



Bourbon Pecan Pie

 Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



824 kcal

DESSERT

Ingredients

- 1 tablespoon bourbon
- 2 tablespoons bourbon chilled
- 0.5 teaspoon cayenne pepper
- 2 tablespoons brown sugar dark packed
- 3 large eggs
- 6 ounces golden syrup
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin

- 2 tablespoons ice water
- 0.3 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt
- 0.3 cup brown sugar light packed
- 0.5 teaspoon ground orange peel dried
- 1 pound pecan halves
- 3.5 ounces pecan halves
- 3.5 ounces sugar
- 4 tablespoons butter unsalted
- 4 tablespoons butter unsalted cooled melted
- 4 tablespoons butter unsalted cubed
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- spatula
- skewers
- rolling pin
- tart form

Directions

- Watch how to make this recipe.
- To make the crust: Chill the butter in the freezer for 15 minutes.
- Pulse the pecans 6 to 7 times in a food processor or until finely ground.
- Add the flour and salt, and pulse an additional 4 to 5 times.
- Add the butter and pulse 6 to 7 times, until the texture looks mealy.
- Remove the lid of the food processor, add the water and bourbon, and pulse 5 to 6 times until the mixture holds together when squeezed and feels like dough.
- Transfer the dough to a gallon-sized zip-top bag, squeeze together until it forms a ball, then press into a rounded disk and refrigerate for 30 minutes.
- Heat the oven to 350 degrees F.
- Whisk the eggs, sugar, golden syrup, butter, bourbon, vanilla and salt together until combined. Set aside.
- Remove the dough from the refrigerator.
- Cut along two sides of the zip-top bag, open the bag to expose the dough and sprinkle both sides very lightly with flour. Cover with the bag and roll out with a rolling pin to an 11-inch circle. Open the bag again, and sprinkle the top of the dough with flour.
- Place the dough into a 9 1/2 to 10-inch tart pan that is 2 inches deep. Gently press the dough into the sides of the pan, crimping and trimming the edges as necessary.
- Evenly sprinkle the 6 ounces of chopped pecans in the crust and pour the filling on top.
- Bake for 20 minutes.
- Place the remaining 2 ounces of whole pecans in a border on the edge of the filling.
- Bake 10 minutes, until the center of the pie should reach 200 degrees F, and a skewer inserted in the center comes out clean. Cool on a cooling rack to room temperature before serving, 3 1/2 to 4 hours.
- Line a half sheet pan with parchment paper and set aside.
- Mix the salt, cumin, cayenne, cinnamon and orange peel together in a small bowl and set aside.
- Place the nuts in a 10-inch cast-iron skillet and set over medium heat. Cook, stirring frequently, for 4 to 5 minutes until they just start to brown and smell toasted.
- Add the butter and stir until it melts.

- Add the spice mixture and stir to combine. Once combined, add both sugars and water, stirring until the mixture thickens and coats the nuts, 2 to 3 minutes.
- Transfer the nuts to the prepared sheet pan and separate them with a fork or spatula. Allow the nuts to cool completely before transferring to an airtight container for storage. Can be stored for up to 3 weeks.

Nutrition Facts

■ PROTEIN **4.21%**
■ FAT **72.74%**
■ CARBS **23.05%**

Properties

Glycemic Index:28.14, Glycemic Load:19.58, Inflammation Score:-7, Nutrition Score:16.976956668107%

Flavonoids

Cyanidin: 7.42mg, Cyanidin: 7.42mg, Cyanidin: 7.42mg, Cyanidin: 7.42mg Delphinidin: 5.03mg, Delphinidin: 5.03mg,
 Delphinidin: 5.03mg, Delphinidin: 5.03mg Catechin: 5mg, Catechin: 5mg, Catechin: 5mg, Catechin: 5mg
 Epigallocatechin: 3.89mg, Epigallocatechin: 3.89mg, Epigallocatechin: 3.89mg, Epigallocatechin: 3.89mg
 Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate:
 1.59mg, Epigallocatechin 3-gallate: 1.59mg, Epigallocatechin 3-gallate: 1.59mg, Epigallocatechin 3-gallate: 1.59mg

Nutrients (% of daily need)

Calories: 823.92kcal (41.2%), Fat: 68.66g (105.63%), Saturated Fat: 15.65g (97.82%), Carbohydrates: 48.96g
 (16.32%), Net Carbohydrates: 42.2g (15.34%), Sugar: 41.71g (46.34%), Cholesterol: 114.9mg (38.3%), Sodium:
 541.26mg (23.53%), Alcohol: 2.05g (100%), Alcohol %: 1.55% (100%), Protein: 8.93g (17.87%), Manganese: 3.15mg
 (157.72%), Copper: 0.86mg (42.84%), Vitamin B1: 0.47mg (31.09%), Fiber: 6.76g (27.04%), Phosphorus: 235.32mg
 (23.53%), Zinc: 3.41mg (22.75%), Magnesium: 88.07mg (22.02%), Vitamin A: 719.23IU (14.38%), Iron: 2.27mg (12.6%),
 Selenium: 8.81µg (12.58%), Vitamin E: 1.7mg (11.31%), Vitamin B2: 0.19mg (11.03%), Potassium: 334.13mg (9.55%),
 Vitamin B6: 0.19mg (9.29%), Vitamin B5: 0.92mg (9.21%), Calcium: 75.63mg (7.56%), Folate: 24.93µg (6.23%),
 Vitamin D: 0.69µg (4.6%), Vitamin B3: 0.86mg (4.32%), Vitamin K: 4.09µg (3.9%), Vitamin B12: 0.2µg (3.38%),
 Vitamin C: 1.04mg (1.26%)