

# Mini Apple Walnut Pie



*Thanksgiving is celebrated each year on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Thanksgiving holiday is truly a celebration of praise and thanksgiving. It is what brings families around the table for dessert after a good, Thanksgiving meal. Thanksgiving dinner isn't complete without an apple pie or pumpkin pie for DINNER.*

*An apple pie is a fruit pie in which the main filling ingredient is apple. It is sometimes served with ice cream on top. Pastry is generally used both in top-and-bottom, making it a double-crust pie, the upper crust of which may be a circular shaped crust or a pastry lattice woven of strips and another circular crust at bottom. The crust along with a*

*sweet, apple filling melting together in your mouth with a scoop of ice cream.*

## Ingredients

### Apple Filling

1 Fuji Apple  
1 Tbsp of Brown Sugar  
1 Tbsp of White Sugar  
Pinch of Cinnamon Powder  
Pinch( less than 1/4 tsp ) of Salt  
Pinch ( less than 1/4 tsp ) of Nutmeg Powder  
3/4 Tsp of Corn Starch  
2 Drops of Lemon Juice

## Method



- In a skillet, stir together the apples, brown sugar, white sugar, cinnamon, salt, nutmeg and cornstarch.
- Cook covered over medium heat until apples are tender, about 5 minutes.
- Uncover and cook until the liquid has thickened, about 1-2 minutes. Switch off the stove and stir in the lemon juice and let it cool to room temperature, for about 10 minutes.

## **Pie Crust**

**3/4 Cup of All Purpose Flour**

**1/2 Tsp of Sugar**

**1/4 Tsp of Salt**

**2 Tbsp of Butter**

**1 and 1/2 Tbsp of Vegetable Shortening**

**2-3 Tbsp of Ice Water, as needed**

## **Method**



- **In a bowl, add flour, sugar and salt. Add chilled butter and shortening. Rub it with your finger tips or cut the fats into the dry ingredients until the mixture resembles coarse meal.**
- **Sprinkle on ice water, 2-3 tablespoons at a time, and toss with a fork. In a counter-top, turn it into a dough by using hand. Scrape it up into a ball and keep it in a ziploc bag. Chill for 1-2 hours.**
- **Preheat oven to 400 degrees F.**
- **Roll dough out to 1/4-inch thickness on a floured work surface. Lightly spray oil in cavities of the ramekin or muffin pan. Cut the dough into a circles, using a cookie cutter.**



- Gently fit the 1 circle into the ramekin. Spoon in the apple mixture in the center. Top it with few walnuts.



- For top crust, you can create a lattice top or another circular piece of crust on top. Try to seal the two crust together so when they came out of the pan it shouldn't separate.



- **Brush the top crust butter. Sprinkle granulated sugar over the top of each crust.**



- **Bake for 20 minutes until crust is lightly golden brown and apple mixture is bubbling.**
- **Let cool for 5 minutes, then run a sharp knife around the edges of ramekin to loosen pies and carefully take pie out of the pan.**



**Mini Apple Walnut Pie**

### **Tips**

- If you are lazy to do pie crust at home, you can use store bought pie crust.
- Serve with ice cream on top.
- You can brush top crust either with butter or egg white.
- Adding vegetable shortening is optional.
- For delicious pie, use granny apple instead of fugi apple.

### **Health Benefits of Apple**

- **Phytonutrients in apples helps to regulate the blood sugar level.**
- **Rich in Vitamin B and C**
- **Apple Prevents Cancer and Parkinson disease.**



Sending this recipe to [pi day pie party](#)

Celebrate  $\pi$   
PI Day  
March 14, 2013  
Link up your Pies and win prizes!

