



Apple “No Roll” Pie!

A favorite family dessert is likely to be a homemade pie. Pie is often served for special occasions. No need to be afraid to tackle this dessert. This recipe features the “no roll pie crust”. Let the family make it together and share the scrumptious results!

Project: Making an apple pie together!

Materials/Equipment Needed:

- Book— *The True Tale of Johnny Appleseed*
- Copy of recipe: *Apple “No-Roll” Pie*
- Two large mixing bowls
- Pastry blender
- Stirring spoons
- 9-inch pie pan
- Dry measuring cups and spoons
- Baking sheet
- Pot holders
- Ingredients for Apple “No-Roll” Pie

Activities:

- Read together one of the suggested books.
- How many different kinds of apple recipes can you name?
- Let each family member tell what their favorite apple is and why.
- Read the recipe together.
- Check out all the different varieties of apples in the grocery store.
- Review how to wash hands and do so before starting to cook.
- Assign an ingredient and amount for each family member to measure

Baking Activity:

APPLE “No Roll” Pie

Ingredients

No Roll Crust:

- 1 ½ cups pastry or all purpose flour
- 1 tablespoon powdered sugar (optional)
- ½ teaspoon salt
- 6 Tablespoons cold unsalted butter, cut into pieces
- 1 teaspoon cider vinegar
- 3-4 tablespoons ice water

Apple Pie Filling:*

- 6 peeled and sliced tart pie apples (5-6 cups)
- 1 Tablespoon lemon juice
- ½ cup brown sugar
- ¼ cup cornstarch
- 1 teaspoon cinnamon
- Pinch ground nutmeg
- 2 tablespoons butter

Crumble Topping:

- ½ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon cinnamon
- 4 tablespoons butter

Directions:

1. In a medium bowl, whisk together the flour, powdered sugar (optional) and salt.
2. Cut butter into pieces and place on top of the flour mixture.
3. Using a pastry blender, food processor, fork or two knives, cut the butter into the flour until it's in little pea-sized pieces throughout the flour.
4. Stir the vinegar into the ice water.
5. Sprinkle the ice water mixture over the flour mixture, tossing with a fork, until the mixture begins to look crumbly. (But not wet or sticky.)
6. Pat dough into 9-inch pie pans or four small tins; press firmly into the bottom of pan and up the sides, making sure it covers the whole pie pan. You can crimp the sides of the dough
7. In mixing bowl mix toss apples with lemon juice.
8. Add to apples ½ cup brown sugar, ¼ cup cornstarch and 1 teaspoon cinnamon; stir.
9. Place filling in pie crust on baking pan. Dot with butter.
10. Bake at 375°F. 40-50 minutes.

* May substitute canned apple pie filling for filling recipe

Source: Home Baking Association. Find more delicious pie recipes at www.homebaking.org.

Bake for Family Fun Exploration:

1. How many varieties of apples are there?
(*There are over 7,000 varieties of apples! Do a taste test and slice several varieties to see what kind your families likes best?*)
2. What states produce apples?
(*The main producing apple states are: Missouri, Wisconsin, Washington, Ohio, Michigan, Vermont... how about your state?*)
3. What are some favorite apple recipes?
(*Apple pie, apple crisp, apple butter, apple sauce, apple dumplings, baked apples*)
4. Where do you think apples were first found?
(*Southern Eurasia—the Caucasus Mountains, between Azerbaijan, Armenia and Georgia, Russia! They were carried to Europe by traders and have been grown there for over 2000 years—that’s how they came to be in North America.)*)
5. What’s so great about apples for your health?
(*Lots of “flavonoids,” an antioxidant that helps prevent some cancers, Type II diabetes and promote lung, stomach and digestive health. They’re packed with water, fiber, potassium, and some folic acid, Vitamin C, iron and Vitamin A. Best of all, they **taste** good—if you don’t like one type, try another!! Check out the Food Guide Pyramid for Young Children (www.nutrition.gov)*)
8. Be sure to visit check out these great resources on the main Bake for Fun Month web site:
 - Eating Together
 - The Thrill of Skill
 - Ten Tips for Baking Success
 - Safe Kitchen Check List
 - <http://www.homebaking.org/familyfun/>

Vocabulary:

Pare: to cut or shave off the outside.

Books for Reading Together:

The True Tale of Johnny Appleseed by Margaret Hodges

Pie in the Sky by Lois Ehlert