christina Crawford, Consumer Affairs Supervisor in the U.S. for Fleischmann's Yeast, says the type of apples used can affect how the Apple Kuchen tastes.

"When apples are called for in a baking recipe, we recommend a juicy apple that does not disintegrate easily," Crawford says. "Not all varieties stand up well to baking. Some even become bitter."

Crawford recommends three apples for baking:

- **McIntosh**—dark, red skin with green streaks. Canada's most popular apple, the apple is medium-sized, firm, juicy, and has a crisp flesh.

- **Rome Beauty**—red stripes with little spots. The fruit is large, round, shiny and aromatic.

- **Granny Smith**—green. Originally grown in Australia, the apple is said to get its name from its first cultivator—Grandmother Smith. The fruit was introduced in North America in the 1970s. The apple is medium-sized, juicy and tart.

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