

UPSIDE-DOWN APPLE PIE

Cookery Principle: Conventional Pastry Method

Ingredients:

125 ml flour
1 ml salt
40 ml shortening
20-25 ml cold water

Filling:

30 ml margarine
35 ml brown sugar
7 ml corn syrup
7 ml lemon juice
1 large apple

Equipment:

dry measures
metal spatula
medium bowl
wooden spoon
rubber spatula
small measures
pastry blender
fork
rolling pin
paring knife
small saucepan
peeler
cutting board
2 small pie pans

Method:

1. Preheat oven to 400°F.
2. Measure flour and salt into a medium bowl.
3. Cut in shortening with pastry blender until crumbly appearance.
4. Add cold water, 15 ml at a time - stir with fork until a ball forms (do NOT knead).
5. Divide dough in two. Roll each ball into a circle and set aside.
6. Place margarine in saucepan over medium heat until margarine melts. Stir in brown sugar, corn syrup, and lemon juice and divide into each ungreased pie plate.
7. Core and slice apple. Arrange over brown sugar in a circular pattern.
8. Place pastry over apples, tucking in around the apples.
9. Bake for 25 minutes until crust is golden brown (place cookie sheet under pies on the bottom rack).
10. Remove from oven and cool for about 5 minutes. Invert pie on a serving plate.