

SWEET & SAVORY APPLE HAND PIES

Fall is one of my favorite seasons and these hand pies are fun to make and eat! This includes my classic pie dough (gluten-free) with a apple & shallot filling. I used a hand pie mold which I prefer over using a cookie cutter (but these work well and are smaller).

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1 HAND PIE	90 MINUTES

INGREDIENTS

Basic Dough

- 1 1/2 - 2 Cups Gluten-Free Flour (if doubling, us 3 3/4 cups)
- 1/2 Tablespoon Sugar
- 1/2 teaspoon Salt
- 1 Stick Butter, Unsalted
- 1/4 - 1/2 Cup Ice Water

Autumn Apple + Shallot Pie

- 1 Tablespoons Butter, Unsalted
- 5 Medium Shallots, thinly sliced and chopped
- 2 Tablespoons Sugar
- 1/2 Cup Apple Cider
- 1 Granny Smith Apple, diced
- 1/4 teaspoon Salt, coarse
- 1 Egg

DIRECTIONS

Dough

- Pulse flour, sugar, and salt in a food processor until combined.
- Add butter and process until mixture resembles coarse meal.
- Add ice water (no ice as able), pulse until dough just combines
- Form into disk and wrap in plastic or beeswax fabric, refrigerate for 1 hour or overnight.

Apple + Shallot Filling

- Preheat oven to 375 degrees F
- Heat butter in sauté pan on medium and add shallots. Sauté for 1-3 minutes or until soft. Add sugar, apple cider and apples, sauté, stirring to evenly distribute heat for around 4-5 minutes.
- Remove from heat and let cool. If there is excess liquid, drain.
- On lightly gluten-free floured work surface, roll out dough to 1/8 inch thick.
- Using leaf-cutter hand pie mold, cut out leaves or place bottom pie in mold.
- Add heaping tablespoons of apple and shallot filling to fill each bottom of the leaf and top with top leaf dough, or place top of hand pie mold and squeeze hand pie together to create filled hand pie
- Whisk 1 egg and brush tops of hand pie, ensuring sides of leaf/hand pie mold are sealed well together.
- Refrigerate of 30 minutes
- Bake for 30 minutes or until golden brown
- Serve warm
- Enjoy!

Nutritional Information per serving: 317 Calories, 15 grams Fat, 10 gram Saturated Fat, 45 grams Total Carbohydrates, 4 gram Fiber, 9 grams Sugar, 2 grams Protein, 17% Vitamin A, 13% Vitamin C, 8% Calcium, 16% Iron