

MAMMAW'S APPLE CRISP

SERVES: 8 - 10

PREP TIME: 20 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 8 medium apples
- 1/3 cup water
- 1 tablespoon lemon juice
- 2 cups sugar
- 1/3 teaspoon cinnamon
- 1 1/3 cups flour (stone ground spelt used here)
- 3/4 teaspoon salt
- 1 & 2/3 cups butter
- 2 cups shredded cheddar cheese

I hope you delight in the ease and deliciousness of this vintage family recipe. This is a recipe I can't sell but enjoy making for friends and family.



MEET THE CHEF

Del City Farm was born in November 2017 out of a desire to be self-employed and contribute financially while continuing to take care of all things home. I currently sell cookies, sweet breads and cakes, and fruit butters. All of the recipes are vegetarian and have ingredient lists as simple as possible. I use organic and non-GMO ingredients, whenever possible, and hope to eventually use only ingredients certified as such. The unique cookie and fruit butter recipes used are created by myself. The sweet breads and cake recipes are heirloom, family recipes dating back to the 1930s – 1970s from my husband's grandparents' farm in Southern West Virginia, as well as his mother's recipes from the 1950s – 1980s. You can contact me via my website's contact form or on any of the following social networks under @delcityfarm: Instagram, Facebook, TikTok, Twitter, and Threads.



DIRECTIONS

Slice unpeeled apples and arrange in greased 9x13 baking pan.
Sprinkle apples with water and lemon juice mixture.
Mix sugar, cinnamon, flour and salt; work in butter until mixture is crumbly.
Add cheese to mixture and spread over apples.
Bake at 350 degrees for 30 minutes.
Cut into squares.
Optional: Serve warm with plain cream poured over top.
*Refrigerate any leftovers.



MEET THE FARMER

The spelt we mill was grown on the Dresbach Family Farm, an intergenerational family operation focused on regenerative farming practices to supply local, homegrown, non-GMO products that include crops of corn, soybeans, oats, sunflowers, heritage wheat, spelt, and open pollinated corn! Livestock plays a large role on their farm as well. Their cattle are rotationally grazed on pasture and cover crops and finished on their non-GMO grains. They also raise pastured broilers and hens that are fed their non-GMO grains in addition to their diverse diet from the pasture. They work hard to farm in a sustainable, holistic way that promotes nutrient rich products.

