



PEA SNAPS... Gluten-free Apple Brown Betty from prairie-harvested apples!

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What a year it has been for prairie apples! There has never been a better time to bake '[Apple Brown Betty](#)'.



Thanks to the generosity of our neighbours, we have tested this 'Apple Brown Betty' with four different varieties of home-grown apples. Three of the trees, in three different yards, can be seen from our front window. The fourth is in the garden of Mike, manager of our pea splitting plant in Rowatt, Saskatchewan.

As I picked and peeled the apples, I thought back to how well we kids knew the trees of our neighbourhood - where the best eaters were, and the most sour. Teachers ate the apple they received as a gift from their favourite students, probably picked on the way to school.

The [native apple crop in Manitoba](#) has seen a steady decline commercially, and many people have lost the habit of harvesting their garden fruit. Too bad, because a great time can be had, picking the fruit, preparing it and baking it - as well as savouring the end result.

In this 'Apple Brown Betty', the traditional breadcrumbs are replaced with [BEST Chickpea Flour](#). The amount of sugar used depends on the natural sweetness of the apples and the personal taste of the cook. The variety of apple will determine how mushy the apples become and how well the shape of the apple pieces is maintained. It is likewise the cook's choice whether or not to peel. Local apples are about as organic as you can get, so the peels will be full of naturally grown goodness.



Apple Brown Betty

6-10 cups of apples
Brown sugar to sprinkle on the apples
2 tablespoons of lemon juice

Topping:
1 cup butter or margarine
1 cup brown sugar
1 cup [BEST Chickpea Flour](#)
1 cup gluten-free oats
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg

Cut and pare the apples. Peel if you wish. Sprinkle with lemon juice (this stops the apples from turning brown, as well as adding a little extra zing). Put the apples in a casserole dish, lightly greased - the size of the dish will depend on the number of apples. The apples shrink considerably during baking. Sprinkle with a small amount of brown sugar (In our family we prefer a more tangy apple mix to contrast with the sweeter topping so we sprinkle sparingly.)

In a mixing bowl prepare the topping. Begin by creaming the butter or margarine and adding the brown sugar. Cut in the [BEST Chickpea Flour](#) and gluten-free oats until mixed. Spice according to taste and mix again. Spread the topping over the apples in the casserole dish and put on the lid.

Bake at 350°F for 40 minutes, with the lid off for the last ten minutes. Serve warm with ice cream, custard, whipped cream or even milk.

For cooks not able or not wanting to use oats, take a look at Carol Fenster's 'Apple Crisp' recipe in the [Pulse Canada Pulses and the Gluten-free Diet](#) recipe booklet. This recipe was previously shared in '[Pea Snaps](#)'. Carol's October blog features how to make [homemade apple cider](#).

A question from reader Dolores - *"When we go to St Joseph, Manitoba for a fall supper, they always have "Sucre à la Creme" pies (Sugar pie) made with pulses. They are soooo good! Would you have that recipe and be willing to share it with me? I would just love to have it."* Do any of you know of this recipe? We would love to share it with our readers!

Finally - I have heard from a family camp in Manitoba, located on a stunning lake, that is considering running a week-long summer session for families who eat a gluten-free diet. Imagine that - a week of summer fun with no worries about diet or cooking, and activities for the kids as well! The camp is also considering the option of a long-weekend camp - cooking demos included. Please do let me know if you think there is interest in these two events.

Here's to local fruit and quality family time!
Margaret

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BCP PORTAGE: 124 – 10th St NE, Portage la Prairie
Manitoba, Canada R1N 1B5
TEL (204) 857-4451 **FAX** (204) 239-6885

BCP ROWATT: RR#3, Site 10, Module 3, Compartment 13
Rowatt, Saskatchewan, Canada S4P 2Z3
TEL (306) 586-7111 **FAX** (306) 586-4848

www.bestcookingpulses.com