



Maple Apple Galette

Hands down, my mom made the best pie crust. Vegetable shortening was her go-to fat. Each bite was rich, flakey, and melted in your mouth.

Use firm apples that hold their shape: green, honey-crisp, or pink lady but any sturdy fruit such as pears, peaches, or plums will work.

For a decadent indulgence, add dark chocolate chunks or chips.

INGREDIENTS

DOUGH

1 cup/250 ml vegetable shortening (prefer Crisco)
2 cups/500 ml all-purpose flour + for dusting board
1 tsp/2ml + or - salt
1 tbsp/15 ml + ice cold water (the colder the better)

FILLING

1 tbsp/15 ml lemon juice
4 firm apples, peeled, cored, and 1/8" slices
1/4 cup/60 ml maple syrup
1 Vanilla bean, scraped
1/2 tsp/2ml cornstarch
1 tbsp/15 ml flour
1/2 tsp/2ml ground cinnamon
Optional 1/4 cup/60ml dark chocolate chips

FOR ASSEMBLING & BAKING

2 tbsp/30 ml non-dairy butter, melted
Non-dairy milk to brush on the dough
Sprinkle with a dusting of maple or cane sugar

METHOD PIE FILLING: In a large bowl, toss together the apples, lemon juice, maple syrup, and vanilla bean. Combine flour, cornstarch, and cinnamon before stirring into the apple mixture. Add dark chocolate at this point if using. Set aside.

PIE CRUST METHOD

Cut up vegetable shortening into small pebbles. Combine flour and salt together and add to the shortening. Sprinkle ice water over pastry. Cut together with two knives or your hands. Mix just to combine. Do not overmix. Wrap dough in plastic film and chill until ready to use.

Let the dough come to room temperature. Roll out the dough into an un-even 10" circle, about 1/4-inch thick, on a lightly floured board. Transfer pie dough to a parchment or silicone-lined baking sheet. Spoon apple filling into the center spread out, leaving a 2 1/2 inch border. Fold the edges inwards to partially cover the filling, overlapping dough if needed. Brush apples and pastry with melted non-dairy butter and pastry with non-dairy milk. Sprinkle with a dusting of maple or cane sugar.

Bake in pre-heated 350°F/176°C oven for 55 to 65 minutes until golden brown.