



Old Fashioned Apple Pie

CRUST

(enough for 9" pie double crust)

- 2½ cups flour
- ½ teaspoon salt
- 1 cup or 16 tablespoons butter, shortening, leaf lard or a mix
- enough ice water to mix (between 3 to 15 tablespoons)

Cut fat into dry ingredients until fat pieces look like cracker crumbs to small walnut size. Add enough water to hold together.

Form into a round ball and then cut in half. Form the two hemispheres of dough into chubby discs; wrap and chill in refrigerator for at least one hour.

Roll out on floured board. Line a 9" pie pan with bottom crust.

Technique for Crust

All ingredients should be cold. Use a light touch and don't overwork.

FILLING

- 8 to 10 cups of sliced or chopped apples (about 2½ to 3 pounds)
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- a little salt
- pinch of nutmeg
- ¼ to ½ cup flour
- 1 tablespoon of cider vinegar
- ¼ to 1 cup sugar, depending on the sweetness of the apples

In large bowl mix all ingredients. Pour into pie pan lined with bottom crust. Dot with butter and cover with top crust. Cut vents.

Crimp edges. Brush with egg white wash and sprinkle with sugar. Bake in a hot oven for 20 minutes and then in a medium hot oven until done. (See oven notes below.)

APPLE NOTES

Use a mix of organic heritage apples, unpeeled for flavor and color. Lemon juice can be substituted for apple cider vinegar.

OVEN NOTES

Ovens temps vary.

Hot oven = 425-450 degrees

Medium hot oven = 350-375 degrees



Featured Foodie

Kate McDermott

Kate McDermott knows pie. Since childhood Kate loved to bake. After moving to the Olympic Peninsula in Washington state in the 1990s, she became serious about her passion for pie.

In 2005, she began a two-year exploration of pie crust. She experimented with different flours, fats, ratios and recipes before settling on what she finds to be the best pie crust recipe. She took

this knowledge to the classroom and began teaching people how to make the perfect pie crust at www.artofthepie.com. Kate offers classes in both Seattle and Port Angeles, WA. Since 2005, she has taught sold-out hand-on classes to thousands of pie lovers. People gather to learn about pie and all its secrets from a true pie master.



"Be Happy, Make Pie!"

Culinary heroes from Ruth Reichl to Dorie Greenspan rave about her pie crusts. Dorie Greenspan, author of 10 cookbooks and winner of 5 James Beard Awards, has said that she "would do anything to take an Art of the Pie class from Kate."

Ruth Reichl, formerly editor of Gourmet magazine said about Kate, "I've been baking pies my entire life, but making them with Kate was a liberating experience. With pioneer spirit she throws the textbook out the window and comes up with absolutely perfect crust filled with fruit that actually sings to you, telling you when it's ready to be removed from the oven. Great fun and great food."

Secrets from the Master

Kate graciously agreed to share some of her pie secrets with Sur La Table. We're delighted to share them with you:

"Crisp clear days, the crunch of dry fallen leaves, the smell of a freshly baked apple pie wafting from the kitchen---that's my idea of autumn. Here are a few hints from my kitchen to help you make a top-notch apple pie."



- Add flavor to your pie filling by using more than one variety of apple.
- Heirloom apples are showing up more often at farmers' markets. Newton Pippins, Russets, Bramley's Seedlings are a few that are very flavorful in pies.
- No need to peel! Most skins become soft in the baking, and their tannins add flavor to the pie. Dark skins also add a beautiful rosy blush to the filling when baked.
- Hold the sugar! With apples that have great flavor, 1/2 to 3/4 cup sugar is all that is needed in the filling.
- When apples are baked they slump, which can leave a gap between your filling and crust. Try compressing the filling with your hands to reduce the gap or pre-cook the filling for about 15 minutes in a saucepan on medium-low heat until a fork starts to slide in easily. Let cool before placing in the bottom crust and putting on the top crust.
- Freeze cooked and cooled pie filling in labeled freezer bags for apple pie throughout the year. When you are ready for a taste of fall, pop a bag of partially thawed filling into the bottom crust and finish as your recipe directs.
- For a tender and flakey crust, make sure your fats (butter, shortening or lard) are well chilled. If they feel soft, put them back in the fridge until they firm up.
- Slip your mixing bowl and flour into the freezer for 10-15 minutes to chill.
- Handle the dough as little as possible and roll out quickly so the fats won't warm up too much.
- Put your constructed pie in the fridge while you are pre-heating the oven or cover the pie and leave it in the fridge overnight and bake the next day.