

This portion of the poem, *Apple Pie* by Ruth B. Field, expresses the taste delight that awaits a fresh-baked apple pie...

*Peel them, thin, then core and slice,
Pile in the crust with sugar and spice
Then cover gently with crust on top
And pop in the oven, piping hot
When golden brown with rich juice oozing,
Here is a pie that's for first choosing...
Ah, luscious and savoury apples, these
More choice than the fruit of Hesperides.*

Apples come in many varieties, textures and flavours. Some are wonderful eaten fresh and others are better for cooking. When selecting an apple for the perfect apple pie, one that is a bit tart and which doesn't soften when baking is best. Northern Spies, Cortland, Idared, Crispin (Mutsu) and Royal Gala are local favourites.

A Festival Committee member, Carolyn Whaley shares her prize-winning recipe for old-fashioned apple pie. Enjoy!

Carolyn Whaley's Old-Fashioned Apple Pie

No-Fail Pastry (makes 5 double crusts)

5 cups all-purpose flour
1 teaspoon salt
1 pound lard
2 eggs with cold water to make 1 cup

Blend flour and salt. Cut in lard, until thoroughly mixed. Add liquid. Roll out.

Filling

6 cups sliced apples
1 cup brown sugar
4 tablespoons flour
1 & 1/2 teaspoons cinnamon

Preheat oven to 375 F.
Pour half the sugar and half the flour into bottom pie shell. Fill with sliced apples. Top with other half of sugar and flour with cinnamon. Place pastry over top of filled pie shell. Slice a few short gashes or holes in the pastry with a fork to let the contents "breathe". Bake at least one hour.