



Cherry Custard Jalousie Pie

READY IN



120 min.

SERVINGS



6

CALORIES



946 kcal

DESSERT

Ingredients

- 400 g cherries fresh pitted
- 2 tablespoons custard powder
- 200 ml double cream
- 4 egg yolk
- 6 servings puff pastry
- 300 ml milk
- 1 tablespoon granulated sugar
- 6 servings milk for glazing
- 500 g puff pastry

- 125 g sugar
- 0.5 teaspoon vanilla extract

Equipment

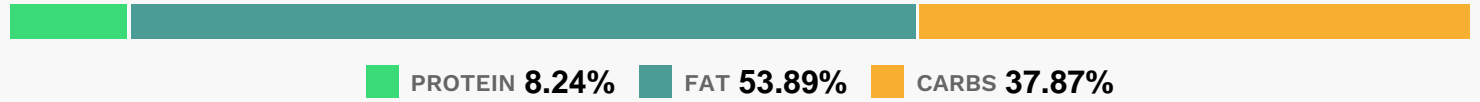
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- baking pan

Directions

- Place the cream and milk in a saucepan over medium heat and bring to a simmer.
- Place the egg yolks, sugar, vanilla extract and custard powder in a large bowl and whisk together until smooth.
- Pour the hot milk and cream over the egg mixture whisking continuously. Leave to cool.
- Preheat the oven to 200C/400f/gas
- Place a baking sheet in the oven to preheat.
- Cut the puff pastry in half and roll one piece out on a lightly floured work surface until you have a rectangular sheet measuring 12 x 8 inches. Carefully place into a rectangular pan measuring 11 x 7 in and about 2 inches deep. Prick the base all over with a fork.
- Spread the cooled custard into the tin and then arrange the cherries on top.
- Roll out the remaining piece of pastry to a 12x6-inch rectangle.
- Brush the edges of the pastry with a little milk and then lay the other sheet of pastry over the top of the filling and press down gently to seal.
- Brush the top with more milk and sprinkle with the granulated sugar.
- Place the tin in the fridge to chill for 15 minutes.
- Before placing in the oven make incisions in the pastry with a sharp knife to reveal the filling.

- Place the pie on the preheated baking tray and bake for 10 minutes then reduce the temperature to 325°F/160°C and continue to bake for a further 45 minutes until the pastry is golden and cooked through.
- Leave to cool for 10 minutes before removing from the pan then serve warm or cold cut into squares.

Nutrition Facts



Properties

Glycemic Index:58.36, Glycemic Load:43.81, Inflammation Score:-7, Nutrition Score:22.687391343324%

Flavonoids

Cyanidin: 20.14mg, Cyanidin: 20.14mg, Cyanidin: 20.14mg, Cyanidin: 20.14mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 945.74kcal (47.29%), Fat: 57.4g (88.3%), Saturated Fat: 22.61g (141.34%), Carbohydrates: 90.75g (30.25%), Net Carbohydrates: 88.09g (32.03%), Sugar: 47.25g (52.5%), Cholesterol: 215.68mg (71.89%), Sodium: 351.23mg (15.27%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 19.76g (39.52%), Selenium: 34.71µg (49.58%), Vitamin B2: 0.82mg (48.23%), Phosphorus: 445.75mg (44.58%), Calcium: 429.76mg (42.98%), Vitamin B1: 0.55mg (36.94%), Vitamin B12: 1.94µg (32.36%), Vitamin D: 4.44µg (29.57%), Vitamin A: 1198.99IU (23.98%), Manganese: 0.48mg (23.98%), Folate: 88.79µg (22.2%), Potassium: 715.29mg (20.44%), Vitamin B3: 3.97mg (19.85%), Vitamin B5: 1.79mg (17.9%), Vitamin K: 17.02µg (16.21%), Iron: 2.87mg (15.93%), Magnesium: 61.5mg (15.37%), Vitamin B6: 0.3mg (14.76%), Zinc: 2.12mg (14.11%), Fiber: 2.66g (10.66%), Vitamin E: 1.27mg (8.45%), Copper: 0.16mg (7.81%), Vitamin C: 4.89mg (5.92%)