

Apple Crisp - Perfect and Easy



I adapted this from a 50-year-old peach crisp recipe. Although it works well with peaches, it works even better with fresh, crisp cooking apples.

By JoAnn Hague

Cook: 40 mins

Additional: 10 mins

Total: 1 hr

Prep: 10 mins

Servings: 6

Yield: 1 8-inch square dish



Ingredients

2½ cups apples - peeled, cored, and sliced

1 cup sifted all-purpose flour

1 cup white sugar

½ teaspoon ground cinnamon

¼ teaspoon salt

½ cup butter, softened

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8-inch square baking dish.

Arrange apple slices evenly in prepared baking dish. Sift flour, sugar, cinnamon, and salt in a bowl. Cut in butter using a pastry blender or 2 knives until mixture resembles coarse cornmeal; sprinkle over apples.

Bake in preheated oven until topping is golden, 40 to 45 minutes. Cool slightly before serving.

Cook's Note:

Do not overmix the topping, and NEVER cream it. The topping should be gently cut into the butter so that the butter remains in small lumps. This will result in a light, crunchy topping for the apples. Also, in a pinch, you don't need to sift the dry ingredients. Just carefully stir them together until mixed (prior to adding the butter).

Nutrition Facts

Per Serving: 365 calories; protein 2.4g; carbohydrates 55.7g; fat 15.6g; cholesterol 40.7mg; sodium 206.7mg.