

# Easy As (An Apple) Pie

Chef Jeannette Pothier



## Pastry Crust

2 crusts for a 9-inch pie plate:

2 cups flour, use King Arthur all purpose/organic flour combination

Pinch of salt

8 TB unsalted butter and 4 TB lard

4 to 5 TB water, ice cold

(Note: For a more tender crust, use 1 TSP. plain yogurt, lemon juice or vinegar in the water)

Mix the fat into the flour and salt together. Leave the butter in the size of peas. Butter will melt while baking and give you a nice flaky crust.

Using a fork, add the water 1 tablespoon at a time

Gather and separate in half and ensure that the dough forms a ball. Put the dough in individual sandwich fold over bags and refrigerate 30 minutes or overnight. Take it out 10 minutes before rolling. Crusts are easily made in the Food Processor using the pulse method. Check out the different crust videos on line.

Use Cortland's, or half Cortland's and Macintosh apples, and Northern Spies are good too

## Apples In Your Pie

5 to 7 medium Apples, (approx. 2 pounds), peeled, cored cut 3/8 in thick

2/3 cup sugar and 2 TB flour and if juicy apples, add 1 TB cornstarch.

1 / 2 teaspoon Cinnamon, freshly grated nutmeg (optional)

Roll out and place the crust in the pie plate. Spread a teaspoon of apple jelly on the bottom of the crust to prevent a soggy bottom. Fill the pie shell with the apples. Shake them down. Make sure we have no sharp points to break the dough.

## Top

Add 1 teaspoon unsalted butter to the top of the apples. Roll the top crust, keeping the crust in a nice circle, remember your pie plate or tin, is probably round. Using a small cookie cutter, cut a design in the center. Wet the edges of the crust before placing the crust on top.

Sealing and Crimping: Using scissors cut off the extra dough and fold the top crust under the bottom crust and make sure that it is even and sealed.

Crimp the edges with a design of your choice. Cut small vents. Slip into a gallon freezer plastic bag, notching the zipper so that the crust fits in the bag better, and seal it. May be frozen at this time but bake it frozen. This way you will always have the pie ready, and bake it the day before Thanksgiving, allowing it to cool so it may cut more easily.

## Baking Your Pie

Place Pie on a baking sheet or pie baking sheet.

FROZEN PIE- 450 oven bake 30 mins; lower the heat to 350, bake for an additional 50 mins until juice appears in the center.

FRESH PIE: 450 oven, bake for 10 mins; lower the heat to 350, bake an additional 50 mins. or until brown and a juice bubble appears in the center.

More information: Check out my baking classes in the Bedford Recreation Department brochure mailed to your home.