



### **Apple Pie Dowdy**

*Bursting with sweet spicy apples and covered with easy-to-make sparkling sugar crust*

- 1-1/2 pound to 2 pounds fresh apples, peeled, quartered, cut into ¼ inch thick slices
- 2 Tablespoons brown sugar
- 3 Tablespoons granulated sugar
- 1 teaspoon cinnamon or apple pie spice
- 1/8 teaspoon (each) nutmeg; sea salt
- 1 Tablespoon unsalted butter
- 1 teaspoon almond extract
- 4 Tablespoons almond flour
- 1 (9-1/2 inch) refrigerated pie crust dough
- 1 egg, beaten with 1 Tablespoon water
- 1/2 Tablespoon sanding sugar as desired

**Serve with:** Whipped cream as desired; sprinkle with ground cinnamon

1. Place apple slices, brown sugar, granulated sugar, cinnamon, nutmeg, and salt in a large bowl, toss to combine. Let stand until apples release about 1/3 cup liquid about 30 minutes to 1 hour. Drain apple liquid into a small heavy saucepan.

- Set drained apples aside. Add butter to pan, bring to a boil over medium high heat, cook stirring occasionally to melt butter. If liquid was more than 1/3 cup; cook until reduced to about 1/3 cup. Remove from heat; stir in almond extract.
2. Preheat oven to 425 degrees F. with oven rack in the middle. Set out a 9-1/2 to 10-inch wavy pie pan
  3. Toss drained apples with almond flour. Arrange half of apples on bottom of wavy pie pan; drizzle with half of reduced apple syrup. Arrange remaining apples over the top, drizzle with remaining apple syrup.
  4. Pie Crust: Let refrigerated dough come to room temperature about 15 minutes. Press dough to flatten, cut into 2-inch squares. Arrange squares in a patchwork pattern on top of filling, pressing edge pieces onto pie plate and leaving a few openings for steam to escape. In a small bowl, mix egg with water, making an egg wash. Brush dough with egg wash; sprinkle with sanding sugar.
  5. Bake pie in 425 degrees F. oven for 25 minutes until top begins to brown; reduce temperature to 375; bake until fruit is tender and top is golden and crisp, about 30 minutes more. Shield the crust edges and/or pie crust with foil if crust gets too brown. If your apples are high in your pie pan; place a cookie sheet or pan on a rack below the middle rack in case of drips.
  6. Let pie cool; serve warm scoops of apple pie dessert with dollops of whipped cream, sprinkle whipped cream lightly with cinnamon.
- Yield: one 9-1/2-inch apple pie dessert or can be served in individual party glasses.

**Cook's Note:** If desired, make your own from-scratch pie crust.



**About the Recipe:** This is an updated version of a single crust fresh apple dessert. The haphazardly cut crust is shingled onto the filling before it's baked. Precooked apple syrup blends the flavor throughout the dessert, adding multi-sweeteners which enhance the apple slices, and a ready-made refrigerated crust makes it so easy to prepare. It's an old classic turned and twisted into a new favorite fall dessert.

### **History of Apple Pan Dowdy**

This is one of the oldest and greatest of all American desserts — Apple Pan Dowdy. It also happened to be Abigail Adams' favorite recipe. She was the wife of our second President John Adams and the first lady to live and entertain in the newly constructed White House. She wasn't alone in loving this treat. It was a favorite dish to serve in colonial America. The word "dowdy" comes from the Middle English "doude" and refers to an inelegant person or thing. Its association with this dessert comes from the haphazard style of slicing up the top crust, half-way through baking.

For More Information See:

<https://www.thecalifornian.com/story/life/2015/01/20/apple-pan-dowdy/22049957/>