



## Gooseberry pie

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



943 kcal

DESSERT

## Ingredients

- ☐ 250 g butter unsalted softened
- ☐ 140 g icing sugar
- ☐ 5 egg yolks
- ☐ 500 g flour plain for dusting
- ☐ 900 g gooseberry
- ☐ 200 g caster sugar for sprinkling
- ☐ 2 tbsp port

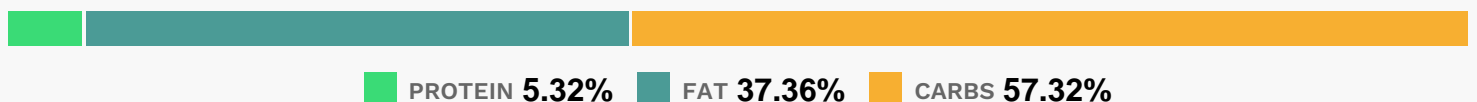
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pie form

## Directions

- ☐ To make the pastry, mix the butter and icing sugar together in a bowl, then tip in 4 egg yolks.
- ☐ Add the flour and mix it all together with your fingers until you get a crumbly texture like damp breadcrumbs. Work in 1-2 tbsp water until the pastry just comes together, then divide it in half and roll it into 2 balls. This will make double the amount you need, so freeze half for another time.
- ☐ Lay the ball you are using on a floured surface, flatten it out with your hands, wrap the dough in cling film and chill for at least 30 mins.
- ☐ For the filling, tip the fruit, sugar and Port, if using, or a splash of water into a saucepan and simmer everything for about 10 mins until the fruit is soft. Taste for sweetness, adding more sugar if you think it needs it.
- ☐ Pour the fruit into a pie dish about 25cm wide and 5cm deep.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Roll the pastry out on a lightly floured surface so its big enough to make a lid for your pie dish.
- ☐ Cut a thin strip of pastry to stick onto the lip of the pie dish this doesnt have to be one continuous piece. Stick it on with a little water, then moisten the strip with more water and place the pastry lid on top. Press down firmly, trim off any excess pastry and crimp. Make a hole in the middle of the lid, brush the top with the remaining egg yolk and sprinkle over some caster sugar. You should have enough pastry trimmings left over to make some artistic leaves to decorate your pie, if you like.
- ☐ Bake for 30 mins or until the top is golden brown. Leave the pie to relax a little, then serve it with custard or vanilla ice cream.

## Nutrition Facts



## Properties

Glycemic Index:26.68, Glycemic Load:70.6, Inflammation Score:-9, Nutrition Score:22.628260757612%

Flavonoids

Cyanidin: 13.1mg, Cyanidin: 13.1mg, Cyanidin: 13.1mg, Cyanidin: 13.1mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg, Malvidin: 4.74mg Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.66mg, Gallocatechin: 0.66mg, Gallocatechin: 0.66mg, Gallocatechin: 0.66mg

Nutrients (% of daily need)

Calories: 943.48kcal (47.17%), Fat: 39.56g (60.87%), Saturated Fat: 23.02g (143.89%), Carbohydrates: 136.6g (45.53%), Net Carbohydrates: 127.9g (46.51%), Sugar: 56.81g (63.12%), Cholesterol: 251.58mg (83.86%), Sodium: 16.2mg (0.7%), Alcohol: 0.76g (100%), Alcohol %: 0.28% (100%), Protein: 12.68g (25.35%), Selenium: 38.33µg (54.76%), Vitamin C: 41.55mg (50.36%), Vitamin B1: 0.74mg (49.57%), Folate: 184.65µg (46.16%), Manganese: 0.8mg (40.12%), Fiber: 8.7g (34.8%), Vitamin A: 1692.55IU (33.85%), Vitamin B2: 0.56mg (33.04%), Vitamin B3: 5.4mg (27.01%), Iron: 4.79mg (26.62%), Phosphorus: 199.45mg (19.94%), Vitamin E: 1.96mg (13.06%), Vitamin B5: 1.29mg (12.9%), Copper: 0.25mg (12.47%), Potassium: 418.25mg (11.95%), Vitamin B6: 0.21mg (10.52%), Vitamin D: 1.43µg (9.57%), Magnesium: 35.37mg (8.84%), Calcium: 80.32mg (8.03%), Zinc: 1.15mg (7.7%), Vitamin B12: 0.36µg (6.06%), Vitamin K: 3.27µg (3.12%)