

SIDE DISH

Apple Betty

20 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
160 min	45 min	115 min	6	\$1.87	840 kcal



Apple Betty takes approximately 2 hours and 40 minutes from beginning to end. This recipe makes 6 servings with 840 calories, 10g of protein, and 34g of fat each. For \$1.87 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies and...

Ingredients

☐ 4 bananas	☐ 2 tablespoons butter
☐ 6 tablespoons cold butter, cut into pieces	☐ ¼ cup cornstarch
☐ 2 tablespoons cornstarch	☐ 5 egg yolks
☐ ¾ cup all-purpose flour	☐ 1 cup all-purpose flour
☐ 6 sprigs fresh mint leaves, chiffonnade, for garnish	☐ 1 teaspoon ground cinnamon
☐ 2 tablespoons ice water (have a glass of ice water handy)	☐ 2 tablespoons fresh lemon juice

☐ ¼ teaspoon salt

☐ 1/3 cup cold shortening, cut into pieces

☐ ¾ cup sugar, divided

☐ 1 teaspoon vanilla extract

☐ ½ teaspoon salt

☐ ½ cup sugar

☐ 7 to 8 tart apples

☐ 2 cups whole milk

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Whisk, Mixing bowl, Blender, Aluminum foil, Stove, Immersion blender, Pie form

Method

- 1 Preheat oven to 450 degrees F.
- 2 Combine the flour and salt in a bowl.
- 3 Add the shortening, and cut in with a pastry blender until the mixture resembles coarse crumbs. With a fork, stir in just enough water to bind the dough. Gather into a ball and transfer to a lightly floured surface.
- 4 Roll out to about 1/8-inch thick.
- 5 Transfer to a 9-inch pie pan and trim to leave a 1/2-inch overhang. Fold the overhang under for a double thickness. Flute the edge with your fingers. Refrigerate.
- 6 Peel, core and slice the apples into a mixing bowl.
- 7 Add lemon juice and stir to coat apples. In a separate small bowl, mix together the cornstarch, salt, and just 1/3 cup of the sugar (reserving the rest for the topping).
- 8 Add the sugar mixture to the apples and stir to blend.
- 9 For the crumb topping, combine the remaining sugar, flour, cinnamon and butter in a bowl. Blend with your fingertips until the mixture resembles coarse crumbs. Set aside.
- 10 Spoon the fruit filling into the pie shell.
- 11 Sprinkle the crumbs lightly and evenly over the top.
- 12 Bake for 10 minutes, then reduce the heat to 350 degrees F. Cover the top of the pie loosely with a sheet of foil, and continue baking until browned, 35 to 40 minutes more.
- 13 In a large saucepan mix sugar, cornstarch, and salt and blend well, before putting on stovetop. Gradually whisk in milk and vanilla extract until combined, then whisk egg yolks in until no yellow streaks remain. Bring to a simmer over low heat whisking to keep smooth.

- 14 Remove pan from heat, add bananas, and blend using an immersion blender. Finish by whisking in butter.
- 15 Serve pie topped with banana creme and garnished with mint chiffonnade.

Nutrition per serving

840	10 g	34 g	129 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.6 g · 97% of daily needs
Fibre			8.5 g · 34% of daily needs
Sugar			77.6 g · 86% of daily needs
Sodium			455 mg · 20% of daily needs
Cholesterol			212 mg · 71% of daily needs
Vitamin C			18.9 mg · 23% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/apple-betty-144145