

## Workshop 1: Pie-Making with Jess!



### Recipe:

#### Crust:

- ❖ 1 1/4 cups white flour
- ❖ 2 Tbsp sugar
- ❖ 1/4 tsp salt
- ❖ 1/4 cup Earth Balance margarine
- ❖ 1/2 cup + 2 Tbsp ice water

#### Filling:

- ❖ 8 cups (optional: peeled), sliced tart apples, such as Spy or Spartan
- ❖ 3/4 cup sugar
- ❖ 1/2 cup light brown sugar, packed
- ❖ 2 Tbsp all-purpose flour
- ❖ 1 Tbsp lemon juice
- ❖ 1 tsp finely grated lemon zest
- ❖ 1 tsp cinnamon
- ❖ 1/4 tsp nutmeg

#### Crumble Topping:

- ❖ 2/3 cup all purpose flour
- ❖ 1/2 cup sugar
- ❖ 1/4 tsp nutmeg
- ❖ dash salt
- ❖ 1/4 cup Earth Balance margarine, melted

### Directions:

(1) Put flour, salt and sugar for crust into small bowl. Cut in cold margarine until the mixture is made up of pea-sized pieces. Sprinkle in ice water and mix until a ball forms. Refrigerate 10 minutes.

(2) Place ball on piece of wax/parchment paper and sprinkle with flour. Place another paper on top and use a rolling pin to roll the dough as thin as possible between the two sheets.

(3) Remove top sheet carefully, flip onto 9-inch pie plate and remove other paper. Trim edges and crimp crust. Prick bottom of crust with a fork. Refrigerate until ready to use.

(4) Combine all filling ingredients in a bowl and toss. Set aside. Preheat oven to 400 F.

(5) Combine first four ingredients of topping in small bowl, then stir in melted margarine until crumbly. Place filling into crust, then spread topping over the fruit.

Bake for 10 minutes, then lower heat to 325 and continue baking until fruit is bubbly - about 25-35 minutes. Remove and let cool for an hour at least before cutting.

### Additional Tips:

- ✓ For wheat allergies, substitute kamut flour for wheat flour.
- ✓ If the crust is browning too quickly in the oven, cover the edges with strips of tin foil.
- ✓ Place the pies on baking sheets before putting in oven to avoid possible drips.
- ✓ Butter can be used instead of margarine if dairy is not an issue - also, canola oil can be used for the crust.
- ✓ Don't let the filling sit too long after combining or the apples will start to leak juice and the mixture will get too liquidy.
- ✓ A good substitute for brown sugar if you don't have it is 1/2 cup white sugar with a teaspoon of molasses mixed in.