

# Salt and Serenity

## Apple Crisp

(Serves 8)

I like to use a mixture of apples in this recipe. Russett apples are slightly tart and firm and hold their shape, while the Honeycrisp are a bit sweeter and melt a bit more when baked. If you can't get Russett apples, Granny Smith make a fine substitute. These contrasting textures and flavours are what make this apple crisp so outstanding.

The topping for this recipe keeps well in the freezer, so I always have some on hand for a quick dessert. It works well with berries and peaches in the summer. When using nuts in recipes, it is important to always toast the nuts first, as it brings out their flavor.

1 cup all purpose flour  
¾ cup brown sugar, packed  
½ cup whole almonds, toasted and cooled  
½ cup quick cooking oats (not instant)  
6 ounces (12 tablespoons) butter, chilled, cut into 1 inch cubes  
8 Russett (or Granny Smith) apples, peeled and cut into 8 wedges  
8 Honeycrisp apples, peeled and cut into 10-12 wedges  
½ cup white sugar  
2 Tablespoons lemon juice  
1 teaspoon ground cinnamon  
pinch of salt

1. Preheat oven to 375 °F. Place topping ingredients (flour, brown sugar, almonds, oats and butter) in the bowl of the food processor and pulse machine on and off until mixture is crumbly, about 10 times. Set crisp topping aside.
2. In a 9 x 13 baking dish, combine apples, cinnamon and sugar. If the apples are very tart, you may want to add an additional ¼ cup of sugar.
3. Cover the apples with the crisp topping, squeezing small handfuls of the topping together to create clumps. Bake for about 45–50 minutes until apples are tender and crisp is bubbling. Serve warm or at room temperature.

