



THE  
**CHILDREN'S HERITAGE**  
SOURCEBOOK



100+ BACK-TO-ROOTS ACTIVITIES FOR KIDS & TEENS

Healthy, Seasonal Cooking • Living with Animals  
Gardening • Crafts & Projects

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# Brown Sugar Apple Pie

SERVES 8

This classic apple pie recipe is a real treat, with a flaky, buttery crust and a tender, lightly spiced apple filling. Use a combination of your favorite apples for the best flavor, and bake until the top is golden and the filling is bubbly.

1. In a large bowl, mix together the lemon juice, brown sugar, cinnamon, allspice, nutmeg, salt, and 2 teaspoons of the bourbon (if using). As you peel, core, and thickly slice your apples, toss them into the bowl with the sugar-and-spice mix. (The lemon juice in this mixture will keep the sliced apples from browning.)
  2. Toss the apples with the sugar-and-spice mixture. Let sit at room temperature for 1 hour to allow the fruit to release any juices.
  3. Using a fine-mesh strainer over a small bowl, strain out  $\frac{1}{2}$  cup of the apple mixture's juices. The rest of the juice can be discarded.
  4. Put the juice and butter in a small saucepan. Cook over medium-high heat until it becomes thick and syruplike, about 10 minutes.
  5. Combine the resulting syrup, cornstarch, and remaining 2 teaspoons bourbon (if using) with the apples and mix together.
  6. Place one oven rack in the lowest position and put a large rimmed baking sheet on it (to catch any drips from the pie). Position a second rack the next rung up (still in the lower third of the oven) and preheat the oven to 375°F.
  7. Remove two disks of dough from the fridge and let them sit at room temperature for 5 to 10 minutes. Place the first disk on a lightly floured work surface. Using a floured rolling pin, roll out the pie dough into a 12-inch-diameter circle that's about  $\frac{1}{8}$  inch thick. As you roll out the dough, check to make sure it isn't sticking. If it starts to stick, gently lift it up and sprinkle a little more flour on the work surface or on the dough to keep it from sticking. Gently place the rolled-out dough on a 9-inch pie plate. Press down to line the pie dish with the dough.
  8. Mound the apples in the dough-lined pie plate.
  9. Roll out the second disk of dough, again to a 12-inch-diameter circle about  $\frac{1}{8}$  inch thick. Gently place it over the apples. Trim the excess dough with kitchen shears, leaving a  $\frac{3}{4}$ -inch overhang from the edges of the pie plate.
- 1 tablespoon fresh lemon juice or apple cider vinegar
  - $\frac{1}{2}$  cup dark brown sugar
  - $\frac{1}{2}$  teaspoon ground cinnamon
  - $\frac{1}{4}$  teaspoon ground allspice
  - $\frac{1}{4}$  teaspoon ground nutmeg
  - Pinch of sea salt
  - 4 teaspoons bourbon (optional)
  - 3 pounds apples, such as Granny Smith, Jonagold, Golden Delicious, Fuji, or Braeburn
  - 2 tablespoons unsalted butter
  - 3 tablespoons cornstarch
  - 2 pie crust doughs (see page 78)
  - 1 egg, beaten
  - 2 tablespoons granulated sugar or raw sugar, for sprinkling
  - Vanilla ice cream, for serving



# Basic Pie and Hand Pie Crust

MAKES 2 (9-INCH) SINGLE PASTRY CRUSTS OR SEVERAL HAND PIE CRUSTS

This basic pie and hand pie recipe produces a buttery, flaky crust. It is perfect for sweet or savory fillings and creations. Before your hands get messy, gather all your ingredients, plus a medium bowl, whisk, rubber spatula, 9-inch pie plate, and bench scraper or offset spatula. A ruler and a pair of kitchen shears will help too.

**1¾ cups plus 1 tablespoon all-purpose flour, plus more for dusting**

**1 tablespoon granulated sugar**

**¼ teaspoon kosher salt**

**1 cup (2 sticks) very cold unsalted butter, cut into ½-inch cubes**

**½ cup very cold filtered water**

**1 teaspoon apple cider vinegar**

1. Whisk together the flour, sugar, and salt in a medium bowl. Toss the butter cubes in the flour, separating any stuck-together cubes with your fingers, then pinch each cube flat with your fingers to about ¼ inch thick—don't work the butter in more! Incorporate the cold water and vinegar with a rubber spatula and press and knead together until the dough comes together in a ball.
2. Dump the ball onto a heavily floured work surface, sprinkle the top with more flour, and use a floured rolling pin to roll out a rectangle about 10 by 15 inches, with the longer side closest to you, adding as much flour as you need along the way to keep the dough from sticking. (If your kitchen is very warm or if at any point the butter gets melty and sticky, gather the dough on a baking sheet and pop it into the fridge until it firms up a little, 15 minutes or so.)

