



# IN THE STIX STUDIO

## APPLE BAKER RECIPES

### CARAMEL BAKED APPLE

1/3 C raisins  
3T butter  
1/3 C chopped nuts  
1/3 C brown sugar  
1/4 t cinnamon

One apple for each APPLE BAKER. Heat oven to 325F. Mix the first 6 ingredients as listed and place half in the cored apple. Butter the APPLE BAKER and place the apple in it. Sprinkle remaining ingredients on top. Bake in conventional oven 25 mins, or until done. Or Microwave for 5 minns.

### SWEET DUMPLING STUFFED SQUASH

1 C cubed bread  
milk or cream to moisten  
pepper & sea salt to taste  
olive oil  
1 clove garlic, crushed  
1 egg beaten

Cut squash at the bottom third leaving the top with the stem intact. Remove seeds and strings. Cut hole in the bottom third and place in the buttered APPLE BAKER. Set aside. Mix all remaining ingredients, and add enough milk or cream to moisten. I also often add dried cranberries and chopped pecans. Spoon dressing mix in APPLE BAKER. Drizzle enough olive oil on top to please you. Cover with the top stemmed portion of the squash and again, drizzle with olive oil. Bake at 350F for 45 mins. Serve hot, scooping out the dressing and squash as you go. Playing in your food is not a sin!

### BAKED TOMATO

Cut a large garden fresh tomato in half. Make a slit at the bottom to place tomato on the stem of a buttered APPLE BAKER. Drizzle top with olive oil. Liberally add breadcrumbs and your favorite spices. Sprinkle with sea salt and pepper. Cover all this with a generous grating of Parmigiano-Reggiano. Drizzle again with olive oil and place in the oven. Bake at 345F for 20 minutes. If you'd like the brown topped a bit, broil for 1 to 2 minutes. Serve hot! Great with salmon.

### THIS IS AN UNTESTED RECIPE FROM A FRIEND.

Cut a Vidalia onion in half and place in buttered APPLE BAKER. Place a beef bullion cube in the middle of the onion, slather with copious amounts of unsalted butter. Add water to outside edge, filling to about 1/3 full. Cover and microwave till done... Which will depend on your microwave. Said to taste a bit like French onion soup. Email us and tell us what you think! [Recipes@InTheStixStudio.com](mailto:Recipes@InTheStixStudio.com)

### 100 YEAR OLD RECIPE.

A gal and her mother came into my booth at a show and the younger of the two excitedly told me she had a baked apple recipe over 100 years old ... "I KNOW it's over a hundred years old because the recipe is my Mama's Mama's recipe and Mom is 78!" About that time, the mother gave her no longer favorite daughter a look that could derail a train! You know that look. It's the one we all give our children, no matter what their age. How simple this one is and from the Appalachian Mt.s to boot.

Core an apple. Fill the center with fresh made sausage. Bake. Voila! Just like any 100-year-old recipe, time and temp is up to your personal discretion.

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