



Classic plum pie with custard

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 900 g plums sliced
- ☐ 140 g brown sugar
- ☐ 1 tsp ground cloves
- ☐ 1 tbsp cornstarch
- ☐ 500 g pastry crust
- ☐ 1 eggs beaten
- ☐ 4 egg yolk
- ☐ 85 g sugar

- ☐ 250 ml milk
- ☐ 250 ml double cream
- ☐ 1 vanilla pod

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and put a large baking sheet in to heat up.
- ☐ Put the plums, sugar and cloves in a pan. Simmer until the sugar dissolves and the plums are juicy, 8–10 mins.
- ☐ Mix the cornflour with a little of the juice, then mix well into the fruit. Boil for a few mins, stirring, until thickened.
- ☐ For the custard, blend the yolks and sugar.
- ☐ Heat the milk, cream and vanilla in a pan until almost boiling, then gently pour onto the egg mix, whisking constantly. Return to a clean pan and heat gently, stirring, until the mix thickens and coats the back of a spoon. Cool quickly, then chill. Custard can be made up to a day ahead and gently reheated.
- ☐ Roll out two-thirds of the pastry on a floured surface. Use to line a pie dish, letting the pastry hang over the edges a little. Fill with the plums.
- ☐ Roll out remaining pastry, about 2.5cm bigger than the dish, then drape over the plums. Pinch edges together well, then make a small hole in the top.
- ☐ Brush with egg and sprinkle with sugar. Can be assembled up to 1 day ahead.
- ☐ Place on the hot baking sheet.
- ☐ Bake for 25–30 mins until golden brown, and serve hot with the custard.

Nutrition Facts



 PROTEIN **7.14%**  FAT **33.6%**  CARBS **59.26%**

Properties

Glycemic Index:23.09, Glycemic Load:24.38, Inflammation Score:-7, Nutrition Score:13.664782524109%

Flavonoids

Cyanidin: 6.33mg, Cyanidin: 6.33mg, Cyanidin: 6.33mg, Cyanidin: 6.33mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 515.1kcal (25.75%), Fat: 19.52g (30.02%), Saturated Fat: 9.81g (61.31%), Carbohydrates: 77.45g (25.82%), Net Carbohydrates: 74.59g (27.12%), Sugar: 41.4g (46%), Cholesterol: 157.05mg (52.35%), Sodium: 340.56mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.68%), Selenium: 23.17µg (33.1%), Vitamin B1: 0.41mg (27.49%), Manganese: 0.53mg (26.7%), Vitamin B2: 0.42mg (24.78%), Vitamin A: 1062.35IU (21.25%), Folate: 77.85µg (19.46%), Phosphorus: 162.75mg (16.28%), Vitamin B3: 3.1mg (15.49%), Iron: 2.74mg (15.2%), Vitamin C: 10.88mg (13.18%), Fiber: 2.86g (11.44%), Calcium: 105.01mg (10.5%), Potassium: 344.68mg (9.85%), Vitamin K: 10.32µg (9.83%), Vitamin D: 1.45µg (9.69%), Vitamin B5: 0.92mg (9.19%), Copper: 0.15mg (7.62%), Vitamin B12: 0.45µg (7.48%), Magnesium: 26.71mg (6.68%), Vitamin B6: 0.13mg (6.55%), Vitamin E: 0.96mg (6.41%), Zinc: 0.92mg (6.12%)