

Apple Crisp perfected by Pooh & Tigger

Adapted from

http://www.indiaparenting.com/recipes/mainrecipe.cgi?recipe_id=826&cuisine_id=3

INGREDIENTS

3 Tart Granny Smith and 2 Macintosh or Pink Lady Apples

Juice of 1 Lemon – enough to make 1/4 C juice

1/2 C Sugar

1/2 C Brown Sugar

1/4 tsp Nutmeg powder

1/4 tsp Cinnamon

1/4 tsp Salt

1/2 C Flour

1/2 C Quick Oats

1/2 c Unsalted Butter

METHOD

1. Peel the apples and slice them approx 1/4 – 1/2” thick (not too thin!). Put the apples and the lemon juice together in a container with a sealable lid, and shake them around lightly so that the juice coats the apple slices. Spread the apples in a rather shallow casserole dish [8x8]. Put them aside while you prepare the crust.

2. Sift together the dry ingredients (except the oats) and cut in the butter until it is well combined. Stir in the oats with a fork. Sprinkle the mixture thickly and evenly over the apples. Don't mix the two together.

3. Cover the casserole with tin foil and bake at 350°F for 15 mins, then uncover and bake another 20 mins. Finish with 1 min under a hot broiler. The crust will be crisp on top and will have partly seeped down through the apples, flavoring them and binding them slightly together.

4. Serve hot or cold, alone or with Crème Anglaise (custard sauce) or whipped cream or vanilla ice cream.