



Apple Pandowdy

Prep/Cook Time: 2 hours 40 minutes

Makes 8 servings. recipe from foodandwine.com.

Ingredients

- 1 1/2 cup all-purpose flour, plus more for dusting
- 1/4 teaspoon salt
- 1 stick plus 1 tablespoon cold unsalted butter, cubed
- 1/4 cup ice water
- 6 large apples— (mix of Granny Smith, Pink Lady and Golden Delicious) peeled, cored and cut into 1-inch chunks or thinly sliced
- 2 tablespoons fresh lemon juice
- 1 cup sugar
- 1/4 teaspoon cinnamon
- Poppy seeds (optional)

Nutritional info

Calories	368	
Total Fat	12g	15%
Saturated Fat	7g	37%
Cholesterol	30mg	10%
Sodium	158mg	7%
Carbohydrates	66g	24%
Dietary Fiber	5g	17%
Total Sugars	43g	
Protein	3g	
Vitamin D	8mcg	40%
Iron	2mg	10%
Potassium	212mg	5%

Directions

1. In a food processor, pulse 1 1/4 cups of the flour and the salt. Add 1 stick of the butter and pulse until it is the size of peas. Drizzle on the ice water and pulse until evenly moistened crumbs form; turn out onto a surface and form into a ball. Flatten into a disk, wrap in plastic and refrigerate until firm.
2. Preheat the oven to 375°. Set a baking sheet on the bottom rack. In a bowl, toss the apples, lemon juice, sugar, the remaining 1/4 cup of flour and the cinnamon.
3. Spread the apple filling in an 8-by-11-inch baking dish and dot with the remaining 1 tablespoon of cubed butter. On a floured surface, roll out the dough 1/8-inch thick and cut it into 2-inch squares. Arrange the squares of dough in a patchwork pattern over the apples, pressing them onto the edge of the baking dish and leaving a few openings for steam to escape.
4. Bake the pandowdy in the center of the oven for 1 hour and 10 minutes, until the crust is golden. Let the pandowdy cool for at least 4 hours before serving.

**Photo does not accurately represent the recipe.*