



Jean Trebek's Perfect Apple Pie

Jean Trebek's Reliable Recipes
insidewink.com

There's definitely something comforting about the delicious smell of a homemade apple pie baking in the oven.

Apple pie happens to be one of my husband's favorites' and during this time of the year, when apples are in season, I enjoy baking him one or two or three. I like that the cinnamon flavor is quite apparent...this pie is not too sweet and it freezes nicely too.

Flaky Pie Crust:

2 1/2 cups all -purpose flour, plus extra for rolling
1 teaspoon sugar
1 teaspoon salt
1/2 cup cold unsalted butter, cubed
1/2 cup cold vegetable shortening cut into a few pieces (I use Crisco)
6 -8 Tablespoons water, ice cold

Combine flour, butter, shortening, sugar and salt in a large bowl. Lightly work dough using fingertips until pieces of butter and shortening are no larger than small peas. Add 4 or 5 tablespoons of ice cold water, a little at a time, tossing flour mixture lightly with a fork (or use a food processor on pulse setting). If mixture seems too dry to press into a ball, add another tablespoon of ice water. Press mixture into a ball...and divided into 2 portions. Wrap individual dough portions with with plastic wrap and refrigerate for at least 30 minutes. On a floured surface, roll out one dough portion 1/8-inch thickness. Fit into 9 inch pie plate. Flute edge a bit and let rest again in refrigerator 30 min., until ready to fill with filling.

Apple Pie Filling:

6 large apples - peeled, cored and sliced in 1/4 thick (I personally like Honey Crisp, Breaburn or Granny Smith apples, or a combination of two)

1/3 cup granulated sugar

1/3 cup pure Maple syrup

1/8 teaspoon salt

2 tablespoons cornstarch

1 1/2 tablespoons cinnamon

1/2 teaspoon nutmeg

1 egg white, beaten

2 tablespoons granulated sugar

1. Combine the sliced apples with the sugar, maple syrup and salt. Set aside to macerate for 2 1/2 hours.
2. Prepare pie crust as suggested above, or use your own favorite pie crust recipe.
3. Preheat the oven to 350°F.
4. Drain the apples, save the juice. Combine 1/4 cup of the juice with the corn starch. Heat the remaining juice on medium high until it begins to boil. Reduce the heat to low and whisk in the corn starch slurry. Return to a boil, whisking constantly, until the juices are thickened and become translucent. Immediately toss the juices along with the cinnamon, nutmeg and with the apple slices.
5. Remove the pie plate from the refrigerator. Pour the prepared apples into the pie plate. Roll out the second dough portion out onto floured surface, 1/8 inch thick. Lay the top dough portion gently on top of apple filled pie plate. Pinch the bottom and top pie crusts dough together to seal, and flute or crimp the edges attractively.
6. Brush the entire top crust of the pie with egg white and sprinkle the top of pie with granulated sugar. Use a sharp knife to cut slits in the top of the pie crust for steam vents.
7. Place the pie on a baking sheet and bake until golden brown and the fruit in the middle of the pie is tender, about 1 hour. Remember, pies seem to take longer to bake than one expects. (Perhaps it's because I'm always opening the oven door to check on how the pie is doing?) So, the filling should be visibly bubbling, which you should be able to see through the steam vents on top of the pie. Also, you can cover the top of pie with aluminum foil if the crust gets too brown.
8. Remove the pie from the oven and allow to cool for at least 1 hour.

Serve with ice cream or whipped cream...or all by itself.

**Find more of Jean Trebek's Reliable Recipes
on insidewink.com**