

## Autumn's Apple Betty

Apple Pie is the dessert most people think of when they think of an American apple dessert, but what about the Apple Betty? Apple Betty, sometimes called Apple Brown Betty, is thought to have first been mentioned in 1864 in the Yale Literary Magazine, but the first recipe dates back to 1877; that recipe specified the use of apples and a cracker crumble.

Apple Betty is made with an apple that holds up well, one that is not too sweet, and one that is slightly acidic. Honeycrisp, Granny Smith, or McIntosh apples are a good choice. Most recipes for Apple Betty call for diced or sliced apples that are sprinkled with sweet and lightly spiced (usually with cinnamon or nutmeg) soft, fresh breadcrumbs, topped with butter, then baked until the fruit is soft and the topping toasted. Apple Betty can also be compared to a German Streusel. An Apple Pie is made with a pastry crust and sweetened with sugar, while an Apple Betty is sweetened with cinnamon.

Apple Betty can vary from one family to another and/or depending on the seasonings used. From there, you can change it up with homemade brioche or cinnamon raisin breadcrumbs, apple cider, vanilla extract, dried fruit, toasted nuts, or even a caramel drizzle. But no matter what you add to the recipe, it is a plain dessert at heart. It may not be as pretty as a lattice pie, or as indulgent looking as a bubbling cobbler, but when topped with a scoop of melty vanilla ice cream, an Apple Betty is rich, comforting, and delicious, especially on a cool fall night.

The Apple Betty can be served hot, warm, or cold with whipped topping or ice cream. The whipped cream can be enriched with spices that are already in the dessert or with vanilla.

Apples are available in supermarkets year-round, so they make a reliable base for a betty. But you can also follow the same technique with other fruit to make a peach, pear, or plum betty.

The sweet aroma of an Apple Betty will warm your home as the temperature starts to plummet outside. The timing couldn't be better, with tart apples fresh off the tree almost begging to be used for this autumn treat.

Try this recipe:

### **Apple Brown Betty**

Yield: 1 (8x8) pan

Prep Time: 20 minutes

Cook Time: 1 hour

Total Time: 1 hour 20 minutes

Servings: 6 - 8 people

Ingredients:

8 cups bread slices, torn (challah or brioche for a lighter dessert, whole wheat bread for a heartier dish)

1 pound Gala apples (firm, juicy, sweet), peeled, cored and diced

1 pound Golden Delicious (firm, sweet, fragrant) or Cortland apples (tart, crisp), peeled, cored, and diced

1 orange, juiced (roughly 1/4 cup)

1/2 cup brown sugar

1 1/2 teaspoons cinnamon

1/2 teaspoon nutmeg

1/2 cup water

1 Tablespoon salted butter, cut into slices

Instructions:

Preheat oven to 375°F. Grease an 8x8 baking dish.

Crumble the bread by hand into coarse crumbs and place in a large bowl. Set aside.

In a separate bowl, toss the peeled and diced apples with the orange juice, brown sugar, cinnamon, and nutmeg.

Place about 1/3 of the bread crumb mixture in the baking dish and sprinkle with half of the apple mixture. Repeat with another layer of bread crumbs and then apples, finishing with a layer of the bread crumbs.

Sprinkle 1/2 cup of water over the dish.

Dot the top with thin slices of butter.

Cover the dish with aluminum foil and bake for 45 minutes, until the apples are tender. Remove the foil and bake for an additional 10 minutes, until the top is lightly browned.

Serve warm with ice cream or fresh whipped cream, if desired.

(Source: <https://www.curiouscuisiniere.com>; <https://www.eatingwell.com>; <https://nationaltoday.com>)