THE RECIPES

What's More Kentucky than Apple Pie?
Duncan Hine's Apple Pie

**INGREDIENTS:**
- 1 1/4 cups flour
- 2 tablespoons poultry fat
- 2 tablespoons butter
- 3 3/4 tablespoons ice water
- pinch salt
- 1 stick butter
- 1 cup sugar
- 1 heaping tablespoon flour
- winesap apples (or your favorite sweet, but tangy variety)

**Method:**

Makes one 9-inch pie.

Sift flour and salt. Cut in butter and poultry fat, add ice water and mix gently. Roll out thin and line pie pan which has been heavily buttered. Left over pastry used for strips to cover top of pie.

Slice half of the stick of butter over the crust in the pie tin. Mix together sugar and flour and put half over butter. Peel and chop enough apples to fill pie tin heaped up. Cover with remainder of sugar and flour mixture. Top with strips of crust and slice remainder of butter over top.

Place in 450 F. preheated oven for 10 minutes, lower heat to 350 F. and bake for 25 to 30 minutes or until done and pastry is brown on top.

*From "Adventures in Good Cooking"*
Baked Apple Dumplings

from "The Blue Grass Cook Book"

Method:

Select firm acid apples and pare and core them and fill the holes with sugar, butter and Cinnamon.

Take nice crust and roll into short pieces. Roll one about each apple and place in a deep pan and add enough warm water to cover.

Sweeten the water to taste and add a small piece of butter. Bake in the oven till a light brown. Add more water if necessary.

Serve with cold sauce made of 1 cup of sugar, 1 cup of butter. Beat well together and flavor with lemon. A hot sauce may be used if preferred.
**Blue Ribbon Apples 2 Ways**

**Brown Betty:**

Butter a deep pudding dish. Place a layer of finely chopped apples in the bottom and add a layer of fine bread crumbs. Sprinkle with sugar and a little spice; add a little butter, then another layer of apples and so on until your dish is full. The top layer should be of crumbs, sugar and spice. Bake in a moderate oven until quite brown. Serve with either cream or hard sauce.

**Apple Fritters:**

- 1 cup of flour
- 2/3 cup of water
- 1 tablespoon sugar
- 1 1/2 tablespoon olive oil
- 1/4 teaspoon salt.
- White of 1 egg.
- 2 medium sized sour apples.

Mix flour, sugar and salt, add water gradually; then oil and white of egg beaten until stiff. Peel, core, and cut apples in eighths; then cut eighths in slices and stir into batter. Drop by spoonfuls and fry in deep fat. Drain on brown paper and sprinkle with powdered sugar. Serve hot.

*From "The Blue Ribbon Cook Book"*
Inside-Out Bourbon-Apple Crisp

**Ingredients:**
- 6 large apples (Pink Lady, Gala, or Honeycrisp)
- 2/3 cup oats
- 3/4 cup loosely packed brown sugar
- 1/4 cup + 1 tablespoon flour
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon salt
- 1/4 cup butter, at room temperature
- 1 teaspoon pure vanilla extract
- 1/2 cup finely ground walnuts
- 1 cup apple cider
- 1/3 cup bourbon

**Method:**
Preheat the oven to 400 degrees F. Spray a 9 x 13-inch glass baking dish with nonstick spray.

Using an apple corer, cut about three-fourths of the way down into the middle of each apple. Remove all of the core and the seeds, but leave a “bottom” to the bowl you’ll make of the partially hollowed-out apple. Using a paring knife, widen the hole at the top, cutting about an inch downward. This gives extra space to hold the stuffing.

In a medium-sized mixing bowl, combine the oats, brown sugar, flour, cinnamon, allspice, and salt. Stir with a fork until blended.

Add the softened butter and vanilla, and mix thoroughly with a fork until a clumpy batter forms.

Arrange the apples in the prepared baking dish. Pour the apple cider and bourbon into the bottom of the pan, and bake for 45 minutes, basting the apples every 10 minutes with the apple-bourbon syrup from the pan. The apples are done when the skin wrinkles and they begin to brown and crisp. Remove the pan from the oven, and serve immediately.

Store in the refrigerator in a tightly lidded plastic bowl for up to 1 week. Reheat in the oven or microwave before serving.

From "Bourbon Desserts"