

# APPLE HARVEST

## — Mini Recipe Book —

September's harvest brings an abundance of fresh produce inspiring culinary creativity. It's the perfect time to enjoy hearty soups, warming stews and, of course, all things apple! From classic apple pie to caramel apples, the possibilities are delicious.



*Three Easy  
Family  
Favourites!*



Recipes by  
*Boxwood & Bay*



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# Grandmother's Apple Pie

PREPPING TIME: 30 MINS

COOKING TIME: 45-50 MINS

220°C (200°C FAN) /  
425°F / GAS MARK 7

## Ingredients

### *Pastry:*

315g plain flour  
1 tsp salt  
1 tsp caster sugar  
225g unsalted butter,  
chilled and cut into  
cubes  
60-120ml ice water

### *Filling:*

900-1050g thinly sliced,  
peeled apples (Bramley,  
Cox's or a mix)  
150g granulated sugar  
2 tbsp plain flour  
1 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1 tbsp lemon juice  
1 tsp vanilla extract

### *Egg Wash:*

1 egg yolk  
Splash of milk

### *Topping:*

1 tsp granulated sugar

## *Apple Fact*

*Apples in Literature: Apples appear in numerous literary works symbolising various themes. For instance, in "The Chronicles of Narnia" by C.S. Lewis, an apple from a magical tree grants immortality.*

# Method

*Preheat Oven:* Temperatures can be found on the previous page at the top.

## *Pastry:*

1. In a large bowl, combine the flour, salt, and sugar.
2. Cut in the butter until the mixture resembles coarse crumbs.
3. Gradually add ice water, mixing until the dough begins to form.
4. Divide the dough in half, shape into discs, wrap in cling film, and refrigerate for at least 1 hour.

## *Filling:*

1. In a large bowl combine the sliced apples, sugar, flour, cinnamon, nutmeg, lemon juice and vanilla extract.
2. Toss to coat the apples evenly.

## *Assemble:*

1. Roll out one disc of dough on a floured surface to fit a 23cm (9-inch) pie dish.
2. Transfer the dough to the pie dish, allowing the excess to hang over the edges. Brush edges with beaten egg and milk mixture.
3. Fill the crust with the apple mixture.
4. Roll out the second disc of dough and place it over the filling.
5. Trim the excess dough and crimp the edges to seal.
6. Cut a few slits in the top crust to allow steam to escape.
7. Brush the top and edges with beaten egg and milk mixture, sprinkle with sugar.

## *Bake:*

1. Place the pie on a baking tray and bake for 45-50 minutes in the middle of the oven, until the crust is golden brown and the filling is bubbling.
2. If the edges brown too quickly, cover them with foil.
3. Leave in pie dish and allow to cool slightly on a wire rack before serving.

## *Notes*

*For a truly autumnal looking pie, use the pastry scraps to create leaf shapes to decorate the top before finishing with the egg wash and sugar topping. Serve hot or cold with smooth creamy custard, a scoop or two of vanilla ice cream or a dollop of clotted cream for an extra indulgent treat.*



# Classic Apple Crumble

PREPPING TIME: 30 MINS    COOKING TIME: 40 - 45 MINS    180°C (160°C FAN) /  
350°F / GAS MARK 4

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## Ingredients

### *Filling:*

900g apples (Bramley, Cox's, or a mix), peeled, cored, and sliced  
2 tbsp lemon juice -  
100g granulated sugar  
1 tsp ground cinnamon

### *Crumble Topping:*

200g plain flour  
100g unsalted butter, cold and cut into pieces  
100g caster sugar  
1/2 tsp ground cinnamon (optional)

## *Apple Fact*

*Variety and Diversity: There are over 7,500 varieties of apples worldwide with around 2,000 varieties grown in the UK alone. This diversity is a testament to the fruit's adaptability and popularity.*

## Method

*Preheat Oven:* Temperatures can be found on the previous page at the top.

### *Filling:*

1. In a large bowl, toss the sliced apples with lemon juice, sugar and cinnamon.
2. Transfer the mixture to a 23cm (9-inch) baking dish.

### *Crumble Topping:*

1. In a medium bowl, combine the flour and sugar (and cinnamon if using).
2. Add the cold butter pieces and rub them into the flour mixture using your fingertips until it resembles coarse breadcrumbs.

### *Assemble:*

1. Sprinkle the crumble topping evenly over the apple mixture in the baking dish.

### *Bake:*

1. Place the pie on a baking tray and bake for 40-45 minutes in the middle of the oven, until the crumble is golden brown and the filling is bubbling.
2. Leave in pie dish and allow to cool slightly before serving.

## *Notes*

*Add a large handful of blackberries to the apples before baking to add a bit of extra seasonal flavour.  
Serve hot with smooth creamy custard, a scoop or two of vanilla ice cream or a dollop of clotted cream for an extra indulgent treat.*



# Caramel Apples

PREPPING TIME: 15 MINS    COOKING TIME: 10-15 MINS

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## Ingredients

8 small to medium-sized apples (Braeburn, Granny Smith, Cox, or your favourite variety)  
8 wooden sticks or skewers  
200g granulated sugar  
200g light brown sugar  
120ml golden syrup  
120ml water  
120ml double cream  
60g unsalted butter  
1 tsp vanilla extract  
1/2 tsp salt

### *Apple Fact*

*Longest-Living Apple Trees: Some apple trees can live for more than a century. One of the oldest known apple trees in the UK is the "Flower of Kent" apple tree, which is believed to be over 400 years old. This tree is famous for being the variety from which an apple supposedly fell and inspired Sir Isaac Newton's theory of gravity.*

## Method

### *Prepare Apples:*

1. Wash and thoroughly dry the apples. Remove the stems and insert a wooden stick or skewer into the top of each apple.
2. Place the apples on a baking tray lined with parchment paper and set aside.

### *Caramel:*

1. In a medium saucepan, combine the granulated sugar, light brown sugar, golden syrup, and water.
2. Cook over medium heat, stirring occasionally, until the mixture reaches 120°C (248°F) on a sugar thermometer (soft, chewy caramel). This will take about 10-15 minutes.
3. Remove the saucepan from the heat and carefully stir in the double cream, butter, vanilla extract and salt. The mixture will bubble up, so stir gently until smooth and fully combined.

### *Coat the Apples:*

1. Allow the caramel to cool slightly for about 2-3 minutes. It should thicken but still be pourable.
2. Dip each apple into the caramel, turning to coat evenly. Allow any excess caramel to drip back into the saucepan.
3. Place the coated apples back onto the parchment-lined baking tray and allow to cool and set for about 30 minutes.

### *Serve & Enjoy!*

Once cool and set, the caramel apples are ready to be enjoyed. Store any leftover caramel in an airtight container in the refrigerator to use on ice cream or other desserts.

### *Notes*

*Ensure the caramel has cooled before serving as hot caramel can cause severe burning. For a seasonal twist, instead of using wooden sticks or skewers, try using washed and dried tree twigs. They look rustic and autumnal. For added texture and flavour, roll the coated apples in chopped nuts.*



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