Apple pie

Sliced tart apples under sugar, cornflour and cinnamon, baked between two crusts of shortening pastry.

Makes
1 pie, 23 cm across

Cooking time
45 to 60 minutes

Kind
Pies and tarts

From
United States

Source
Apples in Appealing Ways (Home and Garden Bulletin No. 161), April 1969

Allergens

Contains

wheat (gluten): plain flour

In optional ingredients

milk: butter

Check the label for

soya: white vegetable fat

Suits vegetarians.

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

Ingredients

For the pastry

- [ ] 250 g plain flour
- [ ] 1 teaspoon salt
- [ ] 135 g white vegetable fat
- [ ] 4 tablespoons water, cold (about this much)

For the filling

- [ ] 660 g tart apples, peeled and sliced
- [ ] 150 g sugar
- [ ] 1 tablespoon cornflour
- [ ] ½ to 1 teaspoon ground cinnamon
  In the source: “½ to 1 teaspoon cinnamon, as desired”
- [ ] 2 tablespoons butter (optional)
  In the source: “2 tablespoons butter or margarine, if desired”

You will need

- a pie tin, 23 cm across

Method

For the pastry

1. [ ] Mix the plain flour and salt thoroughly. Mix in the white vegetable fat only until the mixture is crumbly.
2. [ ] Add the water a little at a time, blending lightly. The dough should be just moist enough to cling together when pressed.
3. [ ] Form the dough into two balls, one slightly larger than the other.
4. [ ] Roll out the larger ball on a lightly floured surface, or between two sheets of waxed paper, and fit it carefully into the pie tin. Lift the edges and smooth out any air bubbles.

5 ☐ Roll out the smaller ball for the top crust and cut a few slits in it for steam to escape.

For the pie

6 ☐ Fill the pastry-lined tin with the tart apples.

7 ☐ Blend the sugar, cornflour and ground cinnamon and sprinkle them over the apples. Dot with the butter, if you are using it.

8 ☐ Place the top crust on the pie. Fold the edges of the two crusts under and press them together to seal.

9 ☐ Bake at 200°C (180°C fan), gas mark 6 for 45 to 60 minutes, until the apples are tender and the crust is golden brown.

Notes

- The source follows the pie with a French apple pie: for each pie, sprinkle the apples with 75 g raisins and add 1 tablespoon of lemon juice. The baked pie may then be iced with 60 g icing sugar mixed with 2 to 2½ teaspoons of water.[1]

The apples

The source asks for tart apples, pared and sliced, and tells the cook to let its table of varieties guide the choice. That table marks eleven varieties for general cooking and describes ten of them as tart in some degree. The source adds that early summer apples are especially good in pies, being likely to be juicy, tart and quick-cooking.[1]

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 Apples in Appealing Ways (Home and Garden Bulletin No. 161). 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 asks for "Pastry for 9-inch, 2-crust pie" and prints none. The pastry here is from Family Fare, another bulletin of the same department. Family Fare gives the quantities for one crust (among them "About 2 tablespoons cold water") and says to double the recipe for a two-crust pie, so each quantity in our pastry list is its figure doubled. The steps for mixing, rolling and sealing the pastry are Family Fare's as well; the filling, the slits in the top crust, the oven temperature and the time are the source's. The source allows butter or margarine, if desired; we give butter. Its piepan is our pie tin. The metric quantities are our conversions of the two bulletins' cups, and the weight of apples is that of the prepared slices.

How the recipes are chosen and converted

Sources

1. 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.
2. 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.

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

3. American Cookery, or the Art of Dressing Viands, Fish, Poultry and Vegetables (https://www.gutenberg.org/ebooks/12815), Amelia Simmons (Hartford: Hudson & Goodwin); Project Gutenberg, 1796.
4. Books That Shaped America: 1750 to 1800 (https://www.loc.gov/exhibits/books-that-shaped-america/1750-to-1800.html#obj8), Library of Congress, Exhibition of 25 June to 29 September 2012.