

Here's what's cookin': Apple Pie

Recipe from: Melanie Wallace

Fruit Pies

Fruit pies for all seasons—how lucky we are to have canned and frozen products! You'll find unusual stand-out seasonal pies, too.

APPLE PIE

Is any pie more sure to please than this all-American favorite? We've pictured it on page 315.

8-INCH

Pastry for 8-inch Two-crust Pie
(page 316)

- ½ cup sugar
- 3 tablespoons flour*
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- Dash salt
- 5 cups thinly sliced pared tart apples
- 1 tablespoon butter or margarine

9-INCH

Pastry for 9-inch Two-crust Pie
(page 316)

- ¾ cup sugar
- ¼ cup all-purpose flour*
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- Dash salt
- 6 cups thinly sliced pared tart apples
- 2 tablespoons butter or margarine

10-INCH

Pastry for 10-inch Two-crust Pie
(page 316)

- 1 cup sugar
- ⅓ cup all-purpose flour*
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- Dash salt
- 8 cups thinly sliced pared tart apples
- 3 tablespoons butter or margarine

Heat oven to 425°. Prepare pastry. Stir together sugar, flour, nutmeg, cinnamon and salt; mix with apples. Turn into pastry-lined pie pan; dot with butter. Cover with top crust which has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking.

Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust.

*If using self-rising flour, omit salt.

VARIATIONS

■ **Apple-Cheese Pie:** Follow recipe for 9-inch pie except—pour half the apple mixture into pastry-lined pie pan; cover with 5 slices (1 ounce each) process American cheese and top with remaining apples.

■ **Apple-Pecan Pie:** Follow recipe for 10-inch pie except—stir in ⅔ cup chopped pecans with the sugar. Increase baking time to 50 to 60 minutes; spread hot pie with Crunchy Pecan Glaze: In small saucepan, combine ¼ cup brown sugar (packed), ½ cup chopped pecans and 2 tablespoons light cream. Cook over low heat, stirring constantly, until of glaze consistency.

■ **Canned Apple Pie:** Follow recipe for 9-inch pie except—substitute 2 cans (1 pound 4 ounces each) apple slices, drained, for the fresh apples.

■ **Dutch Apple Pie:** Follow recipe for 9-inch pie except—make extra large slits in top crust; 5 minutes before pie is completely baked, pour ½ cup whipping cream through slits in top crust and bake 5 minutes. Best served warm.

■ **French Apple Pie:** Prepare pastry for 9-inch One-crust Pie (page 316); omit butter and top apple filling with Crumb Topping: Mix 1 cup all-purpose flour,* ½ cup firm butter or margarine and ½ cup brown sugar (packed) until crumbly. Bake 50 minutes. Cover topping with aluminum foil last 10 minutes of baking if top browns too quickly. Best served warm.

*Do not use self-rising flour in this recipe.

■ **Green Apple Pie:** Follow recipe for 9-inch pie except—increase sugar to 1¼ cups and use green apples.

KNOW YOUR APPLES

With apple pie on the Big Ten list of American favorites, you'll want to make a good one. A good apple pie starts with good apples. Tart, firm, juicy apples. Those rated excellent for pies are Cortland, Rhode Island Greening, McIntosh and Yellow Transparent. Those rated very good are Golden Delicious, Jersey Red, Jonathan, Lodi, Rome Beauty and Starr. Note: One pound equals 3 medium apples or 3 cups sliced apples.

Here's what's cookin': Pie Crust

Recipe from: Melanie Wallace

STANDARD PASTRY

Tender, flaky pastry will encase every pie, if this basic recipe is followed precisely. Or, if you prefer, substitute the Oil Pastry (opposite).

8- OR 9-INCH ONE-CRUST PIE

1 cup all-purpose flour*
½ teaspoon salt
⅓ cup plus 1 tablespoon
shortening or ⅓ cup lard
2 to 3 tablespoons cold water

10-INCH ONE-CRUST PIE

1½ cups all-purpose flour*
½ teaspoon salt
½ cup shortening or ¼ cup plus
3 tablespoons lard
3 to 4 tablespoons cold water

8- OR 9-INCH TWO-CRUST PIE

2 cups all-purpose flour*
1 teaspoon salt
⅓ cup plus 2 tablespoons
shortening or ⅓ cup lard
4 to 5 tablespoons cold water

10-INCH TWO-CRUST PIE

2½ cups all-purpose flour*
1 teaspoon salt
1 cup shortening or ¾ cup
plus 2 tablespoons lard
7 to 8 tablespoons cold water

3 t. cinnamon
*If using self-rising flour, omit salt. Pie crusts made with self-rising flour differ in flavor and texture from those made with plain flour.

Measure flour and salt into bowl. Cut in shortening thoroughly. Sprinkle in water, 1 tablespoon at a time, mixing until all flour is moistened and dough almost cleans side of bowl (1 to 2 teaspoons water can be added if needed).

Gather dough into ball; shape into flattened round on lightly floured cloth-covered board. (For Two-crust Pie, divide dough in half and shape into 2 flattened rounds.) With floured stockinet-covered rolling pin, roll dough 2 inches larger than inverted pie pan. Fold pastry into quarters; unfold and ease into pan.

For One-crust Pie: Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll pastry under, even with pan; flute (see page 319). Fill and bake as directed in recipe.

For Baked Pie Shell: Prick bottom and side thoroughly with fork. Bake at 475° for 8 to 10 minutes.

For Two-crust Pie: Turn desired filling into pastry-lined pie pan. Trim overhanging edge of pastry ½ inch from rim of pan. Roll second round of dough. Fold into quarters; cut slits so steam can escape. Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll top edge under lower edge, pressing on rim to seal; flute (see page 319). Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake as directed in recipe.

Note: If possible, hook fluted edge over edge of pie pan to prevent shrinking and help keep shape.