



Apple Pie Becomes an American Classic

Chef Bill Yosses Secret Crust Apple Pie

Welcome to: a Presidential dessert treat served at the White House

Pie Crust:

3 cups (about 13 oz) all-purpose flour

1/2 teaspoon salt

10 oz. (2 ½ sticks) cool room temperature, unsalted butter, cut into ¼-inch pieces (I used 8 ounces unsalted butter and 2 ounces Crisco shortening.)

6-7 tablespoons ice water

1 egg and ½ to 1 teaspoon salt for egg wash (for the glaze)

Apple Pie Filling:

1 cup granulated sugar

1/2 cup cornstarch

3 lbs. apples, such as Gala, Granny Smith, or McIntosh, peeled cored and cut into half-inch wedges. (I used Jonathan Gold and Gala apples)

1/2 cup honey, preferably local

1 tsp vanilla extract

1/4 tsp ground cinnamon
Zest and juice of one lemon

Make Pie Crust:

- Place flour and salt in a food processor and pulse five times. Add butter or shortening and pulse until mixture forms chickpea-sized pieces, about 20 seconds. Add ice water 1 tablespoon at a time and pulse until mixture just holds together. Divide dough and form into two equal-sized balls, then press each ball down to form a 5-inch disc. Wrap each disc in plastic and refrigerate for at least two hours and up to two days.
- On a lightly floured surface (or between two sheets of plastic wrap) roll out each disc into 12 to 14-inch circle. Place one dough circle in the refrigerator.
- Grease a 10-inch deep-dish pie pan and gently place the other circle in the pan, leaving a one-inch overhang. (I used the plastic wrap to transfer the dough to the pan and fluted the pie edge.) Chill the dough in the pie pan for at least 30 minutes and up to overnight.
- Preheat oven to 375°F. Remove the pie pan with the bottom crust from the refrigerator and let soften for five to ten minutes. If you didn't flute the pie edge, fold the edge of the overhang under itself and pinch the dough to form a fluted edge. Prick the crust with a fork. Line with foil and fill with pie weights, rice, or navy beans. Bake for 30 minutes. Remove from oven and lift out foil and pie weights; allow pie shell to cool for 10 minutes.

Make Apple Pie Filling:

- In a large saucepan, sift together the sugar and cornstarch, then toss with apples, honey, vanilla, cinnamon, lemon juice and zest. Let stand for 20 minutes.
- Bring fruit mixture to a boil over medium heat, stirring occasionally until the mixture has thickened slightly, making sure fruit does not stick to the bottom of saucepan. Remove from heat and cool.

Filling and Baking the Pie

- Whisk the egg and salt and brush the rim of the prebaked pie shell. Fill with the fruit filling. Then lay the second dough circle over the filling, (let soften a little) then press very gently around the edges to make sure the egg wash seals the top pie dough to the bottom pre-baked crust.
- With a paring knife, puncture the top pie dough in a wide circle about 10 times with the tip of the knife to form steam vents. Brush top with remaining egg wash and sprinkle with sugar.
- Bake another 30-40 minutes or until the pie filling starts to bubble out the vents and the top pie crust is golden brown. Remove to a cooling rack and allow to cool for 1-2 hours before serving. Serves: 8

Recipe by Chef Bill Yosses; see - <https://people.com/food/make-the-obama-family-s-favorite-apple-pie/>

Who is Chef Bill Yosses? The White House added a Pastry Chef to their staff roster in 1979. Bill Yosses worked under both President George W. Bush and President Barack Obama. Chef Yosses was known for making one of President Obama's favorites, apple pie. His crust was so tender and flaky that President Obama nicknamed him "The Crustmaster." President George W. Bush also loved apple pie made a la mode style while Obama liked his plain.

Chef 'Yosses Hints;

- The egg wash is an egg that is stirred and thinned out by adding salt, **it is** then used as a paint to give color to the finished baked product or to stick the two doughs together.
- Make sure to prebake the bottom crust so it melds with the filling.
- For a flaky crust, chill dough overnight.
- Use a variety of apples for your filling

About the Recipe: The pie crust uses traditional ingredients, but the chef often chills the dough to absorb moisture. The generous apple filling is delicious, especially if you use a mixture of apple varieties, but not Red Delicious apples. The pie takes time to make since the buttery crust needs to be chilled often and is very tender, needs to be prebaked, and the filling is precooked before baking. If you like pie challenges, give this pie a try. The reward is delicious.

How Apple Pie Becomes an American Classic

Apple Pie originated in England and had influences from other nations. In fact, we were surprised to discover at the World Fair that apples actually first grew in Kazakhstan. Then, you might ask, how can we say, "It's as American as apple pie." How did that happen? It was brought over by the colonists and used for cooking during the 18th and 19th centuries. But it wasn't until the 20th century when newspapers and our involvement in the World Wars created apple pie as a national symbol.

Enjoy the Story It's "As American as Apple Pie"

"A 1928 *New York Times* article called First Lady Lou Henry Hoover's homemaking skills "as American as apple pie." Several years later, fighting "for mom and apple pie" became a common slogan among World War II soldiers (<https://www.mentalfloss.com/article/627296/how-did-apple-pie-become-iconic-american-dessert>)

As American as Apple Pie really means something came from somewhere else but was changed into a real American experience.

Now You Know the Rest of the Story