

EASY APPLE CRISP

This crisp is fairly simple and quick to put together. For apples, Gala, Empire, Macoun, Cortland and Granny Smith are all good choices - I like to use at least 2 different types of apples and even stir in some cranberries or raisins. Top w/ vanilla ice cream or frozen yogurt or whipped cream or non-fat yogurt topping.

INGREDIENTS:

- ♦ 4 med/large apples - cored and sliced evenly - do not peel
- ♦ 1 tsp fresh lemon juice
- ♦ ½ cup brown sugar
- ♦ ½ cup all-purpose flour
- ♦ ½ cup quick cooking oats
- ♦ ½ cup white sugar (preferably a natural brand like Florida Crystals)
- ♦ 1 tsp ground cinnamon
- ♦ ½ tsp allspice
- ♦ ½ tsp cardamom
- ♦ ¼ tsp salt
- ♦ 1 lg. egg, beaten
- ♦ 2 TBSPs butter, melted

MATERIALS:

- 9" square baking pan
- large mixing bowl
- small mixing bowl
- whisk
- large rubber spatula or spoon

PREPARATION:

1. Preheat oven to 400°
2. Spray a **9 inch square baking pan** with canola oil cooking spray. In the pan, mix sliced apples with brown sugar.
3. In a **large bowl**, mix together well flour, oats, white sugar, spices and salt.
4. In a **small bowl**, beat together egg and melted butter. Stir into flour mixture. Spread evenly over apples.
5. Place in oven and immediately **reduce heat to 375°** and bake for 30 to 40 minutes, or until topping is golden and crisp. Cool for about 5 minutes before serving.

Open Faced Apple Pie

This is a great way to enjoy the full flavor of autumn apples. It's a snap to make - a bit like baked, caramelized apples simply cradled in a bottom crust.

Serves 6

INGREDIENTS

- 8 or 9 cups peeled, cored and quartered apples
- 1 cup sugar
- 4 tablespoons flour
- 1 teaspoon salt
- 1 10" unbaked pie crust
- 1/3 cup light cream
- 1/4 cup milk

PREPARATION

1. Preheat oven 375°
2. Pile the prepared apples into a large mixing bowl. Stir the sugar, flour and salt together. Add to the bowl of apples and toss well to evenly coat all of the apples. Arrange the pie crust inside a sturdy pie plate and pile the seasoned apples inside (they should mound up fairly high but they'll sink as they cook).
3. Combine the cream and milk and pour this over the apples. Place in the oven to bake 1 1/2 hours or until the apples are soft. Tent with foil for the first half hour of baking - then remove.
4. Once finished baking, remove from the oven and allow to cool for at least 15 minutes before slicing and serving. Serve warm topped with a scoop of vanilla ice cream.

Wonderful Crumble Topping

Crumble topping mix makes up in seconds and is easy to commit to memory and call on whenever you need a sweet, crispy topping mixture.

INGREDIENTS

- ½ cup of butter (room temperature)
- ½ cup of sugar
- ¼ cup of flour
- ¼ cup of quick oats

PREPARATION

1. Place ingredients into a bowl, then cut together with a pastry cutter until crumble mix is crumbly.

CLASSIC APPLE PIE

The Apple Pie, with its two rounds of pastry enclosing slices of cinnamon sugared apples, is a North American favorite. So popular, in fact, that you will find it in some form on most restaurant menus, in bakeries, in the bakery and freezer section of grocery stores, and most home bakers have a secret recipe for their own "best" apple pie. While some like their slice of apple pie served plain, others like it with a scoop of vanilla ice cream, a dollop of softly whipped cream, or with a generous slice of sharp cheddar cheese.

INGREDIENTS

- **Apple Filling:**
- 2 ½ pounds (1.1 kg) apples (about 6 large), peeled, cored, and sliced ¼ inch thick (about 8 cups (2 L))
- ¼ cup (50 grams) granulated white sugar
- ¼ cup (55 grams) light brown sugar
- 1 TBSP lemon juice
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 2 TBSPs (28 grams) unsalted butter
- 1 ½ TBSPs (15 grams) cornstarch

PREPARATION/ Apple Filling:

1. In a large bowl combine the sliced apples with the sugars, lemon juice, ground cinnamon, nutmeg, and salt. Let sit at room temperature for at least 30 minutes or up to three hours.
2. Then, place the apples and their juices in a strainer that is placed over a large bowl (to capture the juices). Let the apples drain for about 15-30 minutes or until you have about ½ cup (120 ml) of juice. Spray a 4 cup (960 ml) heatproof measuring cup with a nonstick vegetable spray, and then pour in the collected juices and the 2 tablespoons (28 grams) of unsalted butter. Place in the microwave and boil the liquid, on high, about 5 to 7 minutes or until the liquid has reduced to about 1/3 cup (80 ml) and is syrupy and lightly caramelized. (Alternatively, you could place the juices and butter in a small saucepan and boil over medium high heat on the stove.)
3. Meanwhile, remove the top pastry crust from the refrigerator and let it sit at room temperature for about 10 minutes so it has time to soften. Transfer the drained apples slices to a large bowl and mix them with the cornstarch (corn flour). Then pour the reduced syrup over the apples and toss to combine. Pour the apples and their syrup into the chilled pie crust. Moisten the edges of the pie shell with a little water and then place the top crust over the apples. Tuck any excess pastry under the bottom crust and then crimp the edges using your fingers or a fork. Using a sharp knife, make five- 2-inch (5 cm) slits from the center of the pie out towards the edge of the pie to allow the steam to escape. Cover the pie with plastic wrap and place in the refrigerator to chill the pastry while you preheat the oven.
4. Preheat the oven to 425 degrees F (220 degrees C). Place the oven rack at the lowest level and place a baking stone or baking sheet on the rack before preheating the oven.
5. Place a piece of aluminum foil on the stone (or pan) to catch any apple juices. Set the pie on the stone or pan and bake for about 45 to 55 minutes or until the juices start to bubble through the slits and the apples feel tender (not mushy) when a toothpick or sharp knife is inserted through one of the slits. Make sure to cover the edges of the pie with a foil ring to prevent over browning after about 30 minutes. Remove the pie from the oven and place on a wire rack to cool for about 3-4 hours before cutting. Serve warm or at room temperature with vanilla ice cream or softly whipped cream. Store at room temperature for 2 to 3 days.