



Confessions of a Peach Addict- Sour Cream Peach Pie



Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.3 cup flour for dusting all-purpose divided plus more)
- ☐ 4 tablespoon granulated sugar divided ()
- ☐ 1 tablespoon ice water as needed plus more)
- ☐ 0.1 teaspoon kosher salt as needed plus more)
- ☐ 0.3 cup brown sugar light packed (lightly)
- ☐ 6 tablespoon cup heavy whipping cream sour divided ()

- ☐ 12 tablespoon butter unsalted cold divided cut into pieces,)

Equipment

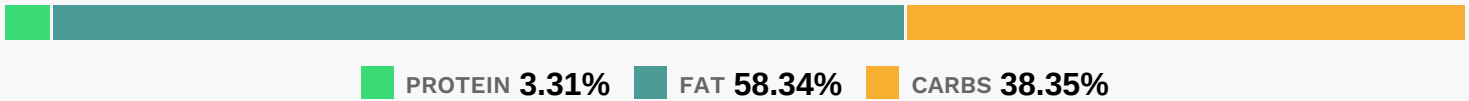
- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Make the crust: Pulse 1 ¼ cup flour, 2 tablespoons sugar, and 1/8 teaspoon salt in a food processor to combine.
- ☐ Add 8 tablespoons butter chunks (about 4 ounces by weight); process until mixture resembles coarse meal, about 10 seconds.
- ☐ Add egg yolk, and pulse. With machine running, add ice water in a slow, steady stream through feed tube until dough remains crumbly but begins to just hold together. Turn out dough onto a work surface; shape into a disk. Wrap in plastic, and refrigerate at least 1 hour (up to 2 days). Make the brown sugar topping: Using a fork mix the brown sugar, remaining 3 tablespoons flour, baking powder, and a pinch of salt in a medium bowl until well incorporated and more powdery than clumpy. Using your hands or a pastry blender, cut in remaining 4 tablespoons butter until mixture resembles coarse crumbs. Set aside.
- ☐ Roll the dough: On a lightly floured surface, roll out dough to about 1/8 inch thick. Fit into a 9 ½- or 10-inch pie plate (about 1 ½ inches deep). Trim edge to 1 inch; fold under, and crimp or decorate as desired. Pierce bottom of dough all over with a fork.
- ☐ Transfer to freezer for 30 minutes. This dough can be sticky, sometimes it's easier to roll it between to floured sheets of parchment. Blind bake the crust: Preheat oven to 400 degrees F. Line crust with parchment paper, and fill with pie weights or dried beans. Make sure the rim is covered completely with parchment or make a foil collar to be safe; bake for 10 minutes. Carefully remove weights and parchment. Return to oven and bake until barely pale golden brown, 5 to 6 minutes more.

- ☐ Transfer to a wire rack to cool; reduce oven temperature to 375 degrees. Make the filling: Slice each of four peach halves into 3 equal wedges.
- ☐ Cut the remaining 2 peach halves into ½-inch dice.
- ☐ Put the peach wedges and dice together into a medium bowl, and sprinkle with granulated sugar and a pinch of salt; gently toss to coat.
- ☐ Let stand 15 minutes. Meanwhile spread half the sour cream onto bottom of the cooled crust; sprinkle one-third of the brown sugar topping on top of the sour cream. Arrange the peach wedges in a tight circular pattern, squeezing or slightly overlapping them to fit snugly if necessary.
- ☐ Spread the remaining diced peaches and all the accumulated liquid evenly over the peach wedges; spread or dot the top with the remaining 3 tablespoons sour cream.
- ☐ Sprinkle with remaining brown sugar topping. Cover just the exposed edge of crust with a ring of foil to keep the crust from getting too brown.
- ☐ Bake pie until filling is bubbling and topping is golden brown, about 45 minutes.
- ☐ Let cool on a wire rack at least 15 minutes.
- ☐ Serve warm or at room temperature. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:15, Inflammation Score:-4, Nutrition Score:4.0139130033229%

Nutrients (% of daily need)

Calories: 288.77kcal (14.44%), Fat: 18.99g (29.21%), Saturated Fat: 11.73g (73.29%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 27.56g (10.02%), Sugar: 13.03g (14.48%), Cholesterol: 50.46mg (16.82%), Sodium: 57.15mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin A: 580.86IU (11.62%), Vitamin B1: 0.16mg (10.41%), Selenium: 7.28µg (10.4%), Folate: 36.98µg (9.25%), Vitamin B2: 0.12mg (7.05%), Manganese: 0.14mg (6.99%), Vitamin B3: 1.18mg (5.89%), Iron: 0.98mg (5.46%), Phosphorus: 35.99mg (3.6%), Vitamin E: 0.53mg (3.55%), Calcium: 30.25mg (3.02%), Fiber: 0.53g (2.11%), Vitamin D: 0.31µg (2.1%), Copper: 0.04mg (1.85%), Vitamin K: 1.66µg (1.58%), Magnesium: 6.29mg (1.57%), Vitamin B5: 0.15mg (1.48%), Potassium: 46.48mg (1.33%), Zinc: 0.19mg (1.26%)