



Coconut Cream Jar Pies

 Vegetarian

READY IN



180 min.

SERVINGS



6

CALORIES



975 kcal

DESSERT

Ingredients

- 6 servings butter
- 5 tablespoon cornstarch
- 4 large egg yolk
- 1 cup cup heavy whipping cream cold
- 3 tablespoons water
- 1 teaspoon kosher salt
- 2 cups flour for dusting plus more
- 1 teaspoon sugar

- 1 cup butter unsalted cold cut into 1/2-inch cubes
- 1.5 cups coconut milk unsweetened
- 1.5 cups coconut flakes dried shredded unsweetened flaked
- 1 teaspoon vanilla extract
- 1.5 cups milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- sieve
- blender
- plastic wrap
- stand mixer

Directions

- Cut the butter into 1/2-inch cubes, and freeze them while you measure and mix the dry ingredients.
- Combine the flour, sugar, and salt in the processor and pulse three or four times to mix. Retrieve the butter cubes from the freezer, scatter them over the flour mixture, and pulse until the mixture forms pea-size clumps.
- Add the ice water, 1 tbsp at a time, and pulse to mix, adding just enough water for the dough to come together. To make the dough by hand: In a large bowl, whisk together flour, sugar, and salt. Retrieve the butter cubes from the freezer and distribute them evenly in the flour mixture, coating them with the flour mixture. Sink your fingers into the mixture and begin pinching the butter and flour together, making thin, floury disks of the butter. Continue working the mixture until the butter is broken down first into floury pea-sized beads and then

into a loose mixture that resembles wet sand.

- Drizzle in 3 tablespoons of the ice water and use your hand like a comb to mix in the liquid just until the dough holds together. If necessary, add additional water, 1 tbsp at a time, until the dough comes together in a crumbly mass. Alternatively, if using a pastry blender, whisk together the dry ingredients in a large bowl. Scatter the butter evenly over the flour mixture, and stir to coat with the flour mixture. Using a swift, downward motion, cut the butter into the dry ingredients, turning the bowl and then plunging the cutter into the mixture repeatedly. You may need to stop occasionally to slip chunks of butter from the blades back into the flour. Continue cutting until the mixture resembles wet sand.
- Drizzle in 3 tablespoons of the water and use a fork or your fingers to mix in the liquid just until the dough holds together. If necessary, add additional water, 1 tablespoon at a time, until the dough comes together in a crumbly mass.
- Turn the dough out onto a clean, floured work surface or sheet of parchment paper. Gather the dough together in a mound, then knead it a few times to smooth it out. Divide it in half, and gently pat and press each half into a rough rectangle, circle, or square about 1 inch thick. The shape you choose depends on what shape you will be rolling out the dough. If you don't know how you will be using the dough at this point, opt for a circle. Wrap in plastic wrap or in the parchment paper and refrigerate for at least 2 hours or up to 3 days.
- For the Pies: Line 6 half-pint jars with the butter crust with the pastry. Refrigerate for at least 30 minutes or up to 2 days.
- Meanwhile, Preheat the oven to 325°F.
- Spread the dried coconut evenly on a rimmed baking sheet/tray, place in the oven, and toast until golden, about 5 minutes. Once the coconut starts to brown, it can overdarken quickly, so watch closely.
- Remove from the oven and immediately transfer to a shallow bowl or plate and let cool completely (do not leave it on the hot pan or it will continue to brown). Increase the oven temperature to 400°F.
- Fit a piece of parchment/baking paper into each pastry-lined jar, extending it beyond the rim, and fill with pie weights. Arrange the jars on a rimmed baking sheet/tray, place in the oven, and bake for 10 minutes.
- Remove from the oven, lift out the paper and weights, return the jars to the oven, and continue baking until the pastry looks dry and is golden, about 5 minutes more.
- Remove from the oven and let cool completely on a baking rack before filling.

- Meanwhile, in a bowl, whisk the egg yolks until blended. Set aside. Set a fine-mesh sieve over a bowl.
- In a saucepan, whisk together the coconut milk, milk, 2/3 cup of the sugar, the cornstarch, and the salt.
- Place over medium heat and cook, whisking constantly, until mixture begins to steam and bubble at the edges of the pan, 5 to 7 minutes.
- Remove from the heat.
- Gradually add about 1/2 cup of the hot milk mixture to the egg yolks, whisking constantly.
- Pour this mixture into the saucepan while stirring constantly. Return the pan to medium heat and cook, whisking constantly, until the mixture is thickened to a puddinglike consistency and is just beginning to bubble, about 5 minutes.
- Remove from the heat and strain through the sieve into the bowl. Stir in the vanilla and 1 cup of the toasted coconut (reserve the remainder for topping the pies). Cover with plastic wrap, pressing the wrap directly onto the surface of the mixture, and refrigerate until well chilled, at least 3 hours or up to 3 days.
- Just before assembling the pie, in a stand mixer fitted with the whip attachment, whip the cream until about tripled in volume.
- Add the sugar and whip until soft peaks form. (Or, use a large bowl and a handheld mixer or whisk.)
- Spoon about 3/4 cup of the coconut filling into each jar and smooth the tops. Top the filling with 2 to 3 tablespoons of the whipped cream, then sprinkle the reserved toasted coconut evenly over the cream.
- Serve immediately, or cover and refrigerate for up to 2 days then serve chilled or at room temperature. These pies cannot be frozen.

Nutrition Facts



PROTEIN 4.99% **FAT 74.39%** **CARBS 20.62%**

Properties

Glycemic Index:38.85, Glycemic Load:24.55, Inflammation Score:-8, Nutrition Score:20.560869507168%

Nutrients (% of daily need)

Calories: 974.88kcal (48.74%), Fat: 82.42g (126.81%), Saturated Fat: 58.23g (363.93%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 45.42g (16.52%), Sugar: 8.61g (9.57%), Cholesterol: 266.64mg (88.88%), Sodium: 481.96mg (20.95%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 12.45g (24.9%), Manganese: 1.43mg (71.69%), Selenium: 31.09µg (44.42%), Vitamin A: 1915.75IU (38.32%), Phosphorus: 288.78mg (28.88%), Vitamin B1: 0.42mg (27.98%), Vitamin B2: 0.46mg (27.12%), Folate: 107.18µg (26.8%), Fiber: 5.97g (23.88%), Iron: 4.02mg (22.31%), Copper: 0.41mg (20.69%), Vitamin D: 2.49µg (16.57%), Vitamin B3: 3.16mg (15.79%), Magnesium: 62.38mg (15.59%), Calcium: 148.16mg (14.82%), Potassium: 470.87mg (13.45%), Vitamin E: 1.89mg (12.6%), Zinc: 1.77mg (11.81%), Vitamin B5: 1.18mg (11.77%), Vitamin B12: 0.69µg (11.44%), Vitamin B6: 0.19mg (9.71%), Vitamin K: 4.78µg (4.55%), Vitamin C: 2.24mg (2.71%)