

# Recipe For Apple Pie Offers A Scrumptious Surprise

(NAPS)—The apple is a symbol of health, of wisdom and of simplicity. These are just a few reasons people say “as American as Mom and apple pie.”

Apple Crumb Pie is a tribute to American ingenuity. Firm, fresh, juicy apple slices bake in a sweet and creamy suspense—a corn syrup and cinnamon-sauce made thick with corn starch. They’re topped with just the right amount of rich, buttery “crumbles” that add a sweet, tasty crunch.

When fresh apples are juiciest, Apple Crumb Pie can be a bit saucy, but most apple lovers will be delighted at the prospect of extra juices. It is delicious by itself without accompaniments or it can be served warm, with a scoop of vanilla ice cream and a cup of piping hot coffee.

This delicious crunchy recipe has been tested in the kitchens of Karo Corn Syrup.

## Apple Crumb Pie Makes Eight Servings

*Prep time: 20 minutes*

*Bake time: 60 minutes*

### Ingredients

#### Pie:

¼ cup sugar

1 tablespoon Argo Corn Starch

1½ teaspoons ground cinnamon

¼ teaspoon salt

3 tablespoons butter, melted

½ cup Karo Light or Dark corn syrup

6 cups thinly sliced, peeled cooking apples (about 2 pounds)



**What’s the secret ingredient in this mouthwatering Apple Crumb Pie? Corn syrup, which most Americans associate with pecan pie, helps to make this apple pie more flavorful.**

**1 unbaked deep-dish pie crust**

#### Crumb Topping:

¾ cup flour

¾ cup sugar

6 tablespoons butter or margarine

#### Directions

Preheat oven to 375° F.

Combine sugar, corn starch, cinnamon, salt, butter and corn syrup in a large bowl. Add apples and stir to coat. Pour into pie crust. For crumb topping, combine flour and sugar. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse crumbs. Sprinkle topping evenly over

pie. To avoid boil-overs in the oven, place pie plate on a baking sheet. Bake for 1 hour, until crust is brown and apples are tender.

**Recipe Note:** If crust browns too quickly, cover edges with foil halfway through baking.

#### Nutrition Information

*Per one slice (eighth of pie)*

Calories: 450; Total Fat: 18g; Saturated Fat: 9g; Cholesterol: 35mg; Sodium: 290mg; Carbohydrates: 72g; Dietary Fiber: 3g; Sugars: 42g; Protein: 2g

When many American home bakers think of a pie using corn syrup, their first thoughts are most often of pecan pie, but corn syrup

can also add flavor to dozens of other tempting, scrumptious pie recipes, such as fruit pies, custard pies, chiffon pies and nut pies.

Baking and cooking tips and hundreds of recipes can be found at [www.karosyrup.com](http://www.karosyrup.com).

### Best Apples for Baking

#### Look for Juiciness and Firmness

There are 7,500 varieties of apples known to exist. But not all are good for baking.

Diana McElroy, senior home economist for Karo Syrup, says, “When apples are called for in a baked recipe, we recommend a juicy apple that does not disintegrate easily. Not all varieties stand up well to baking. Some even become bitter.”

Karo recommends three apples for baking: McIntosh, Rome Beauty and Granny Smith.

**McIntosh** (dark red skin with green streaks)—Canada’s favorite apple, named after John McIntosh; it is medium sized, firm, juicy, with crisp flesh

**Rome Beauty** (red stripes with little spots)—Large, round, shiny, acid and aromatic

**Granny Smith** (green)—Originally from Australia, cultivated for the first time in 1868 by a grandmother named Smith, introduced into North America just 30 years ago; medium sized, juicy, acid and tart

Always store apples in a cool, dark place. They keep well in a plastic bag and stored in the refrigerator.

### Cooking Ideas

Many home bakers use corn syrup when making pecan pie, but corn syrup also adds flavor to dozens of tempting, scrumptious pie recipes, such as fruit, custard, chiffon and nut pies. Recipes can be found at [www.karosyrup.com](http://www.karosyrup.com).