



Fried Apple Pies

 Vegetarian

READY IN



132 min.

SERVINGS



6

CALORIES



2272 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons brown muscavado sugar light
- ☐ 0.3 cup calvados
- ☐ 1 quart canola oil
- ☐ 6 servings dough circles chilled
- ☐ 3 cups flour all-purpose
- ☐ 3 granny smith apples cored peeled cut into 1/2-inch dice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 8 tablespoons ice water
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 golden delicious apples cored peeled cut into 1/2-inch dice
- ☐ 1 cup sugar mixed with 2 tablespoons ground cinnamon
- ☐ 2 teaspoons sugar
- ☐ 1 cup butter unsalted very cold cut into 16 pieces (2 sticks)
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup lard very cold cut into 4 pieces
- ☐ 0.3 cup lard very cold cut into 4 pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ blender
- ☐ kitchen thermometer
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the flour with the salt and sugar in a large bowl. Toss half the butter and lard in the flour to coat, then use a pastry blender or knives or your fingers to cut in the fats until pea sized or a bit smaller. Toss the rest of the butter and lard into the mixture, then cut in again until the

mixture resembles coarse meal with some larger chunks of fat throughout.

- ☐ Use your finger to draw a trench down the center of the mixture, and sprinkle about 2 tablespoons of the water down the trench and around the outside of the flour. Toss the flour with the water using your fingers or a rubber spatula. Repeat until the dough comes together in shaggy chunks. Turn the dough onto a lightly floured board and use the heel of your hand to smear pieces of dough away from you. Gather the dough together with a pastry scraper and press into a large disk. Wrap tightly and refrigerate a few hours before using.
- ☐ On a lightly floured surface, roll the dough just slightly thicker than 1/8-inch.
- ☐ Cut out 5-inch circles, place on parchment on a baking sheet, and chill while you prepare the filling.
- ☐ Melt the butter in a large saute pan over high heat.
- ☐ Add the brown sugar and cook, stirring occasionally, until the mixture thickens slightly, about 5 minutes.
- ☐ Add the Calvados and cook for 1 minute.
- ☐ Add the apples and cook for 5 minutes, stirring occasionally.
- ☐ Add the lemon juice, cinnamon and ginger and cook until the apples are caramelized and just cooked through, about 10 minutes longer.
- ☐ Scrape into a shallow bowl or onto a baking sheet and let cool to room temperature.
- ☐ Place 1 of the dough circles on a flat surface and place a few tablespoons of the apple filling onto one half of each circle of dough.
- ☐ Brush a little cold water around the circumference of the dough and fold it in half so the other side comes down over the apple filling. Seal the pie and make a decorative edge by pressing the edges of the dough together with the back of a fork.
- ☐ Place the pies on a baking sheet lined with parchment paper to chill for 30 minutes.
- ☐ Heat the oil in a large saucepan until it reaches 360 degrees F on a deep-fry thermometer. Fry the pies, 2 at a time until golden brown, about 2 minutes.
- ☐ Remove with a slotted spoon to a baking sheet lined with paper towels.
- ☐ Let drain for 10 seconds then toss with the cinnamon sugar.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:46.3, Inflammation Score:-9, Nutrition Score:34.080434856207%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 2271.86kcal (113.59%), Fat: 198.57g (305.49%), Saturated Fat: 36.41g (227.56%), Carbohydrates: 125.15g (41.72%), Net Carbohydrates: 97.06g (35.29%), Sugar: 29.2g (32.45%), Cholesterol: 101.41mg (33.8%), Sodium: 882.69mg (38.38%), Alcohol: 3.34g (100%), Alcohol %: 0.77% (100%), Protein: 10.34g (20.68%), Manganese: 7.77mg (388.35%), Vitamin E: 30.03mg (200.17%), Vitamin K: 133.15µg (126.81%), Fiber: 28.09g (112.37%), Calcium: 450.24mg (45.02%), Vitamin B1: 0.64mg (42.46%), Iron: 7.23mg (40.18%), Selenium: 27.55µg (39.36%), Folate: 141.02µg (35.25%), Vitamin A: 1397.43IU (27.95%), Vitamin B2: 0.45mg (26.76%), Vitamin B3: 5.22mg (26.1%), Copper: 0.31mg (15.75%), Phosphorus: 140.38mg (14.04%), Potassium: 478.49mg (13.67%), Vitamin C: 10.89mg (13.2%), Magnesium: 52.55mg (13.14%), Zinc: 1.41mg (9.4%), Vitamin B6: 0.18mg (8.96%), Vitamin B5: 0.65mg (6.55%), Vitamin D: 0.71µg (4.72%), Vitamin B12: 0.08µg (1.34%)