



Apricot Meringue Pie

READY IN



195 min.

SERVINGS



10

CALORIES



271 kcal

Ingredients

- 1 pound apricots pitted cut into 1-inch pieces
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 6 large egg whites leftover at room temperature (use the whites from the filling)
- 6 large egg yolk for the meringue in the very clean bowl of a stand mixer (reserve the whites)
- 1 cup flour all-purpose as needed plus more
- 1 cup granulated sugar
- 3 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 1.3 ounces roasted salted whole
- 0.3 teaspoon salt fine

- 0.3 cup shortening frozen hard cut into small pieces
- 2 tablespoons butter unsalted cut into small pieces ()
- 1 cup water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- baking paper
- oven
- whisk
- wire rack
- sieve
- blender
- kitchen thermometer
- stand mixer
- spatula
- measuring cup
- offset spatula

Directions

- Place the nuts in a food processor fitted with a blade attachment and process into very small pieces, about 40 seconds. Scrape the sides and inner ridge of the bowl with a rubber spatula to release any accumulated bits of ground almond.
- Add the measured flour and salt and pulse a few times to combine.
- Add the butter and shortening and pulse until reduced to pea-size pieces and the mixture looks like sand, about 20 to 30 (1-second) pulses.

- Drizzle in the ice water and lemon juice and pulse just until the dough comes together, about 12 (1-second) pulses.
- Sprinkle the dough evenly over the bottom of a 9-inch pie plate. Using a measuring cup or your fingers, evenly press the dough into the bottom and up the sides of the pan (flour the cup occasionally to prevent it from sticking). Refrigerate uncovered for at least 1 hour.
- Heat the oven to 425°F and arrange a rack in the middle. Prick the bottom of the crust all over with a fork, making sure not to pierce the crust. Line it with a piece of parchment paper and fill it with pie weights or dried beans, making sure they're pushed up against the sides of the dough.
- Bake until the crust starts to set, about 15 minutes.
- Remove the pie weights and parchment paper (careful—it may stick a little) and continue to bake until the dough is dry to the touch and slightly brown around the edges, about 5 to 7 minutes more. (It doesn't need to be golden brown, as the crust will bake more later.)
- Place the apricots and lemon juice in a blender and blend until smooth. Set a mesh strainer over a medium bowl and pour the apricot mixture through the strainer. Push on the mixture with the back of a ladle and discard the contents of the strainer. Measure 1 cup of the strained mixture and set aside; discard any excess.
- Place the egg yolks in a medium bowl and whisk to break them up; set aside.
- Place the sugar, cornstarch, and salt in a large, nonreactive saucepan and slowly whisk in the water until smooth.
- Place over medium heat, whisking frequently, until the mixture starts to bubble around the edges of the pan, then continue cooking, whisking constantly, until thickened into a gel, about 10 minutes total.
- Remove the pan from the heat.
- Transfer about 1/4 cup of the gel to the egg yolks and whisk to combine; set aside.
- Add the reserved apricot mixture to the saucepan with the gel and whisk to combine.
- Add the egg yolk mixture to the saucepan and whisk to combine. Return the saucepan to medium heat and cook, stirring constantly, until the mixture is very thick, about 7 minutes total.
- Remove the pan from the heat.
- Add the butter, let sit for 1 minute to melt slightly, and stir to incorporate.
- Pour the apricot filling into the crust and smooth it into an even layer. Set aside to cool for 30 minutes. For the meringue: By hand, whisk the sugar 2 tablespoons at a time into the mixer

bowl of reserved egg whites, making sure the sugar is incorporated before the next addition, until all of the sugar has been added; set aside. Bring 1/2 inch of water to a simmer over high heat in a saucepan large enough to hold the bowl of the stand mixer over the water without touching it. Reduce the heat to low to maintain a simmer.

- Place the mixer bowl over the simmering water and whisk constantly until the sugar has dissolved and the mixture has reached 150°F on an instant-read thermometer, about 4 minutes. To check if the sugar is fully dissolved, carefully rub some of the mixture between your fingers—it should feel smooth without any sugar granules. Attach the bowl to the stand mixer and fit the mixer with a very clean whisk attachment.
- Add the cream of tartar and whisk on low speed for 30 seconds. Increase the speed to medium for 30 seconds, and then increase the speed to high for 30 seconds. Continue whisking on high speed until stiff, glossy peaks form (the tips of the peaks should barely curl over when you lift out the whisk attachment), about 1 to 2 minutes more. Do not overwhisk. Using an offset spatula, spread about half of the meringue over the apricot filling in an even layer, making sure to cover about halfway over the edges of the crust (do not leave any holes, or the meringue will shrink as it cools and the filling will weep). Dollop the remaining meringue in heaping tablespoons over the top of the pie. Using the offset spatula, gently press the top of each dollop and quickly pull up and away to make swirled peaks.
- Bake until the peaks of the meringue are golden brown, about 3 to 5 minutes.
- Place on a wire rack until the pie plate is cool to the touch before serving, about 1 1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:22.58, Inflammation Score:-6, Nutrition Score:7.2000000373177%

Flavonoids

Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 270.85kcal (13.54%), Fat: 10.65g (16.39%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 37g (13.45%), Sugar: 24.5g (27.22%), Cholesterol: 118.41mg (39.47%), Sodium: 100.61mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin A: 1090.94IU (21.82%), Selenium: 15.18µg (21.68%), Vitamin B2: 0.23mg (13.69%), Folate: 43.63µg (10.91%), Vitamin B1: 0.15mg (9.89%), Vitamin C: 6.28mg (7.61%), Phosphorus: 76.11mg (7.61%), Vitamin E: 1.06mg (7.1%), Manganese: 0.13mg (6.58%), Vitamin B3: 1.24mg (6.21%), Iron: 1.11mg (6.15%), Potassium: 205.69mg (5.88%), Vitamin B5: 0.58mg (5.76%), Fiber: 1.29g (5.15%), Vitamin B6: 0.1mg (4.78%), Vitamin K: 4.53µg (4.31%), Vitamin D: 0.61µg (4.05%), Vitamin B12: 0.24µg (3.99%), Copper: 0.08mg (3.8%), Zinc: 0.49mg (3.29%), Magnesium: 11.56mg (2.89%), Calcium: 24.5mg (2.45%)