

## APPLE KNOW-HOW

Farmer Warren Wetzel recommends blending apple varieties for tastier apple pie. Jo-Ann Wetzel's favorite apple pie combination, usually available around October 15: Granny Smith + Cortland + Ida Red

**Old Stone Orchard**  
33 Cole Brook Road, Little Compton, RI 02837  
401-635-2663

**EARLY SEASON:**  
Ginger Gold  
McIntosh  
JonaMac

**MID SEASON:**  
Macoun  
Cortland  
Empire  
-or-  
Macoun  
Cortland  
Gala

**LATE SEASON:**  
Granny Smith  
Fuji  
Ida Red

## RECIPE

### SAKONNET RIVER APPLE PIE

*By Paul Bergeron*

**Flaky Pie Dough:** (makes one 9 inch lattice crust pie)

½ tsp kosher salt  
½ cup (4 oz.) ice cold water  
3 cups (15 oz.) flour  
2 ½ tsp sugar  
9 Tbsp cold unsalted butter cut in quarter-inch cubes  
6 Tbsp cold leaf lard cut in quarter-inch cubes\*  
1 egg for egg wash

**Directions:** Dissolve salt in water. Add flour and sugar to the bowl of a food processor and pulse a few times to distribute the ingredients. Add 8 Tbsp chilled butter and 6 Tbsp leaf lard, carefully coating each piece with flour mixture. Use a few rapid, short pulses until butter and lard pieces are the size of a pea. Pour salted cold water over flour/butter mixture. Pulse just until dough comes together. Do not over-process dough. Form a ball with the dough.

Divide dough into a one-third portion (for the bottom crust) and a two-third portion (for the top crust). Make a ball of the small portion and flatten slightly into a round. Form a rectangle (approx. 5x6 inches) with the larger portion. Wrap each piece tightly and refrigerate overnight for best results.

Pre-heat oven to 375 degrees Fahrenheit.

**Assembly:** On a lightly floured board, roll small portion of dough into a 12-inch round. Line a 9-inch Pyrex pie plate with the pastry. Refrigerate for 15 minutes.

On a lightly floured board roll the larger portion of dough into a 10x12 inch rectangle. Refrigerate for 15 minutes. Cut the sheet into 10 strips of equal width with a pastry wheel, pasta cutter or knife.

Using a pastry brush dipped in water, dampen the rim of bottom crust pastry. Fill the shell with the apple filling (see below) and dot with remaining butter. Place five of the dough strips horizontally on top of the filling, spaced evenly but leaving a little of the apple filling exposed. Place the other five strips vertically in the same fashion. Weave the strips into a lattice. Press the dough lattice firmly onto the dampened rim of the bottom crust and trim excess dough from the pie plate.

Lightly beat egg with 1 Tbsp of water. Using a pastry brush, lightly brush lattice crust with egg wash. Discard remaining wash.

Bake for 45 minutes (until top is golden brown).

**Optional:** When the pie is cooled, dust with confectioner's sugar.

#### **Apple Pie Filling:**

3 lbs apples (three varieties, mixed) cored, peeled and sliced  
1 Tbsp fresh lemon juice  
½ cup granulated sugar  
½ tsp Vietnamese cinnamon  
¼ tsp freshly grated nutmeg  
Large pinch of kosher salt  
½ Tbsp potato starch (also known as potato flour)

Toss apples with lemon juice. Blend sugar, spices and salt. Toss sugar mixture with apples and let macerate for 1 hour.

Drain apples and reserve liquid. Add starch to liquid, stir and heat in small non-reactive saucepan until slightly thickened—do not boil. Cool and toss thickened liquid with apples. Proceed with pie assembly.

\* Rendered leaf lard can be purchased from:

**Dietrich's Meats & Country Store**  
660 Old Route 22 (Krumsville)  
Lenhartsville, PA 19534  
610-756-6344  
dietrichsmeats.com