

Apple Crisp



Makes:

12 servings

Utensil:

Mega Skillet Limited Edition
medium mixing bowl
large mixing bowl

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Recipe:

Contributed By:

Chef John Lara
Personal chef to former U.S. President

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3 pounds
fresh apples, medium wedge cut (Granny Smith, Red Delicious or
Pink Lady)
(1.36
kg)
1/2 cup
orange juice
(120
mL)
3 cups
heavy cream
(700
mL)
1/4 cup
brown sugar, packed
(45
g)
2 tablespoons
honey
(42
g)
2 teaspoons
cinnamon
(10
mL)
1 teaspoon
nutmeg
(5
mL)
1 teaspoon
vanilla
(5
mL)
2 cups
quick rolled oats

(180 g)

Topping

1
cup whole wheat (120 g) $\frac{1}{4}$
flour cup brown sugar, (45 g) 1
packed
cup quick rolled (90 g) $1\frac{1}{2}$
oats teaspoons cinnamon (5 mL) $\frac{1}{2}$
cup butter, (120 g)
softened

Directions:

1. Prepare apples in a large bowl. Pour orange juice over apple wedges to prevent oxidation and set aside.
2. Preheat Mega Skillet over medium heat for approximately 5 - 7 minutes. When several drops of water sprinkled on pan skitter and dissipate, add heavy cream, brown sugar, honey, cinnamon, nutmeg and vanilla. Bring to a simmer and add rolled oats. Whisk intermittently until sauce becomes slightly thickened.
3. Drain juice from apples and add to the sauce in Mega Skillet, fold and cover. Reduce heat to medium-low and simmer for 10 - 15 minutes, until apples are slightly cooked.
4. For topping, combine whole wheat flour, brown sugar, oats, and cinnamon in a medium bowl. With a fork or pastry blender, cut in butter until crumbly. Sprinkle topping over apple mixture.
5. Bake in oven at 350°F/177°C for 45 - 50 minutes for a crisp topping.

Tips:

- For a low-fat alternative, exchange heavy cream with a low-fat milk or an alternative milk, such as almond milk or soy milk. Butter may be exchanged with a non-dairy vegetable spread, $\frac{1}{2}$ cup apple juice or $\frac{1}{4}$ cup agave nectar.
- For serving, top apple crisp with vanilla ice cream, berries and mint.

Nutritional Information per

▼ Serving

Calories: 488
Total Fat: 32g
Saturated Fat: 19g
Cholesterol: 102mg
Sodium: 82mg
Total 50g
Carbs:
Dietary Fiber: 6g
Sugar: 25g
Protein: 5g