

# The Seasonal Gourmet

by **ELISABETH BAILEY** /// EAC Volunteer

## Apple Cheddar Pie

It's the beginning of peak season for apples here in Nova Scotia, and you'll find them piled high at farm stands right through to October – although local apples are available pretty much year-round. This is a main dish apple pie—low on sugar and high on protein, you can eat it guilt-free for breakfast or any other time of the day. You may also use pears in this recipe or a combination of apples and pears. If you're not terrific at rolling out and shaping pie crust, press torn pieces together for both the bottom and top crusts. It won't be quite as pretty but it will taste just as good.



### INGREDIENTS

**2 ¼ cups** flour (white, wheat, or a combination )

**1 cup** grated cheddar cheese

**¾ cup** cold butter, cut into small pieces

**½ cup** cold milk

**3 pounds** apples, any variety or a mixture, peeled, cored, and chopped into bite-sized pieces

**½ cup** sugar

**1 tablespoon** corn starch

**1 tablespoon** lemon juice

**½ teaspoon** ground nutmeg

**½ teaspoon** salt

### DIRECTIONS

- 1** Combine flour, cheddar, butter, and milk in a mixing bowl or food processor. Cut together until dough just holds together. Wrap ball of dough in wax paper, or put in a reusable container, and put in the refrigerator.
- 2** Preheat oven to 450°F. In a mixing bowl combine chopped apples, sugar, corn starch, lemon juice, nutmeg, and salt. Stir until apples are thoroughly coated.
- 3** Remove dough from refrigerator. Divide into two parts and roll into two large rounds. Arrange one in the bottom of a 9 inch pie plate.
- 4** Transfer filling on top of bottom crust, then gently transfer larger trust to the top and seal edges to top of bottom crust. Cut several slits in the top crust to vent steam.
- 5** Bake for 20 minutes, then reduce heat to 375°F and bake until crust is browned and filling is bubbling-hot, about another 40 minutes. Cool on a rack for at least 30 minutes, then serve warm or cool.

Originally published on the Adventures in Local Food blog where you'll find dozens of local, seasonal recipes alongside articles from our food team and fantastic local contributors like **Elisabeth Bailey!** [adventuresinlocalfood.com](http://adventuresinlocalfood.com)

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