

## Maple Sugar-crusted Apple Pie (for 8)

Source: Bold American Foods

The flavors of maple sugar, maple syrup, and apples combine in this most American of desserts. Serve it with homemade vanilla ice cream.

### INGREDIENTS:

2 C all-purpose flour  
1/4 C + 2 tablespoons maple sugar  
12 TBS (1 1/2 sticks) unsalted butter, cut into pea-size bits and frozen  
2 TBS shortening, cut into pea-size bits and frozen  
1/4 C ice water, mixed with a few drops of lemon juice

#### For the Filling:

10-12 medium (Granny Smith or McIntosh) apples, peeled/cored/quartered/cut into thirds (10 C)  
1/4 C sugar  
1 tsp ground nutmeg  
2 TBS arrowroot  
1 large egg, lightly beaten with 2 TBS water  
1/2 tsp salt  
2 tsp ground cinnamon  
1/4 C cornstarch  
1/4 C maple syrup

### DIRECTIONS:

**FOR PIE DOUGH:** Combine flour, 2 TBS of the maple sugar + salt into bowl of an electric mixer - turn machine to its lowest setting. Add frozen butter gradually - mix 5 minutes or till butter starts to break up - add frozen shortening - mix 2-3 minutes more - drizzle in the ice water, just enough for the dough to start to mass together - let dough rest 10 minutes - form into 2 discs - refrigerate 30 minutes (may be made 3 days ahead and refrigerated, covered). Preheat oven to 400 ° F.

**FOR FILLING:** In mixing bowl, combine apples, sugar, cinnamon, nutmeg, cornstarch +arrowroot - add maple syrup - mix gently. On floured surface, roll out 1 circle of dough and place in 10" pie pan - add apple filling. Roll out second crust - lay over filling - crimp edges - brush top crust with egg wash, sprinkle with half the remaining maple sugar and cut several vents in crust. Bake pie 30 minutes - reduce temperature to 350° F - sprinkle remaining sugar over top crust - bake 30 minutes more, or till apple filling is bubbling (should be baked and served the same day).

**Nutrition Facts per Serving: Calories 474; Fat 22g; Carbs 69g; Chol 73mg; Sodium 161mg; Protein 5g; Fiber 5g; Cal. from Fat 42%; Cal. from Carbs 58%**