



## Free-Form Fruit and Nut Pies

READY IN



115 min.

SERVINGS



6

CALORIES



438 kcal

DESSERT

### Ingredients

- 1 large eggs
- 1 large egg yolk
- 0.8 cup flour all-purpose
- 1 tablespoon cornmeal white yellow stone-ground ( or )
- 1 cup fruit jam
- 0.8 cup pinenuts for topping
- 1 pinch salt fine
- 0.3 cup sugar
- 3 tablespoons butter unsalted cold sliced

## Equipment

- food processor
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- rolling pin
- dough scraper

## Directions

- Toast all the pine nuts in a dry skillet over medium-low heat, stirring, until evenly brown and fragrant, about 2 to 3 minutes. Cool.
- Pulse the 3/4 cup cool pine nuts and sugar in a food processor until finely ground, about 15 times.
- Add the flour, cornmeal, salt, and butter and pulse until combined, about 10 more times.
- Add the egg and pulse until mixture comes together in a soft dough, about 5 times.
- Lay out an 8 by 11-inch sheet of waxed or parchment paper. Divide dough equally into 6 balls and place on the paper, leaving at least 4 inches between each. Press down lightly to make even disks, and cover with another sheet of paper. With a rolling pin lightly roll over the entire sheet to make rounds about 5 inches in diameter. Slide paper onto a baking sheet and refrigerate for at least 1 hour or up to 3 days.
- Remove top sheet of paper and cut the parchment into 6 squares (around the dough circles).
- Place 2 heaping tablespoons of jam on each circle and spread it evenly with the back of a spoon over the crust, leaving a 1 1/2-inch border around the edges. Fold and loosely pleat the dough over the edge of the jam, to make a rustic free-form pie. (Use the edge of the parchment or a bench scraper to lift the edges of dough over; it's easier that way. See photo.) Repeat with the remaining disks.
- Whisk the egg yolk with a teaspoon of water and brush over the edges of the crusts with it.
- Sprinkle remaining pine nuts onto the egg wash. Refrigerate pies for 30 minutes.

- Position a rack in the middle of the oven and preheat to 375 degrees F.
- Bake pies until golden brown, about 30 minutes.
- Let set for 5 minutes before transferring with the paper onto a rack to cool.
- Serve warm or at room temperature, with ice cream, whipped cream or yogurt, if desired.

## Nutrition Facts



### Properties

Glycemic Index:44.77, Glycemic Load:36.3, Inflammation Score:-4, Nutrition Score:11.844782611598%

### Nutrients (% of daily need)

Calories: 437.69kcal (21.88%), Fat: 19.08g (29.36%), Saturated Fat: 5g (31.26%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 61.03g (22.19%), Sugar: 36.52g (40.58%), Cholesterol: 76.65mg (25.55%), Sodium: 39.36mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Manganese: 1.63mg (81.49%), Copper: 0.32mg (15.79%), Phosphorus: 157.65mg (15.77%), Selenium: 10.91µg (15.59%), Vitamin B1: 0.21mg (13.79%), Vitamin E: 1.98mg (13.21%), Magnesium: 51.13mg (12.78%), Vitamin B2: 0.22mg (12.77%), Folate: 49.39µg (12.35%), Iron: 2.21mg (12.3%), Zinc: 1.46mg (9.76%), Vitamin K: 9.68µg (9.22%), Vitamin B3: 1.73mg (8.67%), Fiber: 1.83g (7.3%), Vitamin C: 5.12mg (6.21%), Vitamin A: 265.68IU (5.31%), Potassium: 182.9mg (5.23%), Vitamin B5: 0.36mg (3.63%), Vitamin B6: 0.07mg (3.41%), Vitamin D: 0.42µg (2.83%), Calcium: 26.57mg (2.66%), Vitamin B12: 0.14µg (2.36%)