

Deep Dish Apple & Ground Cherry Pie

Old-time family favorite, ground cherries add zip and the flavor of fall.

You can make this as a traditional 2 crust pie, or save a few calories and only put crust on top (like we usually do) and make it a deep dish pie.



Filling:

1/2 cup sugar

1/4 cup flour

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

Dash of salt

7 cups peeled & sliced Apples (baking type, like Granny Smith)

1 cup Ground Cherries whole

2 Tablespoons butter

Heat oven to 425°F. Mix flour, sugar and spices together, then mix in fruit. If only using top crust, pour into empty 9" pie pan and dot with butter.

Healthy Canola oil crust (one 9-inch crust):

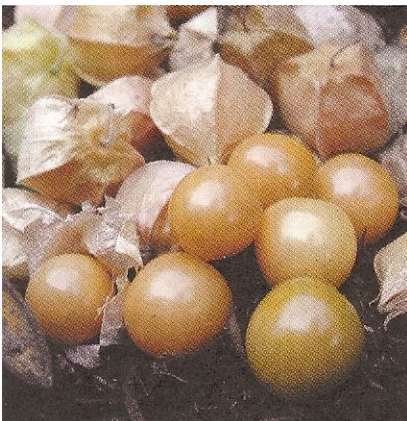
1 1/3 cups flour

1/2 tsp salt

1/3 cup Canola oil

2 Tablespoon cold water

Mix together with a spoon, then add the cold water. Between 2 sheets of wax paper roll out a circle approximately 1/2 inch bigger than the pie pan. If only using 1 crust, remove top sheet of wax paper and flip over onto the pie pan with filling already in place, remove last sheet of wax paper. Pat down edge and using a knife cut off excess crust along outside edge of pan, then flute (crimp) edge to keep all the juices contained. Cut 4-5 slits in top to let excess heat vent. Bake for 40-50 minutes until crust is brown and juice begins to bubble through slits in crust. **Optional**– cover edge with 3-inch strip of aluminum foil to prevent excessive browning, then remove foil during last 15 min. of baking.



Note: Ground Cherries grow inside a papery husk and fall to the ground just before they ripen. They will have a dark, golden color when ripe.



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