

ESSEX APPLE SLICES

12-ounce cooking apple (I used Granny Smith)
juice of 1 lemon, divided
½ pound (2 cups) all-purpose flour
2 ½ teaspoons baking powder
½ teaspoon salt
¼ pound (½ cup) cold unsalted butter, cut into small cubes
¼ pound (½ cup) granulated sugar
½ cup milk
1 egg
½ pound (1 ¾ cups) powdered sugar, sifted

Preheat oven to 350° Fahrenheit. Grease an 8" x 8" Pyrex square cake pan and set aside.

Peel, core, and chop the apple into ¼" inch cubes. Place in a small bowl and cover with *half* the lemon juice. Stir to coat. Set aside.

Sift the flour, baking powder, and salt into a large bowl. Rub in the butter until mixture resembles coarse breadcrumbs. Stir in the sugar with a wooden spoon then rub in the butter with your fingers until mixture resembles coarse sand. In a small bowl, thoroughly whisk together the egg and milk. Pour this into the dry ingredient/butter mixture and stir. Fold in the apples. Pour batter into prepared pan and level off with the back of your spoon. Bake in the middle of the oven for about 45 minutes, or until a cake tester comes out clean.

To make the icing, stir together the powdered sugar with the remaining lemon juice. Add any water, if necessary, to get a nicely thick yet pourable icing. As soon as the cake comes out of the oven, pour icing over the top and leave to cool completely. Cut cake in sixteen squares. Enjoy!

16 slices

For folks not in the US:

- 350 g apple, cut into 6-7 mm chunks
- 225 g plain flour
- 115 g butter
- 115 g caster sugar
- 120 ml milk (scant ¼ Imperial pint)
- 225 g icing sugar
- 180° Celsius
- 20 cm square cake tin

<http://laurenhairston.com/essex-apple-slices>