

APPLE PIE

A FALL TIME CLASSIC PAIRED PERFECTLY WITH VANILLA ICE CREAM



Yield: 8 Servings – Serving Size: 5 oz. – Prep Time: 20 Minutes



Ingredients:

- 1 ½ c. - All Purpose Flour
- ¼ tsp. - Salt
- 8 Tbsp. - Cold, Unsalted Butter (Cut into small pieces)
- 4 Tbsp. - Ice Cold Water
- 4 Each - Granny Smith Apples
- 1 c. - Brown Sugar
- 1 Tbsp. - Cinnamon, Ground
- 1 tsp. - Nutmeg, Ground
- 1 Tbsp. - Vanilla Extract
- ¼ c. - Egg Yolk

1) Preheat oven to 325 degrees. In a mixing bowl combine the all-purpose flour, salt, and cold butter.





2) Utilizing a pastry blender or your hands crumb together the butter and flour. Massage the butter into the flour breaking it into smaller and smaller pieces until a crumb-like texture is achieved.



3) Add the ice-cold water to the crumbed flour, salt and butter; mix until a dough forms. Split into two pieces and form into balls. Wrap each piece in plastic wrap and place in refrigerator for 30 minutes. (Cracks in the dough are normal)



4) While the dough chills peel and thinly slice the granny smith apples. Then in a mixing bowl combine the apple slices, brown sugar, cinnamon, nutmeg, and vanilla extract. Set aside the filling.



5) Remove one dough from the refrigerator. Remove plastic wrap. Place on a generously floured surface. Roll out the dough utilizing a rolling pin starting from the middle of the dough and working outward to form a circular shape. Try to prevent rolling the pin off the dough as the edges will become too thin.



6) Once the dough is rolled out about 1 inch larger than the pie tin, place it over the tin. With a knife, cut off the excess dough. Repeat step 5 with the second dough. With a pastry wheel or a knife, cut the second dough into evenly wide strips.



7) Fill your pie shell with the apple filling. Lay out 4 to 7 parallel strips of the pie dough, depending on how thick your strips are, on top of the filling, with about 1/2-inch to 3/4-inch space between them. Utilize the shorter dough strips along the outside of the pie and the longer strips towards the middle. Fold back every other dough strip. Place one long strip of dough perpendicular to the parallel strips as shown. Unfold the folded strips over the perpendicular strip. Now take the parallel strips that are running underneath the perpendicular strip and fold them back over the perpendicular strip. Lay down a second perpendicular strip of dough next to the first strip with some space between the strips. Unfold the folded parallel strips over the second strip. Continue until lattice is complete.



8) Whisk egg yolk and utilizing a pastry brush, gently brush the top pie crust. Carefully place a loose piece of aluminum foil around the edge of the pie to prevent burning. Place in the oven at 325F for 20 minutes. Then remove the foil. Place back into the oven and bake for approximately another 25 minutes or until the crust is golden brown.

9) Allow the pie to cool completely before removing from the pan or slicing.



6) Serve a slice up with a scoop of vanilla ice cream and let the indulgence begin. Enjoy!

Equipment Needed: Mixing Bowl, Cutting Board, Knife, Pastry Brush, Rolling Pin, Measuring Cups and Spoons

Calories: 340Kcal – **Calories from Fat:** 110Kcal – **Total Fat:** 13g – **Saturated Fat:** 8g – **Trans Fat:** 0g – **Cholesterol:** – 70mg
Sodium: 80mg – **Total Carbohydrate:** 54g – **Dietary Fiber:** 4g – **Sugar:** 30g – **Protein:** 4g