

# Shopping List

## Produce

Apples (about 2 pounds)

1 or 2 Asian pears (optional)

## Bulk

Cinnamon

## Grocery

Pamela's GF Bread Mix (plus butter and Spectrum Butter flavored shortening) or Immaculate Baking Co Pie sheets or your favorite pie crust recipe

Cornstarch



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Bellingham's Natural Grocer

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1220 N Forest Street  
Bellingham, WA 98225  
Open Daily 7am-10pm

### Cordata Store

315 Westerly Road  
Bellingham, WA 98226  
Open Daily 7am-9pm

Phone: 360.734.8158

[sassysampler@communityfood.coop](mailto:sassysampler@communityfood.coop)

[www.communityfood.coop](http://www.communityfood.coop)

## Apple Turnovers (gluten-free option)



# Apple Turnovers (gluten-free option)

## INGREDIENTS

### Filling

About 2 # apples, peeled and sliced into 1/4" - 1/2" small chunks

2 small Asian or Bartlett pears, prepared like the apples (optional)

2-4 T sweetener, like brown sugar or agave syrup

1 t cinnamon

1-2 t cornstarch

### Pastry

1 recipe Pamela's GF bread mix pie crust, **or** 1 package Immaculate Baking Co. Pastry sheets **or** your favorite pie crust recipe

### Topping

1 t cinnamon

2 T sugar

Use remaining pastry/pie crust to make cinnamon sugar "cookies" - add leftover pastry to a parchment-lined cookie sheet, sprinkle with the cinnamon sugar and cook for about 10 minutes.

## INSTRUCTIONS

1. Preheat oven to 350°.
2. Prepare apples and place them in a stockpot large enough to be able to mix them easily. Add 1 T of your chosen sweetener and the cinnamon. Mix well.
3. Cook over medium-low to low heat for about 20 minutes, until apples are tender but not smoochy. Mix apples periodically and taste them to see if you need to add any more sweetener (add a T at a time).
4. After about 20 minutes, add 1/2—1 t cornstarch into the apples to thicken the juice that has accumulated. How much cornstarch you need to add will be determined by how juicy your apples are. Cook for an additional 5—10 minutes, add more cornstarch if necessary, and cook for 5—10 more minutes.
5. Meanwhile, prepare your pastry (by rolling it out into a rectangular shape; if you are using the prepared sheets, just remove them from the packaging) on sheets of parchment or waxed paper. Keep refrigerated until ready to use.
6. Combine the 1 t cinnamon and 2 T sugar in a small bowl (this is for sprinkling on top of the turnovers).
7. Take apples off heat and allow to cool slightly.
8. Take your pastry out of the fridge and cut into 5"—6" circles (I used a collapsible steamer

that had no feet as my guide—they are about 5" in diameter). Try to handle the pastry as little as possible.

9. Carefully remove pastry circles from paper and fill one half of the circle with 2—3 T of apple filling.
10. Carefully fold over unfilled half of pastry over filling and press edges together. Use the tines of a fork to help seal the edges.
11. Transfer turnovers to a parchment lined baking sheet. Cut vent slits in the top of the turnover and sprinkle with cinnamon/sugar mixture.
12. Bake for 20-25 minutes, until filling starts to bubble out the vents and the turnovers turn golden brown.
13. Cool slightly, top with vanilla ice cream, and enjoy!

The Pamela's GF Pie Crust recipe using their bread mix is also excellent for making reliable pie crusts. One bag will make two 9" pie crusts—enough for two Dutch apple pies or one pie with a top crust.

Adding a **pear** or two to apple pie adds a slight texture difference that tastes really great.



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