

Eat Well with Mom's Apple Pie

The folks at **Sustainable Table** have embarked on the "Eat Well Guided Tour of America" - a 38-day cross-country quest to discover and celebrate our nation's best local and sustainable food (www.sustainabletable.org/roadtrip).

The tour began August 2 in West Hollywood and will travel to 25 towns on its way to the Farm Aid Concert in New York City on September 9. Pies are a great metaphor for local, wholesome food, and their ingredients tell stories about the people who bake them and the areas where they're created.

Through its "Pie Across America" portion of the tour, Sustainable Table is honoring pie-making traditions by baking, tasting, comparing, sharing and eating endless varieties of pies from across the country.

For more information on the Eat Well Guided Tour of America, visit <http://www.sustainabletable.org/roadtrip/pr/>.

Mom's Apple Pie

I n g r e d i e n t s :
Dough for a double-crust pie (see below)

8-9 organic granny smith apples

1 tsp. cinnamon

1/4 tsp. nutmeg

2 tablespoons lemon juice

1 tablespoon organic butter, cut into small pieces

2 tablespoons cornstarch or flour

1/2 cup sugar (or more to taste, depending on the tartness

of the apples), plus 1 tablespoon (divided)

1 free range egg white, lightly beaten

Pie Dough Ingredients:

1/2 cup sustainable cold lard, cut into small pieces

2 cups all-purpose flour

1 teaspoon salt

1 tablespoon sugar
6 tablespoons (or less) ice water

Preparation:

Make the Dough:

Cut fat into flour using a pastry blender and then your fingers, or add flour and lard to the food processor and process (using the "pulse" setting) until the mixture forms small clumps that resemble a coarse meal.

Add ice water one tablespoon at a time until the dough comes together as a cohesive mass. If more water is needed, add only a few drops at a time.

Press the dough together with your hands to form a ball. Cut the ball of dough into 2 portions and flatten into disks.

Peel, core, and slice the apples. In a large bowl, toss the apples with the lemon juice, cinnamon, nutmeg, 1/2 cup of the sugar, and cornstarch (or flour).

On a lightly floured surface, or between two sheets of waxed paper, roll out the bottom crust to about 1/8 inch thick and about 12 inches in diameter.

Gently place bottom crust into pie plate and run your fingers around the inside of the pie plate to ensure that the pastry fits snugly into the corners of the plate. Add apple mixture, mounding the apples in the cen-

ter of the pie, and top with dots of butter.

Roll out the top crust, also to about 1/8 inch thick and 12 inches in diameter. Moisten the edges of the lower crust with a bit of water and place the top crust over the filling. Press the top and bottom crusts together to seal the edges.

Using kitchen shears, cut off the excess crust hanging over the pie plate, allowing only about 1/4 inch to hang over the rim of the pie plate. Let the pie rest for 10 - 15 minutes, then decoratively flute the edges of the pie using your thumb and forefinger, or crimp with a fork.

Using a sharp knife, cut steam vents in the top crust. Brush the top of the pie with the beaten egg white and sprinkle with the remaining tablespoon of sugar.

Bake at 450 degrees for 15 minutes, or until top crust is golden, then reduce heat to 325 degrees and continue baking for 35 minutes, or until crust is golden brown and filling is bubbly. Cool on a rack in pan for 1-2 hours. Serve warm or at room temperature.

Tips: To keep the delicate edges of your pie crust from burning, create a ring from aluminum foil and cover the edge of the pie.

Find out how to render your own sustainable lard!

Dough made with lard requires less chilling than dough made with butter. If the dough is too cold, it will not roll out easily. (Leave at room temperature for 15-20 minutes to make rolling easier.)

