

# Comparing Apples to Apples

10/2010

This is a summary of recommended uses for some of the more popular apple varieties. Some apples are better suited for eating raw because of their texture and flavor, others are better for pies and baking because they hold their shape when cooked, and others have the texture and flavor for better applesauce.

**KEY:** ★=highly recommended      ✓=recommended      ☹=not recommended

APPLE TYPE	RAW	PIES	BAKING	SAUCE	JUICE	COMMENTS
Baldwin	✓	★	★	✓	✓	Tart,crisp, great for baking
Braeburn	★	✓	✓	✓	✓	Crisp, all-purpose
Cameo	★	★	★	★	✓	Crisp, tart, juicy
Cortland	★	★	★	★	✓	Tart,crisp;slow to brown
Crispin	✓	✓	✓	✓	✓	Sweet, firm
Empire	★	✓	✓	✓	✓	Sweet,crisp,firm
Fuji	★	✓	✓	★	✓	Sweet,crisp,juicy
Gala	★	✓	✓	★	✓	Mild,sweet,crisp
Golden Delicious	★	★	★	★	✓	Sweet, juicy, best all-purpose
Granny Smith	★	★	★	★	✓	Tart, crisp, juicy, great in salads
Honey Crisp	★	★	★	★	★	Sweet,crisp
Idared	✓	★	✓	★	✓	Tart,crisp,firm,store well
Jonagold	★	✓	★	★	✓	Both sweet & tart
Jonathan	✓	★	★	✓	✓	Sweet,acidic
McIntosh	★	☹	☹	★	✓	Sweet,juicy,less firm
Pink Lady	✓	✓	✓	★	✓	Sweet, crisp
Red Delicious	✓	☹	☹	☹	☹	Bland, crisp
Rome Beauty	✓	★	★	★	✓	Sweet,firm
Stayman	✓	✓	✓	★	✓	Juicy,tart,store well

Sources: U.S. Apple Association, Cook's Illustrated, [www.pickyourown/apples.com](http://www.pickyourown/apples.com)

## Summary of recommendations:

- **Raw for snacking and salads**—Personal taste and preferences vary widely—it's up to you whether you prefer sweet or tart. Fuji and Honey Crisp are currently the most popular varieties.
- **Pies and baking**—Choose only apples that hold their shape well during cooking. Golden Delicious, Baldwin, Cortland, and Idareds are highly recommended by Cook's Illustrated.
- **Sauce**—Choose sweeter apples if you prefer unsweetened or low-sugar applesauce. Gala, Rome Beauty, Stayman, and Golden Delicious are highly recommended.
- **Juice**—Choose a combination of apples to achieve the sweet/tart flavor you prefer. Most apples are good juicers; Honey Crisp is considered a good choice for a balance of sweet and tart.
- **Freezing**—(not on chart) Golden Delicious, Rome Beauty, Stayman, Jonathan, Granny Smith.

Try a mixture of apple types in a single recipe. Experiment and find the ones that best suit your taste.

## Measurement guidelines: (this cannot be exact since apple sizes vary)

- One pound of apples = approx. 2 large, 3 medium or 4 small apples
- 1 medium apple (tennis ball size) = 1 cup chopped apple
- One pound of apples yields approx. 3 cups of chopped apple or 2-1/2 cups of sliced fruit
- Two pounds of apples is enough for an average 9" pie



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