

# The Seasonal Gourmet

by **DARA CARR** /// EAC Volunteer

## Annapolis Valley Apple Crisp

(Gluten-free, with vegan option)

Apples are one of the most prominent local crops produced here in Mi'kma'ki/Nova Scotia. Growing up in Wolfville in the Annapolis Valley, apples were especially central to our local agriculture and culture; in June, there was the Apple Blossom festival to celebrate, and come autumn, the highly-anticipated apple harvest, including trips to U-pick apple orchards. The local traditions surrounding apples provided a reminder of the significance of local produce, fostered a sense of community and served as a connection to the changing seasons of the land we live on. While there are a wide variety of apple-based dishes that incorporate this local fruit (including apple cider, pie, sauces, and beyond), one of my favourites has always been my mother's apple crisp. While simple and easy to whip together, this dish never fails to please a crowd, and is now a comforting autumn staple in my own kitchen.



### SUBSTITUTIONS

Sub regular flour and oats if you don't need the recipe to be gluten-free. For a dairy-free/vegan option, simply sub a vegan butter (dairy-free butters intended for baking, usually coming in stick form, are a better option than vegan margarines). Sub demerara sugar for both the filling and topping if you wish to avoid refined sugar, as it still has the deep, molasses flavour that is crucial to this recipe.

### INGREDIENTS

**FILLING** (For 8x8 or 9x9 pan)

**3 lb. / 8-9 cups** sliced, peeled tart apples

**1/4 cup** granulated or demerara sugar

### TOPPING

**1 cup** gluten-free flour

**1 cup** gluten-free rolled oats (large flake if available)

**1/3 cup** packed brown sugar (dark brown or demerara)

**1/2 tsp** cinnamon (or more to taste)

**1/2 cup** butter, melted (vegan option: sub dairy-free butter)

### DIRECTIONS

- 1 Heat oven to 375°F (190°C).
- 2 In an 8x8 or 9x9 square baking dish, add sliced apples and sugar. Toss to combine, and spread evenly so that the top is level.
- 3 **TOPPING:** In a medium or large mixing bowl, add flour, oats, brown sugar, and cinnamon. Mix together with a large spoon. Drizzle with melted butter, and toss with a fork until combined. Sprinkle topping evenly over apples.
- 4 Bake in oven for about 45 minutes, or until the topping is crisp and golden and the filling is tender and bubbly. Remove from oven and let cool for 30 minutes.
- 5 Serve with regular or dairy-free whipped cream or vanilla ice cream.