



Cherry Hand Pies

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 3 cups cherries whole pitted roughly chopped
- ☐ 1 tablespoon cornstarch
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted cut into 1/2-inch pieces
- ☐ 8 servings vegetable oil for frying
- ☐ 2 tablespoons vegetable shortening

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ plastic wrap
- ☐ kitchen thermometer

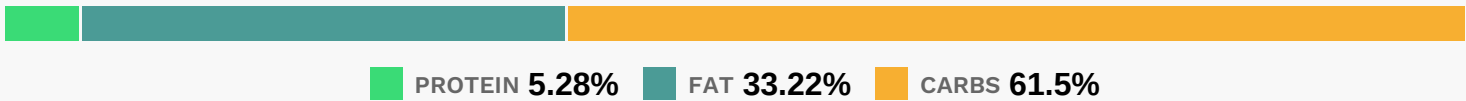
Directions

- ☐ Make the dough: Pulse the flour, granulated sugar, baking powder and salt in a food processor.
- ☐ Add the butter and shortening and pulse until the mixture looks like coarse meal.
- ☐ Drizzle in 6 tablespoons ice water and pulse until the dough starts coming together.
- ☐ Turn the dough out onto a piece of plastic wrap and lightly knead to bring together. Form into a disk, wrap in the plastic wrap and refrigerate until firm, about 1 hour.
- ☐ Combine the cherries, granulated sugar, cinnamon and salt in a medium saucepan over medium heat. Cook, stirring, until the cherries are juicy and the sugar dissolves, about 5 minutes. Bring to a simmer and cook, stirring, 5 more minutes. Spoon about 2 tablespoons of the juice into a small bowl; stir in the cornstarch until dissolved.
- ☐ Pour the cornstarch mixture into the saucepan and continue to simmer, stirring, until very thick, 6 to 8 more minutes.
- ☐ Transfer to a bowl, stir in the lemon juice and let cool.
- ☐ Divide the dough into 8 pieces and roll each into a ball. On a lightly floured work surface, roll out each ball into a 6 1/2-inch round, using as little flour as possible. Stack the rounds

between pieces of parchment paper and refrigerate until firm, about 30 minutes.

- ☐ Remove the dough from the refrigerator and let stand 5 minutes.
- ☐ Place 2 tablespoons cherry filling in the center of each round, then fold in half to enclose and crimp the edges to seal.
- ☐ Heat 1 inch of vegetable oil in a deep skillet until a deep-fry thermometer registers 360 degrees F. Fry the pies in 2 batches, turning once, until golden brown, about 3 minutes.
- ☐ Transfer to a rack to cool. Dust with confectioners' sugar.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:26.84, Inflammation Score:-4, Nutrition Score:6.3669564685096%

Flavonoids

Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 285.24kcal (14.26%), Fat: 10.71g (16.48%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 42.64g (15.5%), Sugar: 18.07g (20.08%), Cholesterol: 11.29mg (3.76%), Sodium: 191.5mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Vitamin B1: 0.26mg (17.38%), Selenium: 10.75µg (15.35%), Folate: 59.79µg (14.95%), Manganese: 0.26mg (13.11%), Vitamin B2: 0.18mg (10.34%), Vitamin B3: 1.93mg (9.65%), Iron: 1.7mg (9.44%), Vitamin K: 8.42µg (8.02%), Fiber: 1.98g (7.92%), Phosphorus: 54.41mg (5.44%), Vitamin C: 4.35mg (5.27%), Potassium: 152.15mg (4.35%), Vitamin E: 0.61mg (4.04%), Copper: 0.08mg (3.94%), Calcium: 35.71mg (3.57%), Vitamin A: 164.61IU (3.29%), Magnesium: 12.96mg (3.24%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.26mg (1.76%)