## TIPS FOR SUCCESS

- ← Your ingredients should be very, very cold. The colder the ingredients and equipment, the less risk there will be for the butter to melt or become overworked (an enemy of flaky pie crust).
- ← Apple cider vinegar is a secret ingredient. Add 1 teaspoon to your current favorite recipe when you add the ice water. Vinegar helps prevent the formation of gluten, which makes for a tough crust.
- ← Let your dough rest for at least 20 minutes. Again, it's all about gluten. After working your ingredients together and getting everything all excited, the dough needs time to relax in order for it to be on its best behavior when you're rolling it out.
- ← When it comes to pie dough, practice makes perfect.
- ← Don't stress. If you relax in the kitchen and take things step by step, knowing full well that they'll come out just fine, they will.
- ← Use quality ingredients. Fresh and seasonal are best. Quality really makes a difference when it comes to flavor. Search for farmers market freshness and backyard harvests to bring seasonal and local flavors to your hand pies.





3. Slide an offset spatula under the dough to loosen it from the counter, fold each 10-inch side toward the middle so the edges meet, then fold them again like a book. Fold the “book” in half, top to bottom, then slice the dough in half horizontally so you have two roughly equal-size rectangles of dough. Wrap the dough rectangles in plastic wrap and refrigerate for at least 20 minutes or up to 2 hours (or even overnight). Alternatively, the dough can be frozen for up to 3 months and thawed overnight in the fridge before baking. When ready to use, remove the dough from the fridge and bring it back to room temperature.



# Gluten-Free Pie and Hand Pie Crust

MAKES 1 (9-INCH) PIE CRUST OR SEVERAL HAND PIE CRUSTS

This gluten-free pie dough comes together quickly and has proven to be a great alternative to an all-purpose flour crust. It holds its shape well for both sweet and savory fillings. Before your hands get messy, gather a medium bowl, whisk, rubber spatula, rolling pin, 9-inch pie plate (preferably glass; aluminum or other metal is also fine, but heavy ceramic and stoneware are not recommended), and bench scraper or offset spatula. A ruler and a pair of kitchen shears will help too.

1. To make the gluten-free flour blend, combine the rice flour, cornstarch, and tapioca flour in a medium bowl and stir to combine. Set aside  $1\frac{1}{4}$  cups for this recipe and store the rest in an airtight container for future use.
2. In a medium bowl, combine the gluten-free flour blend, sugar, and salt, then add the butter. Toss the butter cubes in the flour, separating any stuck-together cubes with your fingers, then pinch each cube flat with your fingers, to about  $\frac{1}{4}$  inch thick—don't work the butter in more! (If using shortening or coconut oil, it can be added without any further preparation.) Incorporate the cold water and vinegar with a rubber spatula and press and knead together until the dough comes together in a ball.
3. Dump the ball onto a heavily floured work surface, sprinkle the top with more flour, and use a floured rolling pin to roll out a rectangle about 10 by 15 inches, with the longer side closest to you, adding as much flour as you need along the way to keep the dough from sticking. (If your kitchen is very warm and the butter gets melty and sticky, gather the dough on a baking sheet and pop it into the fridge until it firms up a little, 15 minutes or so.) Form the dough into a disk. Since the dough is so crumbly and does not hold together at this point, I find it easier (and far less messy) to pour the mixture into a large food-storage bag and use the bag to help form it into a disk. Close up the bag and store the dough in the fridge for at least 1 hour and up to 3 days before using.

## FOR THE GLUTEN-FREE FLOUR BLEND:

**3 cups rice flour  
(brown or white)**

**2½ cups cornstarch**

**1½ cups tapioca flour**

## FOR THE DOUGH:

**1¼ cups gluten-free flour  
blend, plus more for dusting**

**1 tablespoon granulated  
sugar**

**¾ teaspoon kosher or  
fine sea salt**

**½ cup (1 stick) very cold  
unsalted butter, cut into  
½-inch cubes, or ½ cup  
solid all-vegetable nondairy  
shortening or coconut oil**

**2 to 4 tablespoons very cold  
filtered water**

**1 teaspoon apple cider  
vinegar**

