

Apple Pie serves 6

You will need a 20cm pie dish, apron and tea towel from home as well as ingredients.

Rich Sweet Shortcrust Pastry

- 250g plain flour
- 50g icing sugar
- 125g salted butter
- 1 large egg
- for the filling
- 1 large cooking apple
- 2 eating apples
- 2 tablespoons brown sugar
- ½ teaspoon ground ginger
- a handful of sultanas or raisins (optional)

Nutrition:

Fruit pies are quite high in fat, from the pastry and sugar from the fruit. They should be eaten in small portions with healthy accompaniments eg yogurt or custard.

Coeliac: Pastry can be made using gluten free flour but it is quite tricky to get it the right texture

Make your filling at home: For apple pie: Peel apples and soak in cold water • Cut the cooking apple into sixths and the eating apples into eighths, get rid of the cores • Add all the apple pieces to a pan with the brown sugar, ginger and sultanas or raisins • Simmer gently for 5 minutes or until the apples are just tender • Remove from the heat and allow to cool completely. Chill until needed.

To make your pastry

Sieve your flour and icing sugar into a large mixing bowl • Cut the butter into cubes, then add to the bowl • Use your fingertips to rub the butter into the flour and sugar until the mixture resembles breadcrumbs • Crack the egg into the bowl and gently mix with a metal spoon until the dough comes together • Wrap it in clingfilm, label and chill until needed. Clean as you go.

To make and cook your pie

Remove pastry from fridge 20 mins before needed

Preheat oven at 180°C/ gas 5

Dust a clean work surface and rolling pin with flour • Divide your pastry dough into two and roll out one half until ½cm thick • Carefully roll your pastry around the rolling pin, then unroll it carefully over a 20cm pie dish • Ease the pastry into the dish, making sure you push it into all the sides • Don't worry if it tears or breaks – just patch it up – it will look nice and rustic • Pack the apple mix tightly into the pie dish • Brush water over the edge of the pastry to help it seal with the top. Roll out the other piece of dough until ½cm thick • Carefully roll the pastry around the rolling pin, then unroll it over the top of the pie • Fold the excess pastry back in then pinch and crimp the edges together using your finger and thumb • Brush the top of the pie with egg wash, then using a small sharp knife, make a couple of small incisions in the centre of the pie to let steam escape as it cooks • Bake in the hot oven for 30 minutes until golden and firm to the touch •

Extension:

Serve with homemade custard (see next page)

Safety and quality points

Photo

Real custard Serves 4

Ingredients:

1 egg yolks

1 tbsp cornflour

1 tbsp sugar

250ml milk

1 tsp vanilla essence

Make the custard by the blended method:

- Place milk in a small saucepan and bring to the boil.
- Meanwhile blend egg yolks, sugar and cornflour in a small bowl. (A little milk may need to be added to make a paste)
- Add the boiling milk to the cornflour mix. Whisk.
- Return to the heat and gently simmer until custard thickens stirring continuously.