



PSC Guide to making an Apple Pie - page 1

I have baked for many years but never been quite happy with my pastry. I made a little tweak and it all changed. Now I get compliments on my pastry and you will too.

You will need -

Utensils

Weighing Scales

A large mixing bowl

Small bowl

Sharp knife or potato peeler

Table knives for mixing and cutting pastry

Rolling pin

Large shallow flan dish 12ins/30cms



Ingredients for Pastry

1lb/453gms Self Raising flour

8ozs/225gms Margarine

A little Sugar

1 Egg

Water



Ingredients for Pie Filling

Apples - approx 1 and 3/4 pounds/800gms

Sugar - 7ozs/200gms

Cornflour - 2ozs/60gms



About the Apples

You can use cooking apples but it's not strictly necessary. Or you may choose to use other fruits instead.

For this pie, I used a variety of last year's eating apples which had been stored wrapped in newspaper. A little nod to the days before freezers.





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Prepare Apple Filling

This stage takes the longest but is well worth doing before making your pastry.

1. Wash the apples and cut them into quarters. I prefer not to peel them. Picture 1
2. Remove all parts of the core on each piece.
3. Cut each quarter in half lengthwise.
4. Chop each section into smaller chunks. Picture 2
5. Place the sugar and cornflour into a large mixing bowl and stir.
6. Place all the chopped apples into the bowl and mix thoroughly. Picture 3

The cornflour helps to thicken the juices and stops them flowing out of the pie when it is cut.

7. Cover the apples and set aside.



Picture 1



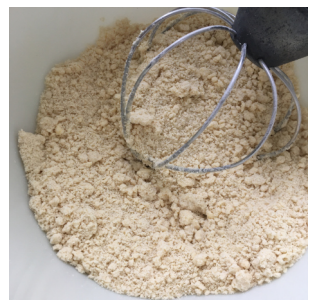
Picture 2



Picture 3



Picture 4



Picture 5

Preparing to Make Your Pastry

8. Break one egg into a small bowl and whisk well.
9. Double the volume of the egg with water. Picture 4

This is the tweak I recently discovered. Using egg alone to mix pastry can make it difficult to roll out. Adding a similar amount of cold water to the beaten egg makes all the difference. The pastry rolls more easily and has a lovely crumbly texture once baked.

(Some of the egg mixture will be left over)

10. Place flour and margarine into a large bowl.
11. Using a fork or your fingers and thumbs, mix the margarine into the flour until it resembles breadcrumbs. Picture 5

I find that using the whisk attachment from my mixer by hand works very well for this job.

12. Stir a little sugar into the mixture.





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Make the Pastry

13. Add approximately one third of the egg mixture to the dry ingredients. Stir with a table knife until the pastry begins to come together.

There may be quite a lot of dry mixture at this stage. Be careful not to add too much liquid.

14. Add a little more until you feel it will all stick together. Picture 6

15. Turn out onto a floured surface and knead for a few seconds. Picture 7



Picture 6



Picture 7

Lining Your Dish

16. Take just more than half of the pastry. Roll out to approximately 1/8 inch / 4mm thick. You will need to carefully turn and roll the pastry, adding more flour to the work surface as you work. Picture 8

17. Once you have the size you need to completely cover your flan dish, fold it in half and carefully place it over the dish. Picture 9

18. Lift the folded half back over the empty half of the dish.



Picture 8

This part can be a little tricky with a large dish but it can be done with care.

Alternatively, you may prefer to drape the pastry over your rolling pin to lift and guide it over the dish.

Repair any small tears by dabbing a little egg mixture onto the edges and pressing them together.



Picture 9

19. Working your way round the dish, fit the pastry into the base and over the top.

Leave the overlapping pastry until you have added the filling and lid. (See Page 4)





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Filling and Finishing your Pie

20. Place all the prepared apple mix into the dish and spread evenly.

21. Brush a little of the spare egg mixture around the edge of the pastry. Picture 10

22. Roll out the remaining pastry and place on top.

23. Trim off the pastry all around with a knife. Picture 11

24. Press the edges together all the way round using both thumbs.

Brush the top with egg mixture and scatter sugar over the pastry. Picture 12

Cut small slits in the centre to allow steam to escape during baking.

Bake at 150 degrees in the middle of the oven for approximately an hour, keeping a watchful eye on it during the last 10 minutes.

To help the base cook thoroughly without the top browning too quickly, place a solid baking tray on the shelf above the pie.

Remove the tray during the last 15 minutes to allow the top to become golden brown.

To make your pie even more appealing, you might like to sieve a little icing sugar over the top.

Served hot or cold, with cream or custard, apple pie is always a winner.

Enjoy your homemade apple pie. I think it won't be long before you're asked to make another.



Picture 10



Picture 11



Picture 12

