

THE UN-COOKBOOK

OF

OUR FINAL

FREEZER

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APPLE CRISP

THIS CAN BE MADE AS A GLUTEN-FREE AND DAIRY-FREE DESSERT. USE OIL INSTEAD OF BUTTER AND MAKE SURE YOUR OATS ARE CERTIFIED GLUTEN-FREE.

EAT WITH ABANDON.

EQUIPMENT YOU'LL NEED

- ___ 9X13 BAKING PAN
(DEEPER THE BETTER)
- ___ SLICING KNIFE
- ___ PARING KNIFE
- ___ NUTMEG GRINDER
- ___ CUTTING BOARD
- ___ ALUMINUM FOIL
- ___ MEASURING CUPS
- ___ RUBBER GLOVES

INGREDIENTS YOU'LL NEED

- ___ 1/2 PECK OF APPLES (ABOUT 5-6 POUNDS)
- ___ 5 CUPS OF THICK ROLLED OATS
- ___ 1/4 CUP FLOUR
- ___ 1/2 PIECE WHOLE NUTMEG
- ___ SEVERAL PINCHES OF SALT
- ___ 1/4 CUP BROWN SUGAR
- ___ ABOUT 1/2 CUP OF FAT (BUTTER,

THIS IS A
1/2 PECK
OF APPLES.

YIELD

YIELDS ONE 9X13 PAN OF APPLE CRISP

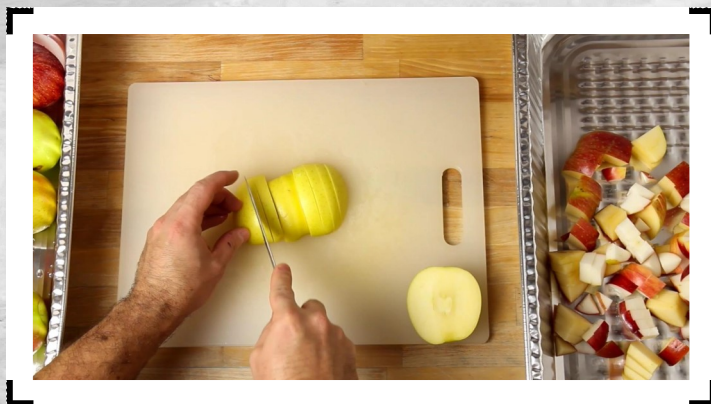


WHAT YOU'LL NEED TO DO

- 1 TURN THE OVEN ON TO 425 DEGREES AND WASH YOUR APPLES. CUT 1/2 PECK OF APPLES. CUT EACH APPLE INTO FOUR SLICES.

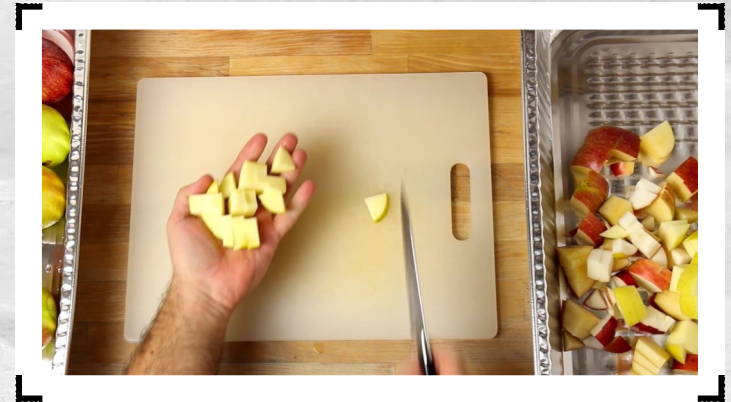


- 2 LINE UP THREE OF THE CUT SIDES AND CUT THE APPLES INTO STRIPS.



- TURN THE PILE SIDEWAYS AND CUT AGAIN.

2



3

- CUT THE FOURTH SLICE OF APPLE IN THE SAME MANNER. PUT THE APPLES IN A MIXING BOWL AND SPRINKLE SALT OVER THE APPLES.

4

- ADD 1/4 CUP FLOUR OVER THE APPLES.

5

- GRATE 1/2 PIECE NUTMEG OVER THE APPLES.

WHAT YOU'LL NEED TO DO

6 PUT ON LATEX GLOVES AND MIX
THE APPLES THOROUGHLY.

7 IN A DIFFERENT MIXING BOWL,
POUR IN 5 CUPS OF OATS

8 ADD 1/4 CUP BROWN SUGAR.

9 ADD ABOUT 1/2 CUP OF BUTTER/
CRISCO/LARD/OIL.

10 MIX THE INGREDIENTS FULLY.
MAKE SURE ALL THE OATS AND
SUGAR ARE IN CONTACT WITH THE
FAT.

11 GREASE A 9X13 PAN.

12 ADD APPLES TO THE PAN.

13 COVER THE APPLES WITH THE
OAT MIXTURE.

14 BAKE THE PAN IN THE OVEN AT
425 DEGREES FOR 20 MINUTES.

15 AFTER 20 MINUTES, CHECK THE
TOP OF THE APPLE CRISP. IF
IT'S BROWN ENOUGH FOR YOUR
LIKING, SLIDE THE PAN OUT OF
THE OVEN AND COVER THE PAN
WITH FOIL. THIS WILL PREVENT
THE APPLE CRISP FROM BROWN-
ING ANY FURTHER.

BEFORE

AFTER



WHAT YOU'LL NEED TO DO

16 CUT SEVERAL SLITS INTO THE TOP OF THE FOIL TO ALLOW STEAM TO VENT. THIS WILL KEEP IT CRISPY.

BAKE FOR ANOTHER 40 MINUTES. LOOK FOR SLIGHT BUBBLING AND STEAM COMING OUT OF THE CORNERS OF THE PAN.

17



18 TAKE THE PAN OUT OF THE OVEN AND LET IT COOL.

19 REFRIGERATE IF YOU PLAN TO EAT IT AFTER ONE DAY.