



Coconut Custard Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

Ingredients

- 0.8 cup butter unsalted cold
- 0.5 cup coconut (fresh sweetened with a vegetable peeler from a shelled coconut) or flaked coconut cut
- 5 large eggs
- 2 cups flour all-purpose
- 0.5 cup half and half
- 1 cup heavy whipping cream chilled
- 4 tablespoons water
- 0.3 teaspoon salt

- 2 tablespoons sugar
- 0.5 teaspoon vanilla
- 2 cups milk whole

Equipment

- bowl
- oven
- whisk
- blender
- plastic wrap
- baking pan
- hand mixer
- aluminum foil
- wax paper
- rolling pin

Directions

- Whisk together flour and salt in a large bowl.
- Cut 6 tablespoons butter into 1/2-inch cubes, then blend into flour with your fingertips or a pastry blender until mixture resembles coarse meal.
- Cut another 6 tablespoons butter into 1/2-inch cubes, then blend into flour in same manner until mixture has small (roughly pea-size) butter lumps.
- Drizzle evenly with 4 tablespoons ice water and gently stir with a fork until incorporated. Squeeze a small handful: If it doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring until just incorporated, then test again. (Do not overwork mixture, or pastry will be tough.) Gather dough into a ball in bowl, then flatten into a 5-inch square on a sheet of wax paper. Wrap dough in wax paper and chill 30 minutes.
- Cut remaining 3 tablespoons butter into very thin slices.
- Roll out dough on a floured surface with a floured rolling pin into a 13- by 11-inch rectangle (1/3 inch thick). Arrange dough with a short side nearest you and place butter slices evenly over dough, then fold dough into thirds like a letter: bottom third up and top third down over

dough.

- Turn dough so a short side is nearest you and roll dough into a 13- by 11-inch rectangle (1/3 inch thick) again, then fold dough into thirds like a letter once more.
- Brush off any excess flour, then wrap dough in wax paper and chill at least 3 hours.
- Preheat oven to 375°F.
- Roll out dough on floured surface with floured rolling pin to a rough 16-inch square, then fit into a 10-inch (6-cup) glass pie plate. Trim excess dough, leaving a 1-inch overhang, then fold overhang under to form a rim (baked crust will not hold a crimp). Line pie shell with foil and fill with pie weights.
- Bake in middle of oven until edge of pastry is set and pale golden, 17 to 20 minutes.
- Carefully remove foil and weights, then prick bottom and side of pie shell all over with a fork.
- Bake, pricking again if any large air pockets form, until pie shell is golden all over, about 15 minutes more. (Leave oven on.)
- Beat eggs in a large bowl with an electric mixer at medium speed until combined well. Beat in sugar, milk, half-and-half, vanilla, and salt, then stir in flaked coconut.
- Pour custard into hot pie shell and cover edge of pie with a pie shield or foil (to prevent overbrowning).
- Bake in middle of oven until custard is set 2 inches from edge but still jiggles slightly in center, 30 to 40 minutes. (Leave oven on.) Cool pie completely on a rack, about 1 1/2 hours.
- Reduce oven temperature to 350°F.
- Spread coconut shavings in a shallow baking pan and bake in middle of oven, stirring once, until pale golden, about 5 minutes (watch carefully, since coconut burns easily). Cool in pan on rack.
- Just before serving, beat cream with sugar and vanilla in a bowl with cleaned beaters at medium speed until it just holds soft peaks.
- Spread cream over pie and sprinkle with toasted coconut.
- Dough can be chilled, wrapped well in plastic wrap, up to 1 day.

Nutrition Facts

  

 PROTEIN 8.52%  FAT 64.56%  CARBS 26.92%

Properties

Glycemic Index:29.14, Glycemic Load:20.44, Inflammation Score:-7, Nutrition Score:12.062173796737%

Nutrients (% of daily need)

Calories: 505.08kcal (25.25%), Fat: 36.47g (56.1%), Saturated Fat: 22.41g (140.05%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 32.83g (11.94%), Sugar: 9.62g (10.69%), Cholesterol: 208.24mg (69.41%), Sodium: 310.52mg (13.5%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 10.83g (21.66%), Selenium: 23.81µg (34.01%), Vitamin B2: 0.48mg (27.97%), Vitamin A: 1290.26IU (25.81%), Vitamin B1: 0.3mg (20.29%), Phosphorus: 199.29mg (19.93%), Folate: 74.32µg (18.58%), Calcium: 139.06mg (13.91%), Manganese: 0.28mg (13.83%), Vitamin B12: 0.72µg (12%), Vitamin D: 1.77µg (11.81%), Iron: 2.12mg (11.78%), Vitamin B3: 2.02mg (10.08%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 1.18mg (7.88%), Zinc: 1.06mg (7.07%), Potassium: 241.02mg (6.89%), Vitamin B6: 0.12mg (6.22%), Magnesium: 24.78mg (6.2%), Fiber: 1.37g (5.48%), Copper: 0.09mg (4.5%), Vitamin K: 3.01µg (2.87%)