

APPLE PIE FILLING

Ingredients

1 tablespoons lemon juice	3 ⅓ cups water
1 ½ cups white sugar	⅓ cup cornstarch
½ teaspoons ground cinnamon	¼ teaspoon salt
pinch ground nutmeg	6 cups apples, peeled and chopped (about 3 medium apples)

Directions

1. In a large bowl, toss apples with lemon juice and set aside. Pour water into a large pot over medium heat. Combine sugar, cornstarch, cinnamon, salt, and nutmeg in a bowl; add to water, stir well, and bring to a boil. Boil for 2 minutes, stirring constantly.
2. Add apples and return to a boil. Reduce heat, cover and simmer until apples are tender, about 6 to 8 minutes. Cool for 30 minutes.
3. Ladle into 5 freezer containers, leaving 1/2 inch headspace. Cool at room temperature no longer than 1 1/2 hours.
4. Seal and freeze. Can be stored for up to 12 months.

MINI APPLE PIES

Crust

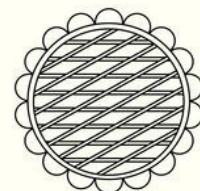
2 Cups Flour	⅔ C butter (Chilled)
1 tsp salt	4 Tbsp. water

Filling

Premade- from class last time

DIRECTIONS

1. Preheat oven to 425 degrees. Get muffin pan out. No need to grease it.
2. In food processor blend flour, salt and butter until it looks like little peas.
3. Add in water and blend just until it looks like it's sticking.
4. Take out and combine it by hand until well blended.
5. Roll out on lightly floured surface until about 1/4 inch thick.
6. Cut 12, 4 inch circles with cup or bowl.(You will need to roll out twice).
7. Note: you can use the rest of the crust for anything you may want to do on top of the pies.
8. Press each circle in muffin tins until all the way up each side, to form little bowls.
9. Spoon filling into muffin bowls.
10. Cut up butter into 12 little pieces and place one piece on each pie.
11. You can decorate them anyway you like with extra crust, or just leave plain.
12. Bake at 425 degrees for 16-18 minutes. (Until crust is light brown and apples are bubbling).
13. When cool, just loosen with a spoon and they'll come right out!



PERFORMANCE OBJECTIVE 8 Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food.

<http://allrecipes.com/recipe/12681/apple-pie-filling/print/?recipeType=Recipe&servings=40>

<http://www.food.com/recipe/mini-apple-pies-so-easy-not-much-hassle-286704>