



The Chef's Corner

"An Apple A Day..."

Apples are a great source of fiber, which can slow digestion and help you feel fuller and keep from overeating. Research indicates that some studies show that apples may lower cholesterol, that their antioxidants may help slow the growth of cancer cells, and that their ability to protect pancreatic cells may lower the chance of developing type 2 diabetes. Bone health, lung strength, immune health, easing the symptoms of Alzheimer's disease and age-related memory loss, the list goes on when it comes to the potential benefits of including apples in a regular diet. French Apple Pie is a delicious way to enjoy this natural wonder!

From our Chef's Corner to your table, enjoy!

Chef's Recipe from the kitchen of Chef Decker at Watercrest Myrtle Beach

French Apple Pie

Ingredients:

Pie Filling:

- 2 pounds apples, thinly sliced (mixture of tart and sweet works best)
- 1.5 ounces granulated sugar
- 1.5 ounces light brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 2 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cardamom
- 1 ounce unsalted butter, melted
- 1 ounce all-purpose flour
- 9" pie crust, home made or store bought, we're a judgement-free zone!

Streusel Topping:

- 4.25 ounces all-purpose flour
- 3 ounces light brown sugar
- 4 ounces unsalted butter, cold

Directions:

Pre-heat your oven to 350°F.

Par-bake your pie crust by placing it on a baking sheet and putting it into the oven for 10 minutes without filling, then set aside to cool.

Mix all ingredients for the pie filling in a large bowl, toss together to coat thoroughly, and stack them into the cooled pie crust.

Place the flour and brown sugar for the streusel topping into a medium sized mixing bowl, and mix thoroughly. Cut your cold butter into small cubes, and work it into the flour/sugar mixture with a fork until the butter is broken down into small pea-sized lumps. Sprinkle this mixture evenly over the pie..

Bake at 425°F for 15 minutes, then reduce the heat to 350°F and bake for an additional 30 minutes..