

Apple Betty

Course - Dessert

Cuisine - American

Keyword - Apple Betty

Prep Time - 5 minutes

Cook Time - 30 minutes

Serving - 4

Skill level - Easy

Author - 500 Delicious Dishes from Leftovers, 1957

Let's Make a delicious Apple Betty from leftovers!

When folks ask me my favorite part of the mid-century period and before, I always comment on the ingenuity and resourcefulness that cooks had.

Working with nothing, they could turn scraps into a hearty dish, and feed a large family. We're losing that skill today.

In an age of convenience and immediacy, there's a quiet subconscious thought that "Old is Bad" but I'm hoping that recipes like this Apple Betty might change that mentality, one recipe at a time.

Let's get into it!

Questions About Apple Betty

What kind of bread can I use in this recipe?

- ANY BREAD! In fact, the genius of this recipe is its ability to use any bread-like ingredient. Stale Bread, Crackers or even some cereals will work. Just adjust your sugar ratio to balance. This can even use Gluten-Free Bread or Vegan options, instead of butter, if you'd like!

What if I don't have Apples?

- Then switch things up with pears or other fruits that you have! Banana Betty is incredibly delicious as well, and it simply swaps Bananas for Apples!

Is Apple Betty the same as an Apple Crisp?

- Apple Crisp and Apple Betty are similar, but Apple Betty uses bread crumbs for the top crumble, while Apple Crisp generally is a blend of flour, oats and fat that are mixed together. Both equally delicious, but Apple Betty is generally easier.

INGREDIENTS

- 3 Cups Sliced Apples
- 1.5 Cups Soft Bread Crumbs
- 1/3 Cup Brown Sugar

- 1 Teaspoon Cinnamon
- 4 Tablespoons Butter, melted.
- 3/4 Cup Water

METHOD

Preheat your oven to 350°F/175°C and begin to wash and peel your apples.

You can prevent them from browning by submerging in acidulated water (Bowl of water with some acid like apple cider vinegar or simple lemon juice), but generally it won't matter, since the dish will be baked anyway.

Slice your apples into rustic chunks or slices of your desired size. The thicker the cut, the longer the cooking time will require, but it's all about your aesthetic for the final result.

Mix your sliced apples in a mixing bowl with your bread crumbs, brown sugar and your cinnamon. Toss everything around for a minute to ensure it's evenly mixed. Then add to a baking dish of your choice, adding your water and melted butter. Toss into your oven and allow to bake for about 30 minutes or until the crumb is toasty, the apples are cooked and then remove, allowing to cool gently for about 10-15 minutes.

You can serve this warm or cool and though it's delicious on it's own, it would be amazing with some freshly made Crème Pâtissière.

This will be a guaranteed crowd-pleaser for the Holidays and might not cost you a cent, if you use ingredients you already have lying around the house!

NOTES:

- This will hold for a week, covered and stored in a refrigerator, or Frozen for 6 months.
- Get creative and treat this as a "template" rather than a recipe. Cook from the heart and use what you have nearby.
- Try pairing this with a freshly made Whipped Cream or a delicious Crème Pâtissière!