

## Maple Ginger Apple Pie



**Makes 10 servings**

**Total time: 40 minutes**

**Ingredients**

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### *Butter Pastry Dough*

2¼ cups all-purpose flour (use white wheat for healthier option)

¾ teaspoon salt

12 tablespoons cold unsalted butter (1½ sticks), cut into chunks

4-5 tablespoons ice water

### *Filling*

8 cups peeled and thinly sliced apples (6-8 apples), a mix of sweet and tart, such as Cortland and/or McIntosh

¼ cup all-purpose flour (use white wheat for healthier option)

¼ cup pure maple syrup

Finely grated zest of 1 lemon

2 teaspoons ground cinnamon

1 teaspoon grated fresh ginger

½ teaspoon salt

1 large egg, beaten

### **Preparation**

To prepare crust: Mix flour and salt in a large bowl or food processor. Work butter into the flour mixture using a pastry blender or two knives or by pulsing in the food processor until it's pebble-sized. Add ice water, 1 tablespoon at a time, until the dough is evenly moist (but not wet) and is just starting to clump together, being careful not to overmix. Divide dough into 2 pieces and pat each into a 5-inch disk. Wrap with plastic and refrigerate for at least 1 hour and up to 2 days. Remove from the refrigerator about 15 minutes before rolling out.

To prepare filling & bake pie: Preheat oven to 400° F.

Roll one portion of dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan (not deep-dish). Remove the second sheet.

Toss apples in a large bowl with flour, maple syrup, lemon zest, cinnamon, ginger and salt until evenly coated. Spoon the apple mixture into the crust. Roll the second portion of dough between the sheets of parchment into a 13-inch circle. Peel off the top sheet and invert the dough onto the fruit. Peel off the remaining sheet. Tuck the top crust under the bottom crust, sealing the two together. Flute the edge of the crust with your fingers or crimp with a fork. Brush the crust with egg, cut several slits in the top and sprinkle with sugar (if using).

Place the pie on a baking sheet to catch any drips. Bake for 20 minutes.

Reduce oven temperature to 325 degrees . Continue baking until the crust is golden and the filling is bubbling, 50 minutes to 1 hour more.

Let cool completely on a wire rack before serving. Serve with whipped cream, if desired.

Make Ahead Tip: Prepare pastry dough (Step 1) and refrigerate for up to 2 days. Loosely cover pie and store at room temperature for up to 1 day.

By <http://www.eatingwell.com/recipe/251064/maple-ginger-apple-pie/>