

## A NINETEENTH-CENTURY APPLE PIE

The following recipe for a lightly sweetened, subtly spiced deep-dish apple pie is based on Lydia Maria Child's "Apple Pie," in *The American Frugal Housewife* (1833). The recipe, with commentary, can be found in Keith Stavely and Kathleen Fitzgerald's *Northern Hospitality: Cooking by the Book in New England* (University of Massachusetts Press, 2011).

MAKES ONE NINE-INCH PIE, 8 SERVINGS

Preheat oven to 400°F.

### **Filling:**

<b>10 cups Granny Smith apples, peeled, cored, and sliced</b>	<b>½ cup rosewater</b>
<b>2 tablespoons sugar</b>	<b>1 teaspoon grated lemon peel</b>
<b>¼ teaspoon ground cloves</b>	<b>½ teaspoon lemon juice</b>
<b>½-¾ teaspoon ground cinnamon</b>	<b>¼ teaspoon salt</b>
<b>2 9-inch pie crusts, store bought (or make from the "Short Pastry" handout)</b>	<b>1 tablespoon unsalted butter</b>

### **Egg Wash:**

**1 egg yolk**  
**2 tablespoons water**

**Note: This pie requires a deep-dish pie plate.**

Line a pie plate with one of the unbaked crusts, line this with parchment paper or aluminium foil, and fill with pie weights, dried beans, or rice. Bake for 10-15 minutes. Remove from the oven, lift out the lining, prick the bottom of the crust, and allow to cool.

Increase the oven temperature to 425°F. Mix the sugar and spices into the apple slices and cook, stirring often, until the apple slices are soft. Add the rosewater, lemon peel, lemon juice and salt.

Fill the bottom crust with the cooked apple mixture and dot with the butter. Put on the top crust, carefully crimping both crusts together.

Place the pie on a baking sheet and bake for 10 minutes. Reduce the oven heat to 350°F and bake for an additional 50 minutes. During the final five minutes of baking, mix together the egg yolk and water.

Remove the pie from the oven and brush the top crust with the egg-water wash. Return the pie to the oven and bake 10 minutes longer, or until the crust is golden.

Remove the pie from the oven and cool on a wire rack. Serve warm or at room temperature.