

APPLE SAUSAGE HAND PIES

INGREDIENTS

For the dough

2 cups all purpose flour
2 tablespoons sugar
1 teaspoon salt
1 stick (1/4 cup) butter cold, cut into cubes
1 large egg
2 tablespoons milk

For the filling

1 small onion, sliced
2 cups diced apple (about 3 medium sized; I used Macouns)
1 cup diced hot Italian sausage
2 tablespoons vegetable oil
salt and pepper to taste

For egg wash

1 egg
2 tablespoons water
coast kosher or sea salt (optional)

DIRECTIONS

In the bowl of a food processor, combine flour, sugar and salt. Add the cold butter and pulse until only pea sized lumps remain in your mixture. In a small bowl, beat the egg with the milk. Add the mixture all at once to the dry ingredients and pulse until moisture is introduced to all of the flour mixture. Lightly dust a clean surface with flour and knead the dough until it starts to hold together. Divide the dough in two, wrap in plastic wrap and refrigerate for about 2 hours.

While the dough is resting, make the filling. Heat the vegetable oil in a medium skillet over medium heat. Add onions and sauté for 5-6 minutes. Add sausage and sauté until brown, rendering some of the fat. Put on a plate lined with paper towels to cool. Add the apples to the still-hot skillet and sauté until tender, about 6-8 minutes. Add to the sausage mixture. Add salt and pepper if necessary. Let cool.

Remove one piece of dough from the refrigerator. On a well floured surface, roll the dough out to 1/8 inch (3mm) thick. Cut out 4 inch rounds with a biscuit cutter. Spoon about 3 tablespoons of the filling, leaving about 1/4 inch of space before the edge. Using a knife, score the second piece of dough and then place the second square over the mixture and seal the edges together with the tines of a fork.

Preheat the oven to 350F. Let the pies rest in the fridge while the oven preheats. Make the egg wash by whisking egg together with water. Brush each pie with egg wash and sprinkle with salt (optional). Bake for 20-25 minutes or until golden brown. Should be eaten warm. Can be cooled completely and frozen.