

Apple Pie



Ingredients for the crust:

2 cups sifted all-purpose flour

½ teaspoon salt

1 cup (2 sticks) butter, chilled and cut into pieces, or 1 cup vegetable shortening (e.g. Crisco)

½ cup iced water

up to 1 cup additional flour for rolling crust

To make the crust:

1. Fill one cup liquid measuring cup with water, and drop in a few ice cubes; set it aside.
2. In a large bowl, whisk together 2 cups flour, 1 tablespoon of sugar and a teaspoon of salt.
3. Dice two sticks (8 ounces or 1 cup) of very cold unsalted butter into 1/2 –inch pieces. If using vegetable shortening, measure one cup. Sprinkle the butter cubes over the flour, or mix the shortening into the flour, and begin working them in with the pastry blender, using it to scoop and redistribute the mixture as needed so all parts are worked evenly. All of the butter/ shortening pieces should be the size of peas.
4. Drizzle ½ cup of the ice-cold water over the butter and flour mixture. Using a fork or spatula, gather the dough together. You may need up to an additional ¼ cup of cold water to bring it together, but add it a tablespoon at a time. Once the dough starts to form together, take it out of the bowl and use your hands to work the dough together into one mound, kneading them gently together.
5. Divide the dough in half, chill in the refrigerator for at least an hour before rolling it out.
6. Work quickly so the dough stays cold, firm and easier to work with. If it takes a few extra minutes and starts to soften, chill it in the freezer for two or three minutes. Flour your surface with about ½ cup of flour, put the dough in the middle.
7. Start rolling your dough by pressing down lightly with the pin and moving it from the center out. Roll it a few times in one direction, lift it up and rotate it a quarter-turn. Continue this process, reflouring the surface and the top of the dough as needed.
8. Carefully fold dough circle in half, then in half again. Place in pie pan, press lightly into place, and trim the dough with a knife so that it is a little larger in diameter than your pie pan.

9. Repeat rolling procedure with second half of dough, but fold it into quarters and keep folded until apple mixture is ready. Chill both parts of dough for crust in refrigerator until ready to assemble pie.

Ingredients for the filling:

8 or 9 large apples, peeled, cored, and thinly sliced
juice of ½ large lemon
½ cup white or brown sugar, or a combination
½ teaspoon ground cinnamon
¼ cup (½ stick) butter
1 large egg white beaten with a little water, for brushing

To assemble the pie:

1. Preheat oven to 450 degrees F.
2. Prepare the pastry first. Line a 9-inch pie pan with half of the pastry and set aside in the refrigerator, along with the top half, while you make the filling.
3. Taste a few slices of the apples to determine how much sugar you'll need to make them sweet. In a large bowl, mix the apple slices in the lemon juice. Sprinkle with sugar and cinnamon to taste.
4. Pour the apple mixture into the prepared pastry shell. Mound toward the center and dot with butter. Unfold the top pastry and carefully lay it over the apples. Dough should extend about ¼ inch beyond pan edge. Seal the edges by crimping, cut vent holes, and decorate with extra pieces of dough cut into decorative shapes, if desired.
5. Brush the egg wash over the surface of the pastry. Place the pie pan on a baking sheet or aluminum foil to catch any spill over.
6. Cook in the middle of the oven for 10 minutes. Turn the oven down to 350 degrees F. and continue to cook for about another hour, until the top crust is a beautiful golden brown. If the edges start to darken too much, cover with pieces of aluminum foil.