

Mom's Apple Pie

I asked my mom to send me her recipe for apple pie — preferably a healthy version. Her recipe (and response) is below. If you want a healthier pie, check out the Sugar-Free Mom's [Healthier Whole Wheat Pie Crust](#). I thought it was interesting that my grandmother and mother evolved “healthy eating” in their own generations. Moving from lard to shortening to something healthier. Progress in action.

Enjoy!
Daniel

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For starters, Daniel, there's really no such thing as a healthy pie because of the crust. Your father comments that, really, a quality pie depends more on technique than ingredients. But what does he know? I'm adding that what makes a good pie is the quality of the apples (firm, tart, fresh). That said, here is my usual procedure.

I used to make crust from scratch using vegetable shortening, which was full of trans-fats. They removed the trans-fats and the result was a soggy crust so I have switched to a pre-made crust. They're pretty good, but trans-fats seem to really make a pie crust. Grandma has always used rendered lard — probably worse than trans-fats, don't you think? But it tastes great!

Preheat the oven to 400 degrees F (200 C).

For a 9-inch (23 cm) pie use 6 to 7 cups (about 1,200 g) cored, peeled, and sliced apples. Combine 1 1/2 tablespoons (12 g) white flour, 1/2 teaspoon (3 g) salt, 1 1/2 teaspoons (4 g) cinnamon, and about 3/4 cups (150 g) sugar. You might need less flour if the apples aren't very juicy. Add this to the apples and mix well but gently. Put the apples into the bottom crust in a 9-inch pie pan. I use a glass pan. Dot the apples with 1 1/3 tablespoons (20 g) butter. Use a little more butter if you want a richer pie. Apply the top crust and flute the edges. Prick the top with a fork. If you like, you can sprinkle a little cinnamon sugar on top.

Make sure the oven is up to 400. Bake for 50 to 60 minutes until the crust looks done. Cool on a rack. You can serve a bit warm, but not hot — too runny.

Love,
Mom