

Courtesy of The Red Cross – Please Donate



Wholemeal-crusted Apple Pie

Pastry

- 2 cups high-grade flour
- ½ cup wholemeal flour
- ¼ cup sugar
- ½ teaspoon each: salt, baking powder
- 200g cold butter, cubed
- 1 egg, beaten
- 3 tablespoons chilled water
- spray oil
- 1 egg yolk beaten with 1 tablespoon water for egg wash

Filling

- ½ cup each: white sugar, brown sugar
- 1½ tablespoons each: flour, cornflour
- 1 teaspoon each: ground cinnamon, mixed spice
- 6 large granny smith apples, peeled, cored and thinly sliced
- 1 teaspoon vanilla essence
- 1 tablespoon sugar for sprinkling

1. To make the pastry, place the flours, sugar, salt, baking powder and butter in a food processor and pulse until the mixture resembles breadcrumbs. Add the egg and enough of the chilled water to form a dough. Wrap and chill for 1 hour.
2. Preheat the oven to 180°C. Spray a 23cm deep pie dish or similar with oil. Divide the pastry in half and roll into two rounds each about 4-5mm thick. Line the pie dish with one round. Brush the edges with the egg wash.
3. To make the filling, combine the sugars, flours and spices. Sprinkle a quarter of the mixture over the pie base. Toss the apple slices and essence through the remaining mixture and pile it into the pie dish.
4. Cover with the remaining pastry, pinching the edges to seal. Use a knife to make a few steam holes. Brush with the egg wash and sprinkle with sugar. Bake for about 1 hour until the pastry is golden and the apples are tender.

Serves 6-8.



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