

Recipe - Traditional Acadian Apple Pie (with flaky pastry)

Ingredients:

2 cups or 9 oz	Flour (sifted)
2 Tbsp	sugar
1/2 tsp	salt (can be less if butter salted)
1/4 tsp	baking powder
1/2 cup or 4 oz	butter (cold but cut in cubes) for taste
1/4 cup or 2 oz	shortening (cut in cubes) for flakiness
100 ml	cold water
1 egg	
ice cubes	** Use 5-6 Tbsp of liquid to bind dry ingredients*
	Save what remains for sealing the pastry and brushing top.

Add egg to the measured water and beat. Add a few ice cubes and keep in fridge until ready to use.

Mix dry ingredients together. Cut in the butter & shortening with a pastry blender or two knives. Do this quickly so the fats stay hard. Cut until the mixture looks like coarse breadcrumbs.

Sprinkle 1 Tbsp of liquid at a time and with a fork cut and stir until the dry ingredients start to form clumps. DO NOT beat!! Gather into a ball; but do not handle it too much. Wrap in cling film and put in fridge to rest 30-40 minutes. The gluten will relax and absorb the liquid. It also reduces shrinkage during baking.

In the meantime; peel and slice the apples (6-8 apples are required).

In a bowl, mix:

1/2 cup sugar
1/2 tsp cinnamon
1Tbsp flour

Put aside until ready to add the sliced apples. When pastry bottom is rolled out (to 1.5 cm) and in the pie plate, dust some flour on the pastry bottom. After adding apples to cinnamon mix, place the apple filling into the pastry shell.

Dot with 1Tbsp of butter (cut up into small pieces). Roll out the top pastry and cut some ventilation slits in the center.

Brush some of the saved liquid around the edge of pastry shell. Top with pastry cover. Finish edge of the pie top as desired.

Bake the pie at 400F for 10 minutes, then reduce the heat to 350F and bake for another 30 minutes. Let cool and serve. Alternatively, an unbaked pie can be frozen. Enjoy!