Apple crisp

Sliced tart apples baked under a crumbly topping of flour, brown sugar, spice and butter.

Makes
6 servings

Cooking time
40 minutes

Kind
Puddings

From
United States

Source
Family Fare: Food Management and Recipes (Home and Garden Bulletin No. 1), Revised April 1968

Allergens

Contains

wheat (gluten): plain flour
milk: butter

Suits vegetarians.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

- [ ] 2 tablespoons sugar
  In the source: “2 tablespoons granulated sugar”
- [ ] ¼ teaspoon ground cinnamon
- [ ] 440 g tart apples, peeled and sliced
- [ ] 60 ml water
- [ ] 60 g plain flour
- [ ] ⅛ teaspoon salt
- [ ] ¼ teaspoon ground cinnamon
- [ ] ¼ teaspoon grated nutmeg
- [ ] 75 g soft brown sugar, packed
- [ ] 3 tablespoons butter, softened
  In the source: “3 tablespoons softened butter or margarine”

You will need

- a baking tin 20 cm square and 5 cm deep

Method

1. Mix the sugar with the ground cinnamon. Sprinkle it over the tart apples and mix lightly.
2. Spread the apples in the greased baking tin and sprinkle them with the water.
3. Blend the plain flour, salt, ground cinnamon, grated nutmeg and soft brown sugar. Mix in the butter to make a crumbly mixture, and spread it over the apples.
4. Bake uncovered at 180°C (160°C fan), gas mark 4 for 40 minutes, or until the top is lightly browned and the apples are tender.

Notes

- The tin is the source's for 6 servings.[1]

The apples

The source asks for tart apples, pared and sliced, and names no variety.[1] The department's bulletin on apples, of 1969, marks eleven varieties for general cooking and describes ten of them as tart in some degree.[2]

Varieties the sources name:

Cortland (North America) Grimes Golden (North America) Jonathan (North America) McIntosh (North America) Northern Spy (North America) Rome Beauty (North America) Stayman (North America) Winesap (North America) Newtown Pippin (North America) York Imperial (North America)

This recipe

It follows Family Fare: Food Management and Recipes (Home and Garden Bulletin No. 1). The source uses American measures (cups, spoons, pints and pounds); the metric amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source allows butter or margarine; we give butter. Its baking pan, 8 by 8 by 2 inches, is our baking tin. The metric quantities are our conversions of the source's cups, and the weight of apples is that of the prepared slices. The source names no variety of apple; those listed come from another bulletin of the same department.

How the recipes are chosen and converted

Sources

1. Family Fare: Food Management and Recipes (Home and Garden Bulletin No. 1) (https://www.gutenberg.org/ebooks/72624), Human Nutrition Research Division and Consumer and Food Economics Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, Revised April 1968.
2. Apples in Appealing Ways (Home and Garden Bulletin No. 161) (https://www.gutenberg.org/ebooks/62284), Human Nutrition Research Division, Agricultural Research Service, United States Department of Agriculture; Project Gutenberg, April 1969.
3. Apple Crisp (https://archive.org/details/cgl_002846), Glendale Evening News (Glendale, California), page 8; Internet Archive, 6 May 1916.

From The World of Apples, apple.io/recipes/apple-crisp/