

2009 Adult (Ages 18 and up) Recipe



Apple Pie

Ingredients:

1/3 cup sugar
1/3 cup brown sugar
1/4 cup King Arthur Unbleached All-Purpose Flour
1 teaspoon cinnamon*
1/4 teaspoon nutmeg*
1/8 teaspoon salt
6 firm pie apples
Pastry for one 9-inch, double crust pie

*spices can be altered for personal taste

Method:

- Combine sugars flour, cinnamon, nutmeg and salt in a small bowl.
- Peel apples and cut into thin slices.
- Sprinkle the sugar mixture over the apples and toss lightly until the apples are completely coated.
- Roll out half of the pastry dough and place it in a 9-inch pie plate.
- Spoon the filling into the pastry shell.
- Roll out the remaining dough and place it over the apples. Seal and crimp the crust. And prick or slash the top of the pie.
- Bake the pie in a pre-heated 350°F oven, until it is golden brown and bubbly, about an hour.

Pie Pastry

(Makes one double crust 9-inch pie)

Ingredients:

2 1/2 cups (10 ounces) unbleached all-purpose flour
1/2 teaspoon salt
1 cup (8 ounces) unsalted butter*, chilled and divided in half
1/4 to 1/2 cup (2 to 4 ounces) ice water

*may substitute for shortening, etc.

Method:

- Combine the flour and the salt in a mixing bowl.
- Cut in half the chilled butter* using a pastry blender or your fingers. For a tender result, the fat particles should be worked in quickly and remain about the size of currants.
- Cut in the remaining butter*, this time leaving larger shards, about the size of dried cranberries.
- Sprinkle about three tablespoons of the ice water over the flour/fat mixture and mix just until the dough begins to mass. You may need to add the additional tablespoon of ice water for this to occur.
- Remove the dough mass to a work surface, divide into two equal portions and press into flattened rounds about six inches in diameter. Wrap each in plastic wrap and chill for at least 1/2 hour.

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To roll a single crust:

- Remove one piece of dough from the refrigerator and place on a well-floured surface or between sheets of plastic wrap or parchment paper. Roll the dough from the center out, taking care not to roll over the edges. A circle of 13 inches will suffice for a 9-inch pie tin.
- Transfer the dough to the pie plate by first folding the circle in half and then into quarters. Place the point of the quartered dough at the center of the pie tin and gently unfold.

For a double crust pie:

- Roll the top dough the same as the bottom one and transfer to cover the filling in the same manner (folding the circle in quarters).
- Trim the crust so the top crust is about 1/4 inch shorter than the bottom one. Lift both layers of dough together and fold the bottom layer over the top, resting them on the edge of the pie tin.
- Seal the edge by fluting or crimping, using your fingers, a fork or any kitchen implement to achieve a sealed and decorative edge.
- Vent the top of the pie with some slits to prevent the juices from boiling over.

* This is a tender, all-purpose pie dough. To add a nuance of sweetness and flavor, 4 tablespoons of confectioner's sugar can be included with the dry ingredients and 1 teaspoon of vanilla with the water.