



BEST APPLE PIE

(Capsicum Cape Town campus)

INGREDIENTS

- * 2 sheets of puff pastry, chilled
- * 7 to 8 Granny Smith apples, peeled
- * 100g light brown sugar
- * 100g white sugar
- * ¼ tsp sea salt
- * 1 tsp ground cinnamon
- * ¼ tsp ground ginger
- * ¼ tsp ground cardamom
- * ¼ tsp ground allspice
- * ¼ tsp freshly grated nutmeg
- * 2 Tbsp corn-starch
- * 1 Tbsp butter
- * 1 egg

METHOD

1 Heat oven to 200°C. Peel apples then cut in half. Remove cores and slice apple halves into thin 6mm slices. Place apple slices into a large bowl. Scatter both sugars, salt and spices over the apples and toss them

with your hands, coating them as much as possible. Set aside for one hour at room temperature.

2 Roll out half of the pastry on a lightly floured work surface. The pastry should be about 3cm to 5cm larger than the pie dish you are using. Being careful not to stretch it, place the dough into the greased pie dish and trim any overhanging pastry to within 20mm of the edge of the dish. Refrigerate while you make the pie filling. Roll out the second half of pastry to a similar size as before and transfer it to a large parchment-lined baking sheet. Keep this in the fridge until needed.

3 Toss the apple slices with the corn-starch. Transfer the apples into the prepared bottom crust using your hands to really pack them down. Fill until the apple slices reach the edge of the pie crust. Pour the juices that have accumulated at the bottom of the bowl over the apples. About ½-¾ cup will suffice.

4 Cut a tablespoon of butter into eight small

pieces and dot them over the pie. If you are not adding a lattice crust but adding the top crust in one piece, use a sharp knife to cut a few slits in the pastry lid to allow steam to vent. Trim excess dough from the top crust and fold the overhang underneath itself, forming a thick rim. Press it together or crimp it with your fingers or use a fork.

5 Whisk the egg with a tablespoon of water and use as an egg wash by lightly brushing the top crust to add shine and help the crust brown. Place onto a baking sheet lined with parchment paper and bake for about 75 minutes, rotating a few times for even browning.

6 The pie is done when the juices are bubbling through the vents at the top crust or lattice. Use a skewer to test the apples and if they feel too crunchy bake for a little longer. Cool the pie, without slicing into it, for at least one hour as the filling does not fully thicken until completely cooled.