

True Oldies



Exclusive Radio Recipes

By Laura Kurella

Quick, Crust-less Apple Pie

2 apples, peeled, cored, cut to taste
2 tablespoon fresh lemon juice
1/2 teaspoon Saigon cinnamon
Pinch ground nutmeg
Pinch ground clove
Pinch fine sea salt
4 tablespoons dark brown sugar
1 tablespoon butter
1/4 cup water
2 tablespoons arrowroot powder
(or cornstarch)
3 tablespoons cold water

When you have incredible apple pie flavor, who needs a crust?



Peel and slice apple, placing directly into a heavy-bottomed saucepan. Sprinkle with lemon juice. Add cinnamon, nutmeg, clove, salt, sugar, butter and water. Stir to gently mix then place pan over medium heat and bring to a boil. Lower heat to a simmer and continue to cook, stirring gently, just until apple softens - about 7 to 10 minutes depending on how thinly you slice the apples. In a small cup, combine arrowroot powder (or cornstarch) and cold water and stir until liquefied. While stirring apples, pour in liquefied mixture then continue to stir until mixture comes to a full rolling boil and thickens. Remove from heat and cool to an edible temperature before serving. Dish can be eaten warm or cold. Refrigerate leftovers.

Approximate servings per recipe: 2. Nutrition per serving: Calories 170; Fat 4g; Sodium 150mg; Carbohydrates 36g; Fiber 5g; Sugars 28g; Protein 1g.

Serving Suggestion: Pour spoonfuls of hot apples over a scoop of French Vanilla Ice cream.

Alternate Cooking Methods

CROCKPOT: Place all ingredients in a small crock-pot, and cook on low for 8 – 10 hours or on high for 2-4 hours. Be sure to liquefy powder/starch before adding.

MICROWAVE: Assemble recipe in a microwave safe bowl, following stove-top directions and steps, cook according to your microwave's wattage.

OVEN: Place all ingredients in a covered, oven-safe baking dish and bake at 350 degrees for 30 minutes or until desired doneness, stirring occasionally. Be sure to liquefy powder/starch before adding in.