

Apple Pie for Two

(Company's Coming – Cooking for Two)

Pastry

Ingredients:

300 mL flour
10 mL brown sugar
1 mL baking powder
1 mL salt
125 mL shortening
50 mL cold water



Method:

1. In a medium bowl, combine flour, brown sugar, baking powder and salt. Cut in shortening with pastry blender.
2. Sprinkle with water. Stir with fork. Shape into a ball. If necessary, a small amount of extra water may be added, about 5 mL at a time if needed.
3. Rest for about 10 minutes. Divide in half. Roll each piece out to fit pie shell.

Apple Pie

Ingredients:

60 mL sugar
7 mL flour
0.5 mL cinnamon
0.5 mL salt
3 apples, peeled, cored and sliced into wedges
Sugar to sprinkle (optional)



Method:

1. Preheat oven to 350 F.
2. Roll out pastry to fit bottom crust in 6 inch foil pie plate.
3. In a small bowl, stir 60 mL sugar, flour, cinnamon and salt together.
4. In a medium bowl, add chopped apples. Sprinkle sugar mixture and toss to coat. Turn into pie shell.
5. Roll out crust for top. Moisten bottom edges. Position top crust. Trim. Crimp to seal. Cut a few slits in top to help release steam.
6. Sprinkle with sugar. Bake for about 40 minutes until apples are tender.