

Apple Crisp



Makes:

12 servings

Utensil:

Mega Skillet Limited Edition

medium mixing bowl

large mixing bowl

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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 flour

(120

g)

¹/₄

cup

brown sugar, packed

(45

g)

1

cup

quick rolled oats

(90

g)

¹/₂

teaspoons

cinnamon

(5

mL)

¹/₂

cup

butter, softened

(120

g)

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, ½ cup apple juice or ¼ 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 Carbs:

50g

Dietary Fiber:

6g

Sugar:

25g

Protein:

5g