



ANCIENT GRAIN APPLE PIE

YIELDS: 2 BOTTOM CRUSTS, OR 1 TOP AND 1 BOTTOM CRUST

This rustic apple pie is made with three of Anita's Organic ancient grain flours - Einkorn, Emmer, and Spelt - giving it a subtle nuttiness that compliments crisp organic apples beautifully. Full of flavour yet not overly sweet, this is the perfect dessert-finale for Thanksgiving, or Christmas dinner.



Ingredients

CRUST

- 130g (1c) Anita's Organic Einkorn Flour
- 90g (2/3c) Anita's Organic Emmer Flour
- 130g (1c) Anita's Organic Stone Ground Spelt Flour
- 1t salt
- 1t sugar
- 250g cold butter, cubed
- 1t fresh lemon juice
- 1 egg
- 1-2t ice water

FILLING

- 4-5 medium assorted apples, unpeeled, thinly sliced
- 1T fresh lemon juice
- 6T cane sugar, divided
- ¼t salt
- 1t cinnamon
- 1T plus 1t corn starch (or 2T tapioca starch)
- 2T melted butter

Instructions

1. Combine apples, lemon juice, salt and 3T sugar and allow to sit at least 1 hour, preferably 3-4 hours.
2. To prepare the dough combine flours, salt, and sugar in a medium bowl. Cut the butter in with a pastry blender until the butter is pea-sized. With a fork blend in the beaten egg and lemon juice.
3. Add 1-2 teaspoons of ice water, just enough to have the dough just start to come together but still be quite dry and shaggy.
4. With the palm of your hand or a rolling pin press the dough out flat between two pieces of parchment, fold the dough in half and repeat 2 more times. This will help create flakey crust by building layers of butter. Its okay if the crust is still slightly dry.
5. Divide dough in two, press into disks, wrap and refrigerate for 1-2 hours.
6. Roll crust into a circle to line a 9" pie pan. Place the crust in the pan, making sure the dough is relaxed in the pan and not stretched to avoid shrinkage. Refrigerate for 20 minutes.
7. Preheat oven to 350F, with the rack in the lowest position (baking the pie low in the oven helps crisp the bottom crust.

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8. Drain the apples completely. Add 3T sugar, cinnamon, and cornstarch or tapioca and melted butter to the apples and stir well. TIP: You can cook down the remaining juice in a large frying pan into a caramel to drizzle on the finished pie or over ice cream served with the pie.
9. Arrange the sliced apples in the crust in a tight spiral or other pattern of your choice.
10. Bake for 45-50 minutes on bottom rack until bubbling in the center. Cool completely before serving.

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