

Apple and Pear Pie



Serves	6
Prep time	40 minutes
Cook time	30 minutes
Total time	1 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

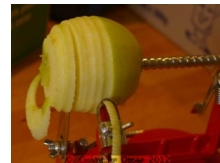
- 3 Large ripe pears
- 3 Large Red or Golden Delicious apples
- 3 tablespoons brown sugar
- 2 tablespoons water
- 2 sheets frozen butter puff pastry
- Canola oil spray
- 1 tablespoon milk
- 2 teaspoons caster sugar

Optional

- 1/4 teaspoon cinnamon

Directions

1. Peel, core and thinly slice the pears and apples and place in a medium saucepan. Mix in the brown sugar, cinnamon (if using) and water.
2. Cook over low heat, covered, for about 10 minutes until the apple is soft. Set aside to cool.
3. Preheat the oven to 220°C and grease an 18cm diameter pie tray.
4. Thaw the frozen pastry sheets.
5. Line the pie tray with one sheet of pastry and spoon in the apple and pear filling.
6. Top with the second sheet of pastry and press down firmly on the edges to seal. Cut away the excess pastry.
7. Make a hole in the centre of the pastry. Brush with milk and sprinkle with the caster sugar.
8. Bake in the oven for 30 minutes. Cover the top with foil if it starts to get too dark.
9. Allow to cool slightly then serve. Can also be served cold.



Note

Moderate Salicylates, Low Glutamates, Low Amines

Variations:

1. For a low salicylate version use 6 pears and no apples or cinnamon.
2. If a small amount of high salicylates can be tolerated, include the cinnamon.
3. For a straight apple pie use 6 apples and no pears.

