

Recipe 1.5

OneRoastChicken.com presents

Dutch Apple Pie

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Ingredients

See notes on page 52
for freezer version.

7 cups apples, peeled, cored and sliced (approx. 7 med. apples)
½ cup white sugar (125 mL)
¼ cup brown sugar (60 mL)
2 tablespoons flour (30 mL) (3 tablespoons for FREEZER version)*
1 teaspoon grated lemon zest (peel) (5 mL)
½ teaspoon cinnamon (2.5 mL)
½ teaspoon nutmeg (2.5 mL)

2 tablespoons apricot jam (optional) (30 mL) (omit for FREEZER version)*

topping

7 tablespoons butter, melted (¼ cup + 3 tablespoons / 100 g)
1¼ cups flour (310 mL / 163 g)
⅓ cup brown sugar (80 mL)
⅓ cup white sugar (80 mL)

pastry for one 9" pie crust (frozen is OK) (23 cm)



Cost to prepare recipe*	
apples\$5.04
sugars 0.48
flour and spices 0.41
apricot jam 0.15
butter 0.87
pie crust 1.60
Total\$8.41
Recipe serves 8	
Each serving ... \$1.05	

Yield

Makes one pie; serves 8

Required supplies

vegetable peeler
dry measuring cups & measuring spoons
paring knife
medium-sized mixing bowl
box grater or microplaner
9" pie pan (metal or glass) (23 cm)

Time to make this recipe

Preparation: 20 mins.
Cooking time: 60 mins.



Background Information

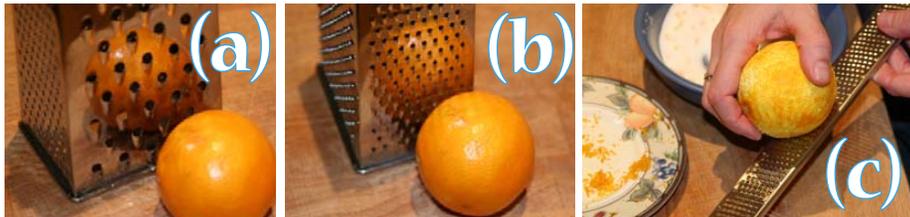
Types of apples

For this recipe, I like to use a mix of Macintosh apples (soft red) and Granny Smith (hard green). This gives the best balance of squishy and firm when cooked. I like 4 Macintosh and 3 Granny Smith. The traditional Nova Scotian recipe would be to use all Macintosh apples, and that's fine, too.



Box grater vs. microplaner

When you grate cheese, you'd use the big holes on the box grater (a). But when you're grating orange or lemon peel, you want the smaller size (b). Ideally, you'd have a microplaner (c) which grates your peel into very fine shavings.



Types of pastry

My personal preference is for pastry made with lard. It's easier to work with and is flaky when baked. Pastry made with shortening is a lovely runner-up. When you buy frozen, ready-made pastry, check to see if the ingredients include lard or shortening.

Notes on your oven

Preheating the oven

Always preheat your oven and turn it on as soon as possible when you begin to prepare this recipe. It takes a good 15 to 30 minutes to heat your oven completely. The elements will light up and it will overheat and then cool down.

Oven temperatures

The temperature of your home oven is hard to calibrate properly. Avoid opening the oven too often, as each time the door is opened a big gust of heat escapes and it has to reheat. Until you figure out the idiosyncrasies of your particular stove, watch the times carefully.



Instructions

Preheat your oven to 450°F (230°C / gas mark 8). Prepare single crust pastry, either by rolling it out and placing it in the pie pan (1), or by removing the frozen pie crust from the freezer.

Peel apples (2). Cut each apple into 4, and remove the core with a paring knife or other sharp knife (3). Check the inside of each apple to ensure that there is no core left (4) (you know, those little plastic-like pieces that you'll hate to bite into later).

Slice apples into approximately ¼" (6 mm) thick pieces (5). Place in a medium-sized bowl (6). Try to keep the size of the slices uniform so that the pie will cook evenly.



Once all the apples are sliced, add the brown sugar, white sugar and flour to the bowl. Add freshly grated lemon rind using the microplaner if at all possible (7, 8). Add the cinnamon and nutmeg (9).

If you can find fresh nutmeg (10), the flavour is much nicer than the regular powdered stuff you buy at the grocery store. These little nuts of meg store indefinitely, and you can just pull out a nut and grate up what you need for your recipe. Because the flavour is stronger and fresher than the regular powdered stuff, you will only need about half the regular amount.

Gently mix the apple ingredients so the spices are well distributed (11). Don't mix too hard or the apples will get mushy.



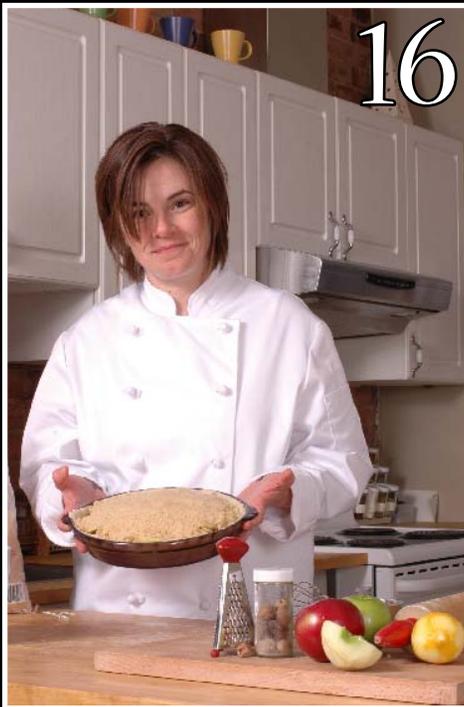
Add the apricot jam to the bottom of the pie crust (12). While this is an optional ingredient, the tiny boost of flavour is fabulous. Try to find apricot jam that isn't very lumpy (or pick out any large pieces of fruit).

Now add the apple ingredients to the pie pan (13), and distribute evenly. You'll want the apples to be piled slightly higher in the middle of the pie.

To prepare the topping, using the same bowl, melt the butter in the microwave and add the remaining topping ingredients. Mix well with a whisk or a fork (14). There should be large and small lumps of dough. Leave some of the lumps large.

Carefully pour the topping onto the pie (15), and smooth it out to cover the apples.





Once your pie is ready to go in the oven (16), cook it at 450°F (230°C / gas mark 8) for 15 minutes, then reduce the heat to 350°F (180°C / gas mark 4) and cook for an additional 40-45 minutes or until the apples are tender when poked.

Remove from the oven and let cool 30-45 minutes (17). This allows the juices to set and thicken. If you cut it too soon, the insides will be sloppy and not beautiful.

Slice pie (18), and serve with cinnamon ice cream.

FREEZER VERSION ADAPTATIONS :)

Prepare apples following steps 2-11. Put apples in a foil-lined 9" pie pan, and freeze for two hours. Remove foil-wrapped apples from pie pan, double wrap, and put back in freezer. This frees up your pan for other uses.

When ready to bake, unwrap frozen apples and place in a prepared pie crust. Make topping with steps 14-15. Cover filled pie pan with foil, place on a flat tray to catch drips, and place in the oven at 350°F (180°C / gas mark 4). Bake covered in foil for 90 minutes. Remove foil, bake an additional 60 minutes.

Then follow steps 17 + 18. Yummy!