

## Amazing Apple Pie

Makes 9 inch double crust pie

### Equipment Needed:

Rolling pin  
9" pie plate  
Bowl and spoon for mixing filling  
Measuring cup and measuring spoons  
Cutting board and knife

### To Make The Apple Pie

Spelt Pastry  
4-5 Granny Smith apples (depends on the size of the apples)  
1 cup yellow or brown sugar  
2-3 tbsp unbleached all purpose-flour or whole spelt  
1 generous tsp of cinnamon  
1/2 tsp ground nutmeg  
Flour for dusting (unbleached all- purpose or whole spelt)

Preheat the oven to 400 degrees F. Sprinkle dusting flour on a clean surface (like the counter) and on the rolling pin. Roll out half of the pastry to about 1/8 of an inch thick and 10-12 inches in diameter. Make sure there is enough flour used for dusting that the pastry does not stick to the counter or to the rolling pin. Place the pie plate on top, upside down. Cut the pastry about an inch past the edge of the pie plate and go all around the pie plate. Turn the pie plate upside right. Fold the pastry in half and lift it into the pie plate. Unfold and make it fit in the pie plate. Set aside. Roll out the rest of the pastry about 1/8 inch thick and cut out a circle about 10-12 inches in diameter to make the top crust for the pie. Set aside.

Peel and core the apples. Cut them into slices and place in a bowl. Mix the sugar, flour, cinnamon and nutmeg together and add to the apples. Mix. Add the apples into the pie plate. Fold the top crust in half and place on one half of the apples in the pie plate. Unfold so the top crust covers all the apples. Tuck the excess pastry under the excess bottom crust and pinch together to form a lip of pastry around the pie plate's edge. Take any excess pastry off while doing this. You do not want to make the lip too thick as that will make it unpleasant to eat. Crimp the pastry around the edge. Cut a few slashes into the top crust so that steam can escape when the filling is cooking.

Place the pie in the oven. Bake it for about 20-25 minutes until the pie crust is baked and somewhat golden. Lower the temperature to 325 degrees F and bake for another 25 minutes or until the filling is cooked (look for the thickened filling bubbling through the crust). Let cool. Serve warm with ice cream or crème a la vanilla (see recipe below).

## **Crème A La Vanille**

### **Equipment Needed:**

Saucepan  
Whisk  
Bowl  
Measuring cup and measuring spoons

### **To Make The Crème A La Vanille**

2 cups whole milk or light coconut milk  
3-4 egg yolks  
1/3 cup organic sugar (to taste)  
2 tbsp unbleached all-purpose flour  
1/2 - 1 tsp pure vanilla (to taste)

Mix the flour and sugar together. Pour the milk into a saucepan and add the egg yolks. Mix with a whisk. Add the flour-sugar mixture. And mix again. Heat over medium-high heat. Cook until just below the boiling point, stirring frequently. Remove from the heat and transfer to a bowl. Add the vanilla and mix. Let cool and serve with the pie. If not using right away, then store it in the refrigerator. It can be made the day ahead.