

PRESIDENT JOHN QUINCY ADAMS

ABIGAIL ADAMS' APPLE PAN DOWDY

8 SERVINGS

30 MIN
PREP TIME

1 HOUR
10 MIN
COOK TIME

INGREDIENTS

PASTRY*

- 1½ cups flour
- ½ cup vegetable shortening
- ¼ teaspoon salt
- ¼ cup unsalted butter, melted
- 3 to 4 tablespoons ice water

FILLING

- ½ cup sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 10 Newton Pippin, Gala, or Pink Lady apples (any slightly tart apple will work)
- ¼ cup molasses
- 3 tablespoons unsalted butter, melted
- ¼ cup water

INSTRUCTIONS

PASTRY

* Depending on the size of dish you use, you might want to double the pastry recipe to ensure you have enough for two crusts.

1. Cut the shortening into the flour and salt with a pastry cutter.

2. Sprinkle the ice water over the dough, adding only enough to hold the dough together.

3. Roll out to ¼-inch thickness, brush with ¼ cup melted butter. Cut pastry in half. Place one half on top of the other. Cut again and again until you have 16 separate pieces piled up. Press them lightly together, then chill the dough for 1 hour. Roll pastry again and cut in half. Roll one half to fit the bottom of the baking dish and the other to fit the top.

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INSTRUCTIONS (CONTINUED)

FILLING

1. Preheat the oven to 400°F.
2. Core, peel and slice the apples.
3. Mix apples with sugar and spices and put in a pie pan lined with pastry or an 8"x8" dish.
4. Combine molasses with butter and water. Pour over the apples.
5. Cover with top crust and seal. Bake for 10 minutes. Then reduce heat to 325°F. "Dowdy" the dish by cutting the upper crust into the apples with a sharp knife. Bake for one hour or until the apples are bubbling vigorously. Serve hot with ice cream or whipped cream.

NUTRITION PER SERVING (8 SERVINGS)

Calories 495 · Total Fat 24g · Saturated Fat 8g · Sodium 155mg · Total Carbohydrates 68g · Dietary Fiber 6g · Added Sugars 20g · Protein 3g

DIETITIAN'S NOTE

Serve with Greek yogurt for extra protein and calcium.

Adapted from: The Californian, Joe Truskot