

Alejandro Sotodosos Alonso és Sandra Díaz De Huerta, Rey Juan Carlos
University, Madrid (Spanyolország)

Classical Apple Pie
(VEGAN VERSION + REGULAR VERSION)

VEGAN VERSION

Ingredients:

6-8 apples
Vanilla sugar
Cinnamon
Vanilla extract
1 tsp baking powder
2 dl of sugar
500 g of wheat flour
Almond milk/water



Photo and cake made by Kate Kasvo

How to do it?

Mix the dry ingredients. Add almond milk or water with some apple cubes inside the mixture. Pour the mixture into an oven plate. Add apple slices on top with cinnamon and vanilla sugar. Let it cook in the oven with 200 degrees for 30-45 minutes. Let the apple pie cool down. Serve with cold almond milk or good coffee!

Enjoy!

CLASSICAL HOMEMADE APPLE PIE



Ingredients:

- 2 1/2 cups (312.5g) all-purpose flour
- 1 tablespoon (15g) white granulated sugar
- 1 1/2 teaspoon (7g) fine-grain sea salt
- 2 sticks (226g) unsalted butter, frozen
- 3/4 cups very cold water, divided
- Juice from 1 lemon
- 2 small honey crisp apples, halved and cored
- 1 Granny Smith apple, halved and cored
- 3 tablespoons all-purpose flour
- 1/2 cup light brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 large egg, beaten (for egg wash)
- 1 tablespoon demerara sugar, for topping (optional)

How to do it?

In a large bowl, mix flour, sugar and salt. Using a box grater, grate the cold butter atop the flour mixture. Working quickly, and using your hands, break the butter bits into the flour until they're evenly distributed and resemble the size of small peas. Add a 50% of the recommended water and mix. From here, add 1 tablespoon of water at a time until the dough comes together. Flour your counter and dump the dough onto it. Knead a few times more until it comes together. If making a double pie crust, divide the dough, forming two discs. Wrap the discs in plastic wrap and transfer to the refrigerator to chill for at least 1 hour, ideally overnight.

To a small bowl, squeeze in the lemon juice. Thinly slice the apples and immediately toss them in the lemon juice. Add the flour, brown sugar, cinnamon and salt; toss until the apples are evenly coated.

Remove the first disc of dough from the refrigerator and allow to come to room temperature for 10 minutes. Liberally flour your work surface and rolling pin. Begin to roll the dough, being sure to rotate it every so often to avoid sticking, to a 13-inch round. Wrap the dough around the rolling pin and unroll it over the pie tin. Gently fit the dough into the bottom and up the sides of the pie tin. Trim the dough around the pie tin, leaving about a 1/2-inch overhang.

Recombine the scraps and set them aside. We'll use them for the lattice. Transfer the pie shell to the refrigerator while you roll out the second disc.

Remove the second disc from the fridge and repeat the rolling process. Using a knife, cut the dough into 1 to 2 inch strips, depending on how thick you want the lattice to be. I usually cut as many 1 1/2-inch strips as I can. Re-roll the scraps you have set aside, too, you'll need all of the pie dough.

Fill your pie shell with the apple filling.

Lay out 5 to 7 strips of pie dough on top of the filling, leaving about 1/2-inch of space in between them. Next, fold back every strip. Start one at the top, running horizontally. and weave it under and over, rotating, each strip running vertically. Repeat this process until you've worked your way through every strip.

Trim the edges of the strips, being sure to leave about 1-inch overhand.

Going all the way around, tuck the edges under.

Brush the entire pie, liberally, with egg wash and sprinkle with demerara sugar. Put to the freezer to chill for 20 minutes. Meanwhile, preheat the oven to 400 degrees F.

Transfer the pie to a baking sheet and place in the oven to for 20 to 25 minutes, until the edges are just lightly brown. Turn the heat down to 325 degrees F and bake for another 30-40 minutes, until the edges and are golden brown. Be sure to check on it intermittently, if at any time the pie crust begins to turn too dark, use foil to cover those areas to stop browning. Allow to stand for at least an hour so it can firm up before slicing--it'll still be slightly warm. Serve with whipped cream and/or ice cream.

Enjoy!