



Historical Society of Pennsylvania

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"Apple Dowdy," in *Mrs. Rorer's Philadelphia Cook book: a manual of home economic* [TX 715 .R815 1886]

Original Recipe:

Butter a baking-dish and line the bottom and sides of it with buttered slices of bread. Fill the dish with sliced apples, grate over them a little nutmeg. Mix a half-cup of water and a half-cup of molasses together, and pour over the apples; sprinkle over this a half-cup of brown sugar, cover with more buttered bread. Cover the top of the baking-dish with a tin plate, and bake in a moderate oven for two hours. When done, loosen the edges with a knife, and turn out on a dish. Serve hot, with sugar and cream.

Working Recipe:

Ingredients

5 apples peeled and slices
1 loaf of white bread
4 tablespoons of butter (1 stick)
½ cup of maple syrup
½ cup of water
½ cup of brown sugar
1 teaspoon of nutmeg
1 teaspoon of cinnamon

Instructions:

1. Preheat oven to 375 and butter 8x8 pan
2. Peel and slice 6 apples and set aside
3. Line the bottom and sides of the dish with the buttered slices of bread
4. Fill the dish with sliced apples and sprinkle the nutmeg and cinnamon on top
5. Mix water and maple syrup together and pour over the apples. Sprinkle brown sugar over the apples.
6. Cover the top of the apples with more buttered bread.
7. Bake in the oven for 25-30 minutes.