

BROWN BETTY

We might be listed in Guinness if we could calculate the endless number of traditional desserts which have emerged from The Cliff House kitchen since 1872, when Elsie Jane Weare peeled the apples herself. Classified as a pudding, fruit Bettys are an American culinary treasure. There is no more irresistible fragrance than that of an Apple Brown Betty in the oven.

SHOPPING LIST

½ cup rolled oats	¾ teaspoon cinnamon
½ cup soft butter	¾ teaspoon nutmeg
½ cup all-purpose flour	6 tablespoons water
¾ cup brown sugar (<i>packed</i>)	4 cups Cortland apples, peeled and sliced

DIRECTIONS

1. Combine the brown sugar, oats, cinnamon, nutmeg, butter and flour, mixing well with the tines of a fork until you have a coarse, crumbly mixture.
2. Heat oven to 350 °F. Butter a 1½-quart baking dish and alternate one third of the apples and the crumb mixture in layers.
3. Repeat twice more, finishing with 6 tablespoons of water and the remaining crumbs. Bake for 30 minutes. Serve warm with whipped cream or vanilla ice cream.

Serves 6

