

K's Kitchen: Crisp a good alternative to pie

By Kathryn Reed

After going to Apple Hill earlier this fall, I had a lot of apples to deal with. Not a bad problem to have. But I also didn't want them to go bad.

I decided to turn the remaining ones into a crisp instead of pie. In large part this had to do with not wanting to make a crust. Having recently made sugar cookie, the whole rolling out dough thing was very unappealing.



I came across the recipe below from the Food Network website. When I saw it had maple syrup I knew I had to make it. I haven't found a recipe yet with maple syrup that Sue doesn't like. There's something about Vermontners and their syrup.

I didn't use the pecans because I'm not a big fan of nuts in my desserts. I used a mixture of apples. And because I don't have ramekins I baked it all together in a pan. A square pan would be best.

And like all apple desserts, serve it with vanilla ice cream.

Apple Crisp

Filling:

5 Granny Smith apples, peeled, cored, chopped small

1/4 C finely chopped pecans

3 T all-purpose flour

1/2 C brown sugar

2 T maple syrup

1 T lemon juice

Topping:

3/4 C all-purpose flour

1/3 C brown sugar

1/4 tsp ground cinnamon

1/4 tsp salt

6 T chilled butter, cut into pieces

1/4 C coarsely chopped pecans

Preheat oven to 350 degrees.

For the filling:

Mix all the ingredients together. Place into 7 to 8-ounce ramekins.

For topping:

Mix the flour, brown sugar, cinnamon and salt in large bowl. Blend the butter into the mixture until it forms pea size lumps. Stir in pecans and sprinkle over filling.

Bake crisps for 35 to 40 minutes. Cool 10 minutes before serving.