

Applejack

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 egg
sugar (to sprinkle)
1 cup buttermilk
1 teaspoon baking soda
pinch salt
1 tablespoon lard
flour (to thicken)
apples, peeled and sliced*

Preheat the oven to 350 degrees.

Make the batter: In a bowl, mix the egg, buttermilk, baking soda, salt, flour and lard.

Cover the bottom of a baking dish with apples. Sprinkle with sugar. Layer about one-third of the batter over the top. Place another layer of apples, sugar and batter. Finish with apples, sugar and little bits of batter.

Bake for 45 minutes.

Per Serving (excluding unknown items): 288 Calories; 20g Fat (62.8% calories from fat); 14g Protein; 12g Carbohydrate; 0g Dietary Fiber; 233mg Cholesterol; 1586mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 3 Fat.