



APPLE CRISP

It's that time of year! Apples are EVERYWHERE -- and I have an especially tasty way to use some apples just in time for Thanksgiving! Apple crisp is a warm, delicious dessert flavoured with cinnamon and is especially lovely served warm out of the oven with some delicious vanilla ice cream!

So go grab some apples and let's get started!

Prep time: 15 minutes

Bake time: 30 - 45 minutes

Serves: 6-8

Equipment: large knife, large bowl, 9x9 cake tin or ceramic baking dish, spoon, measuring cups and spoons, peeler

Ingredients:

Apple Filling:

6-8 medium apples, peeled, core removed, and sliced roughly $\frac{1}{4}$ inch thick

$\frac{1}{2}$ cup sugar, brown or white (baker's choice!)

2-3 teaspoons of cinnamon

$\frac{1}{4}$ teaspoon salt

Crumble Topping:

$\frac{1}{2}$ cup room temperature butter

1 cup flour

$\frac{1}{2}$ cup brown or white sugar (baker's choice!)

1 tsp baking powder

$\frac{1}{4}$ tsp salt

Method:

1. Preheat the oven to 375F.
2. With a peeler, remove the skin of six large or 8 medium sized apples. Cut in half, remove the core and slice.
TIP: It's worth the time to peel your apples! The apple skin will separate during baking.
3. In a large bowl, combine apple slices, sugar, cinnamon and salt. Stir to combine.
4. Place apples in your baking dish, spreading them into an even layer.
5. In a separate bowl, add room temperature butter, sugar, flour, salt and baking powder. You can use a spoon to mix these ingredients together, but in my experience, the best crisp comes together by using your hands to combine the ingredients!
TIP: Room temperature butter makes a BIG difference in baking. Butter that is too cold (fresh from the fridge) will be difficult to mix into the sugar and flour, and butter that is melted will not give your topping the right consistency. Remove your butter from the fridge a couple of hours before baking and you'll be in good shape for the crisp! (If you forget - don't worry! - pop it into the microwave for ten seconds at a time, until it's soft and spreadable)
6. The crisp should resemble a loose, shaggy dough. Sprinkle those pieces in an even layer on top of apples.
7. Bake at 375F for 30 to 40 minutes or until bubbling around the edges and the top is golden brown.
8. Remove from the oven and allow to cool for several minutes. Serve warm.
9. Apple crisp will keep in a sealed container for 1-2 days after baking.

TIP: Something that really makes me love apple crisp even more is how versatile this recipe is. If you love fall spices, add a dash of nutmeg or allspice! This will add some complexity that is lovely. It's also easy to make this dish vegan, by swapping out the butter for your favourite flour substitute. You can also use gluten free flour blend in place of the all purpose flour, or even add oats and use less flour! (though you should still use $\frac{1}{3}$ cup flour to help the butter and sugar bind)