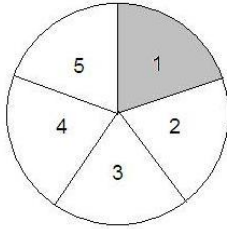


Rustic Apple Pie

Serves 6

Portions of fruit & vegetables per serving: 1



Hob needed Oven needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

Contains milk

Ingredients	Amount	Preparation
<u>Filling</u>		
cooking apples	250g ($\frac{1}{2}$ lb)	peel, core and thinly slice
eating apples	250g ($\frac{1}{2}$ lb)	peel, core and thinly slice
cold water	2 tablespoons	
milk	enough to glaze (about 1 tablespoon)	
<u>Pastry</u>		
flour	175g (6oz)	
low-fat margarine	75g (3oz)	cut into small pieces
cold water	2 tablespoons	

Please Turn Over



Method

- 1 Preheat the oven to gas mark 6 / 400°F / 200°C then grease a baking tray with a small amount of margarine.
- 2 Put the chopped apples and water into a saucepan and simmer over a medium heat until soft and going lumpy (approximately 5-10 minutes). Remove from the heat and leave to cool.
- 3 While the apples are cooking make the pastry.
- 4 Put the flour into a bowl and rub in the margarine with your fingertips until the mixture looks like fine breadcrumbs. Gradually add the water and mix together to make a dough and then form into a smooth ball.
- 5 Sprinkle flour onto the work surface and put the ball of pastry in the middle. Next, roll out the pastry until it is about 3-5mm thick and then transfer the pastry onto the baking tray.
- 6 When the apple filling is ready, put it in the centre of the pastry.
- 7 Brush the edge of the pastry with cold water, so that it will stick. Gently pull the pasty up around the apple, it is ok if there is a gap at the top.
- 8 Brush the milk over the pastry to glaze.
- 9 Cook in the oven for 30 minutes until golden brown.

206 calories		Per serving
Fat	MEDIUM	8.6g
Saturates	LOW	1.5g
Sugars	MEDIUM	8.9g
Salt	LOW	0.2g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- You could use tinned apples or eating apples instead of cooking apples and you will not need to simmer them.
- Try adding other fruits (fresh, tinned or frozen) e.g. mango, berries, raisins.
- Sprinkling 1 teaspoon of cinnamon over the apple will give extra taste.

