



Grandma Kalda's Applecake

22nd of May, 2007

The infamous applecake recipe! Don't forget to eat your crusts!

Sweet Dough

Ingredients

- 1/2 cup lukewarm water
- 1 rounded teaspoon of white sugar
- 1/2 teaspoon of salt
- 8g package of Fleischmann's Traditional Active Dry Yeast (important that it's the "Traditional" kind)
- 1 1/2 cups of homogenized milk
- 4 cups of Five Roses All-Purpose White Flour
- 3 eggs
- 1/4 cup butter (plus a little bit more)
- 1 teaspoon of ground cardamom

Method

- 1) Add sugar to water
- 2) Add salt to water
- 3) Put water mixture in a big mixing bowl
- 4) Add entire package of yeast (but do not mix)
- 5) Let mixture stand for 10-15 minutes, then swirl gently to mix
- 6) Warm the milk in a saucepan until fairly warm to the touch, then add it to the mixture
- 7) Add 2 cups of flour, and mix in (but don't overmix it)
- 8) Let stand to rise for about 30-45 minutes
- 9) Add the butter (softened) and the eggs, but don't mix with a utensil (see step 11)
- 10) Add cardamom
- 11) KNEAD ingredients together in the bowl by hand, gradually adding another 2 cups (or slightly less) of flour, until the dough comes off of your hands easily
- 12) Leave dough to rise while you make the topping

Topping Mixture

Ingredients

- 1/4 cup (generous) butter
- 1 cup white sugar
- 1 cup flour

Method

- 1) Mix all three ingredients together with a hand masher ("wire knuckles", um, semicircular metal mashing thingy, you know) until it looks grainy
- 2) Put in the fridge for a little bit (10-15 minutes, not too long or it gets too hard)



Zoe demolishing applecake at Vanavanaema's

Tips & Tricks

Make sure you use "Traditional" yeast, apparently this is very important.

Also, there's no need to roll the dough out, Grandma just flattens it into the pans by hand.



Grandma putting the dough into the pans



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Putting it all together

You'll need:

Macintosh apples (how many remains a mystery, they were prepared for me...)

2 baking pans (10x15 inches), greased with butter

Method

- 1) Preheat oven to 350F
- 2) Put lots of flour on your hand, and press the dough directly into the baking pans, flattening it as you go. Press edges up to form the crust.
- 3) Whisk one egg and brush it onto the crusts
- 4) Put peeled and chopped apples on top
- 5) Sprinkle generously with cinnamon and white sugar
- 6) Sprinkle on the topping
- 7) Put in the oven, on the second rung from the bottom. Turn them once while cooking, after about 30 minutes.
- 8) Done after about 40-45 minutes, when they come away from the edge of the pans, the top is golden, and the bottom is cooked
- 9) Rub a pat of butter onto the crusts while they're hot
- 10) Let cool a bit before cutting them up and eating them all at one sitting (discarding the crusts, of course!)



Zoe helping Grandma do the washing up...



Where is this recipe from?

Grandma talked a lot about how this isn't the way her mother made applecake... apparently her mom was a fantastic cook, and did everything "properly" (i.e. rolled out the dough before putting it in the baking tray). Grandma has developed her own way of making it over the years, and has cut out a lot of the unnecessary steps.

She usually just makes it by feel, but measured all of the ingredients out for me when I was there so I could write it down :)