



Melissa Clark's Spiced Maple Pecan Pie with Star Anise

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



513 kcal

DESSERT

Ingredients

- 8 servings crème fraîche for serving
- 0.5 cup sugar raw
- 3 large eggs
- 1.3 cups flour all-purpose
- 2 tablespoons water
- 0.3 teaspoon kosher salt
- 1 cup maple syrup

- 2 cups pecans
- 2 tablespoons rum dark
- 0.3 teaspoon salt
- 4 tablespoons butter unsalted melted ()
- 8 star anise whole

Equipment

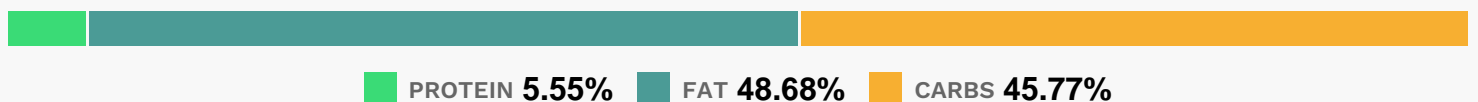
- food processor
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- aluminum foil
- microwave
- measuring cup

Directions

- To make the crust, in a food processor, briefly pulse together the flour and salt.
- Add the butter and pulse until the mixture forms lima bean–size pieces (three to five 1-second pulses).
- Add ice water 1 tablespoon at a time, and pulse until the mixture is just moist enough to hold together. Form the dough into a ball, wrap with plastic, and flatten into a disc. Refrigerate at least 1 hour before rolling out and baking (or up to a week, or freeze for up to 4 months). On a lightly floured surface, roll out the piecrust to a 12-inch circle.
- Transfer the crust to a 9-inch pie plate. Fold over any excess dough, then crimp as decoratively as you can manage. Prick the crust all over with a fork. Freeze the crust for 15 minutes or refrigerate for 30 minutes. Preheat the oven to 400°F. Cover the pie with aluminum foil and fill with pie weights (you can use pennies, rice, or dried beans for this; I use pennies).

- Bake for 20 minutes; remove the foil and weights and bake until pale golden, about 5 minutes more. Cool on a rack until needed. To make the filling, in a medium saucepan over medium-high heat, bring the maple syrup, Demerara sugar, and star anise to a boil. Reduce to a simmer and cook until the mixture is very thick, all the sugar has dissolved, and the syrup measures 1 cup, 15 to 20 minutes.
- Remove from the heat and let sit for 1 hour for the anise to infuse. While the syrup is infusing, toast the nuts. Preheat the oven to 325°F.
- Spread the pecans out on a baking sheet and toast them in the oven until they start to smell nutty, about 12 minutes.
- Transfer to a wire rack to cool.
- Remove the star anise from the syrup. Warm the syrup if necessary to make it pourable but not hot (you can pop it in the microwave for a few seconds if you've moved it to a measuring cup). In a medium bowl, whisk together the syrup, eggs, melted butter, rum, and salt. Fold in the pecan halves.
- Pour the filling into the crust and transfer to a rimmed baking sheet.
- Bake until the pie is firm to the touch but jiggles slightly when moved, 35 to 40 minutes.
- Let cool to room temperature before serving with whipped crème fraîche. Reprinted with permission from Cook This Now: 120 Easy and Delectable Dishes You Can't Wait to Make by Melissa Clark. Copyright 201
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Nutrition Facts



Properties

Glycemic Index: 17.69, Glycemic Load: 20.81, Inflammation Score: -5, Nutrition Score: 14.80130433518%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 513.46kcal (25.67%), Fat: 27.96g (43.01%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 56.09g (20.39%), Sugar: 38.03g (42.26%), Cholesterol: 91.88mg (30.63%), Sodium: 181.23mg (7.88%), Alcohol: 1.25g (100%), Alcohol %: 1.11% (100%), Protein: 7.18g (14.36%), Manganese: 2.21mg (110.47%), Vitamin B2: 0.75mg (44.18%), Vitamin B1: 0.36mg (23.81%), Selenium: 13.88µg (19.83%), Copper: 0.35mg (17.68%), Phosphorus: 142.25mg (14.23%), Iron: 2.33mg (12.96%), Folate: 51.03µg (12.76%), Zinc: 1.89mg (12.58%), Fiber: 3.05g (12.2%), Magnesium: 48.28mg (12.07%), Calcium: 96.59mg (9.66%), Potassium: 273.63mg (7.82%), Vitamin B3: 1.53mg (7.67%), Vitamin A: 367.91IU (7.36%), Vitamin B5: 0.64mg (6.43%), Vitamin B6: 0.1mg (5.21%), Vitamin E: 0.76mg (5.09%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.48µg (3.2%), Vitamin K: 1.65µg (1.57%)