



Mincemeat Pie

READY IN



4395 min.

SERVINGS



30

CALORIES



206 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice freshly ground
- 2 ounces apple cider
- 2 ounces beef suet coarsely chopped
- 0.5 cup brandy
- 1 ounce crystallized ginger coarsely chopped
- 6 ounces brown sugar dark
- 2 ounces cherries dried
- 4 ounces figs dried coarsely chopped
- 1 eggs with 1 teaspoon water beaten

- 12 ounces flour for dusting all-purpose
- 8 ounces golden raisins
- 2 granny smith apples cored peeled quartered
- 2.5 ounces cornmeal stone ground
- 1 lemon zest juiced
- 0.5 teaspoon nutmeg freshly grated
- 1 orange zest juiced
- 1.5 ounces sugar for the crust
- 1 teaspoon salt
- 8 ounces butter unsalted very cold
- 2 ounces water cold

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- whisk
- mixing bowl
- plastic wrap
- spatula
- pizza cutter
- box grater
- meat grinder

Directions

- Watch how to make this recipe.

- Place all of the ingredients except the crust into the bowl of a food processor and pulse 8 to 10 times.
- Place in an airtight container and store in the refrigerator for at least 3 days before using. Can be stored for up to 6 months.
- If you prefer a finer texture of mincemeat place the apples, dried fruit and suet into a meat grinder with a large die and grind.
- Transfer to a bowl and stir in the remaining ingredients. You may also finely chop the apples, dried fruit and suet by hand.
- Place the flour, cornmeal, 1 1/2 ounces sugar and salt into a large mixing bowl and whisk to combine. Grate the cold butter on the large side of a box grater directly into the dry ingredients. Work together with your hands until the mixture is crumbly.
- Add the cider and water and stir with a spatula to combine. Knead the dough 5 to 6 times and spritz with additional water if the dough is dry. Shape into a disk, wrap in plastic wrap and place in the refrigerator for 20 minutes.
- Preheat oven to 400 degrees F.
- Unwrap the dough and divide into 4 equal pieces.
- Place 2 pieces of the dough onto a piece of parchment paper and roll each out into a 1/8-inch thick round that is 6 to 8 inches in diameter. Spoon about 1/2 cup of the mincemeat into the center of each round, fold up the edges of the dough in order to form a crust all the way around.
- Brush the edges of the crust with egg wash and sprinkle lightly with sugar.
- Transfer the dough on the parchment to a half sheet pan.
- Place on the middle rack of the oven and bake for 30 minutes or until the crust is golden brown. Repeat with the remaining dough.
- If you prefer 1 large pie, roll out the dough on a piece of parchment into a 15 to 16-inch round, about 1/4 to 1/8-inch thick. Trim the edges with a pizza cutter. Carefully slide the rolled out dough, still on the parchment paper, onto an upside down half sheet pan. Spoon about 1 1/2 pounds of the mincemeat onto the center of the dough, leaving a 2 to 3-inch margin around the edge of the crust.
- Place in the oven and bake for 35 minutes or until the crust is golden.
- Remove from the oven and allow to cool for 30 to 45 minutes before serving.

Nutrition Facts



■ PROTEIN 4.08% ■ FAT 36.76% ■ CARBS 59.16%

Properties

Glycemic Index:15.8, Glycemic Load:12.68, Inflammation Score:-3, Nutrition Score:3.4930434615716%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 206.1kcal (10.31%), Fat: 8.27g (12.72%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 28.2g (10.26%), Sugar: 16.43g (18.25%), Cholesterol: 17.54mg (5.85%), Sodium: 82.54mg (3.59%), Alcohol: 1.34g (100%), Alcohol %: 2.57% (100%), Protein: 2.06g (4.13%), Manganese: 0.15mg (7.35%), Fiber: 1.75g (6.99%), Vitamin B1: 0.1mg (6.92%), Selenium: 4.23µg (6.04%), Folate: 22.97µg (5.74%), Vitamin A: 264.87IU (5.3%), Iron: 0.91mg (5.06%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.87mg (4.35%), Potassium: 127.97mg (3.66%), Copper: 0.07mg (3.51%), Phosphorus: 32.94mg (3.29%), Magnesium: 11.85mg (2.96%), Vitamin B6: 0.06mg (2.85%), Calcium: 22.33mg (2.23%), Vitamin C: 1.67mg (2.03%), Vitamin E: 0.27mg (1.77%), Vitamin K: 1.76µg (1.67%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.12mg (1.19%)