

Organic Apple Crisp

from Organic Test Kitchen .com

Blog Post "Organic Apple Crisp"

(pg. 1 of 3)

Well, Fall is beginning to settle in over here in New England. We have some pretty horrible weather here at times but this is definitely an awesome season.

And one of the good things about it is that the apple crop is coming in. Which, with the chill in the air makes it a perfect time for an Apple Crisp. With everything fresh and organic this dessert is taken to a whole new level. Hope you enjoy it.

Shopping List

6 Tablespoons of Organic All-Purpose Flour

½ Cup Organic Granulated Sugar

¼ Cup Organic Brown Sugar

¼ Teaspoon Organic Ground Cinnamon

¼ Teaspoon of Organic Ground Nutmeg

¼ Teaspoon of Refined Sea Salt

6 Tablespoons of Organic Unsalted Butter

½ Cup of Organic Walnuts, Almonds or Pecans (or a combination of all them)

½ Cup of Organic Old Fashion Rolled Oats

3 Medium Organic Granny Smith Apples

3 Medium Organic McIntosh Apples (or as an option 2 Medium Organic McIntosh Apples and 1 Cup of Organic Raspberries).

1 Medium Organic Lemon

And, whatever you would like to serve the crisp with. Some suggestions are:

-Organic Vanilla Ice Cream

-Organic Heavy Cream

-Organic Vanilla Frozen Yogurt

Try to stick to organic ingredients but you can substitute if necessary.

Organic Apple Crisp

from Organic Test Kitchen .com

Blog Post "Organic Apple Crisp"

(pg. 2 of 3)

Preliminary (Measuring & Prepping the Dry Ingredients)

- Take out your food processor.
- Fluff up the Flour in it's container using a butter knife.
- Measure & Add to the Food Processor 6 Tablespoons of All-Purpose Flour.
- Measure & Add to the Food Processor $\frac{1}{4}$ Cup of Brown Sugar (pack it into the measuring cup).
- Measure & Add to the Food Processor $\frac{1}{4}$ Cup of Granulated Sugar.
- Measure & Add to the Food Processor $\frac{1}{4}$ Teaspoon of Ground Cinnamon.
- Measure & Add to the Food Processor $\frac{1}{4}$ Teaspoon of Ground Nutmeg.
- Measure & Add to the Food Processor $\frac{1}{4}$ Teaspoon of Salt.
- Pulse the Food Process a Few Times to get everything Mixed.
- Take a Stick of Unsalted Butter from the Refrigerator. Cut the Stick at 6 Tablespoons. Cut this in Small Slices and Add to the Food Processor.
- Pulse the Food Processor Until Everything Looks Grainy.
- Measure and Add $\frac{1}{2}$ Cup of Walnuts, Almonds or Pecans (or a combination of them). If you don't like Nuts use Old Fashion Rolled Oats.
- Measure and Add $\frac{1}{2}$ Cups of Old Fashion Rolled Oats (if you used the Oats in the Previous Step Add in this $\frac{1}{2}$ Cup as well).
- Pulse the Food Processor a Few Times but Remember You Want Everything Chopped and Combined. Run the Processor Too Much or You'll End Up With this Brown Goo. So, Chop...Combine..& Step Away From The Food Processor.
- Remove the Bowl From the Food Processor and Place it in the Refrigerator.

The Main Event (Making the Apple Mix and Baking)

- Move the Oven Rack to the Center Position. Preheat the Oven to 375F.
- Peel, Core and Cut 3 Medium Granny Smith & 3 Medium McIntosh Apples into a Large Bowl (or substitute the 3 Medium McIntosh Apples with 2 Medium McIntosh Apples and 1 Cup of Raspberries).
- Cut a Medium Lemon the Long Way in Half. Cut Each Half the Long Way Again.
- Squeeze each Quarter into a Small Separate Bowl. Fish out any seeds. Add the Lemon Juice to the Apples in the Large Bowl (pour all over the apples).
- Measure and Add ¼ Cup of Granulated Sugar to the Apple Mix.
- Toss the Apple Mix to combine everything.
- Take out a Baking Dish (Use a Pie Pan or Baking Pan. Something with Deep Enough Sides to Hold Everything and 8 to 9 Inches Across).
- Add the Apple Mixture to the Pan.

Take the Topping out of the Refrigerator and Put on Top of the Apple Mixture. You probably will have to use your fingers. Remember *Spread* it around to cover the top but don't pack in down.

- Bake for 40 minutes.
- Take a peek. The top should be brown but not burned. If it looks OK increase the oven to 400F and bake for 5 minutes more.
- Remove from the Oven and let it cool and gel a bit.

Get your bowl and serve. Personally, I get my Organic Vanilla Frozen Yogurt and spread my Organic Apple Crisp all over the top. Now one of the keys is to wait until the apple crisp is not hot but warm. This of course keeps the Frozen Yogurt from Melting too fast.

Now this is good food, real good food. No store bought piece of chemicalized "food-stuff" dessert can even come close. Enjoy your food & your life and live naturally.