



Apple Pie

As I have mentioned in prior recipes, while my pie recipe is vegan, it is not health food. I make my grandmother's pie recipe, and I use Crisco. My sister gave me a bunch of delicious apples and feeling Fall-ish, I made the apple pie I have always made, with a couple of tweaks.

Ingredients:

2 Pie crusts (recipe below)

6-8 cups of peeled, sliced apples (I mix up whatever I have)

$\frac{3}{4}$ Cup Sugar – brown or white or coconut (I use a little less sugar and combine coconut sugar and brown, some may like a full cup, when apples are fresh and crisp I like less)

2 Tablespoon Flour

1 teaspoon or more cinnamon (I use apple pie spice from Penzeys which includes a little mace, nutmeg, ginger)

2 Tablespoons Vegan Butter (I have skipped this by accident, and it came out fine)

Line a pie-plate with first pastry crust. In a large bowl combine all the other ingredients listed above except the butter. Just toss to coat. Dot the apples with little pieces of the butter if using. Place the top crust over the pie and tuck it under edges of lower crust and either crimp or squeeze the edges around to seal. Put several gashes in the crust. Sprinkle the top of the crust with cinnamon and sugar if desired. Bake at 425 degrees for approximately 45 minutes until crust is lightly browned.

Pie Crust recipe below - you can use your favorite.

Enjoy!



You needn't make your own pie crust, but it is more fun, and you'll be proud of pastry you've made yourself. It will taste ever so much better than anything out of a package! Lard is the perfect shortening for pastry; it's the shortest shortening, and it has good flavor. But the fluffed-up shortenings are good, too, and more generally available. If you do use lard, measure just a bit skimpily, a teaspoonful less for a double crust, a tablespoonful less in each cup for the following big recipe which makes four 2-crusters. Otherwise your pie crust may be so tender it crumbles.

There are a half dozen other good recipes and mixing methods, but I am going to tell you about only one—mine.

FLAKY PASTRY

You may keep a pastry mix on hand, or freeze rolled-out crusts with waxed paper between them, so here are recipes for one 2-crufter, and four 2-crust pies. They will make double that many single 9-inch crusts.

ONE PIE

2 cups flour
1 teaspoon salt
 $\frac{2}{3}$ cup shortening
 $\frac{1}{4}$ cup water

FOUR PIES

9 cups flour
4 teaspoons salt
3 cups shortening
1 cup water

Spoon flour into cup to measure, and level off. Mix flour and salt in mixing bowl, add shortening and cut it in with a pastry blender, or with your fingertips, until mixture resembles coarse meal. Add water, tossing with a fork to dampen evenly. Don't add water all at once or you'll have wet dough in spots. You may need an extra sprinkle of water. Press dough into a ball.

Divide the dough in half, in the smaller recipe; in 8 parts, in the larger. Roll each part into a circle between two sheets of waxed paper, making it large enough to fit your pie pan.