

Apple hand pies. Hand pies are usually deep-fried but oddly, this one is designed for the badly-named kitchen appliance called an "air fryer" - which is nothing more than a countertop convection oven. The recipe says using an air fryer isn't quite as good as deep frying but it's a lot more convenient, which is a valid point, deep frying is a pain. Fortunately the recipe does NOT make any claims about it being "healthier" than deep frying. Baking something instead of deep-frying it isn't going to make a rats-ass difference in someone's health. If you want to be healthier then exercise more, eat less, and stop deceiving yourself that stuffing your face with pastry sprinkled with sugar and filled with an apple-pie filling isn't so bad just because it wasn't deep fried. Yah moron.

The Washington Post

Air Fryer Apple Hand Pies

- 1/4 cup (55 grams) packed light brown sugar
- 2 tablespoons granulated sugar
- 1 teaspoon all-purpose flour, plus more for dusting
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon fine salt
- 2 tablespoons unsalted butter
- 2 medium Granny Smith apples (12 to 14 ounces total), peeled, cored and diced
- 1 package refrigerated pie crust or 1 homemade pie crust recipe (enough for a double-crust pie)
- 1 large egg, beaten
- Demerara or turbinado sugar, for sprinkling

Step 1

In a small bowl, whisk together the brown sugar, granulated sugar, flour, cinnamon and salt until combined; set aside.

Step 2

In a medium saucepan over medium heat, melt the butter until foamy. Add the apples and cook, stirring occasionally, until they start to soften, about 5 minutes. Add the sugar mixture, stir to combine and bring to a boil. Cook, stirring occasionally, until the liquid thickens and coats the apples, about 7 minutes. Remove from the heat, transfer to a bowl and let cool for at least 30 minutes.

Step 3

Lightly dust your work surface and rolling pin with flour. Roll out each pie crust to about a 12-inch-wide circle, rotating and flipping and dusting with more flour as needed to prevent it from sticking. Using a 4-inch biscuit cutter (or a 4-inch-wide plate or bowl and a paring knife), cut out 12 (4-inch) circles. (You may need to gather and re-roll the scraps.)

Step 4

For each hand pie, add about 1 tablespoon of the apple mixture to the center of each circle, brush half the border with the egg, then fold the pastry over the top, seal in a half moon and crimp the edges with a fork. Transfer to a baking sheet and repeat with the remaining pie crust and filling. (If freezing some or all of the hand pies for later, line the baking sheet with parchment paper and freeze them at this point.)

Step 5

Set the air fryer to 350 degrees and preheat for about 5 minutes.

Step 6

Brush the tops of the hand pies with the egg wash, sprinkle with demerara or turbinado sugar, and cut two small vents in the top of each.

Step 7

Working in batches, add pies to the basket so that there is at least 1 inch of space between them and air fry for about 12 minutes, or until golden brown. Transfer to a platter, carefully wipe out the basket if there are any spills, and repeat with the remaining hand pies. Serve warm or at room temperature.

