

Irish Whiskey Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



471 kcal

DESSERT

Ingredients

- 0.5 cup condensed milk
- 0.3 cup cornstarch
- 5 egg yolk
- 1 cup brown sugar light
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- 2 cups milk
- 2.5 cups pastry flour all-purpose fine (is)
- 10 servings salt

- 6 tbsp butter unsalted
- 0.3 cup vodka cold
- 0.3 cup water cold
- 1 oz irish whiskey

Equipment

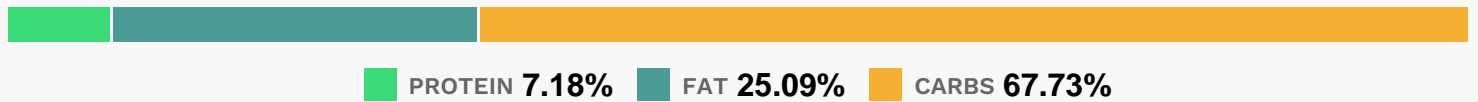
- food processor
- bowl
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- aluminum foil
- wax paper
- rolling pin

Directions

- For the crust:Sift flour and salt together into a large bowl.Using a food processor, a pastry blender or two knives and a good amount of patience, cut the butter into the flour.
- Add water and vodka stirring after each addition until the dough comes together.Form into a ball and cut it in half.Flatten each half into a disc, wrap them in wax paper and refrigerate for at least half an hour before baking.You will only need one half for this recipe, so feel free to freeze the other half for future pie emergencies.When ready to bake, preheat oven to 375
- Place pastry on a well-floured surface and using a well-floured rolling pin, roll out the pastry to fit a 9-inch pie plate.
- Place pastry into the pie plate and trim and crimp the edges.Prick the dough several times with a fork.Wrap tin foil around the pastry and fill the center with pie weights or dried beans.
- Place in the center of the oven and bake for 25 minutes.
- Remove weights and tin foil and bake for an additional nine minutes or until golden brown.

- Remove from the oven and let cool.For the Filling:In a medium sized bowl whisk together condensed milk, cornstarch and salt.
- Add egg yolks one at a time, whisking until combined after each addition. Set aside.In a medium sized saucepan melt butter over moderate heat.
- Add brown sugar and allow to bubble slightly.Slowly whisk in milk.
- Add egg mixture slowly, whisking constantly.Bring back to a boil while whisking the mixture.Once the mixture is boiling, let it cook while stirring for approximately one minute or until thick.
- Remove from heat and stir in whiskey.
- Pour into a cooled pie shell and cover with plastic wrap.
- Place in the fridge and let set for four hours.You may serve the pie with whipped cream if you wish, but I find it so rich that I like to eat it au naturale.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:5.94, Inflammation Score:-5, Nutrition Score:12.953043478261%

Taste

Sweetness: 100%, Saltiness: 17.65%, Sourness: 7.8%, Bitterness: 7.35%, Savoriness: 14.55%, Fattiness: 30.61%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 470.8kcal (23.54%), Fat: 12.94g (19.91%), Saturated Fat: 7.11g (44.46%), Carbohydrates: 78.61g (26.2%), Net Carbohydrates: 75.37g (27.41%), Sugar: 53.53g (59.48%), Cholesterol: 126.58mg (42.19%), Sodium: 250.59mg (10.9%), Alcohol: 3.02g (16.8%), Protein: 8.34g (16.68%), Manganese: 1.26mg (62.94%), Selenium: 27.47µg (39.25%), Phosphorus: 234.8mg (23.48%), Calcium: 164.21mg (16.42%), Magnesium: 55.67mg (13.92%), Vitamin B1: 0.21mg (13.9%), Vitamin B2: 0.23mg (13.61%), Fiber: 3.24g (12.96%), Vitamin B6: 0.21mg (10.47%), Iron: 1.69mg (9.37%), Vitamin A: 465.3IU (9.31%), Zinc: 1.36mg (9.04%), Potassium: 309.46mg (8.84%), Vitamin B12: 0.52µg (8.68%), Vitamin B5: 0.81mg (8.14%), Vitamin B3: 1.63mg (8.13%), Copper: 0.16mg (7.92%), Vitamin D: 1.18µg (7.87%), Folate: 28.72µg (7.18%), Vitamin E: 0.69mg (4.61%), Vitamin K: 1.47µg (1.4%)