



Patchwork orchard pie

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 1.5 kg bramley apples cored peeled sliced (we used 5 Bramley apples, 2 Conference pears and 2 quinces)
- ☐ 25 g butter
- ☐ 1 vanilla pod split
- ☐ 2 tsp ground cinnamon
- ☐ 1 juice of lemon
- ☐ 100 g brown sugar for sprinkling
- ☐ 1 tbsp flour plain for dusting
- ☐ 375 g pastry crust sweet

☐ 1 eggs beaten

Equipment

☐ sauce pan

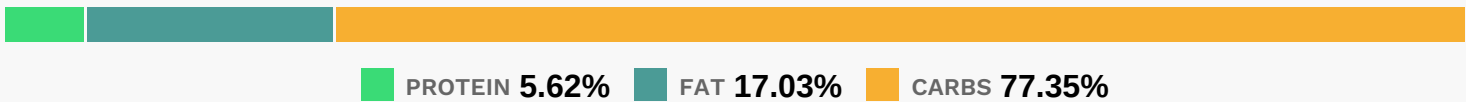
☐ oven

☐ pie form

Directions

- ☐ Put the quinces in a large saucepan with the butter, vanilla pod and seeds, cinnamon and 2 tbsp water. Cover and cook for 5 mins over a medium heat.
- ☐ Add the apples, lemon juice and sugar, cover again and cook for a further 10 mins.
- ☐ Add the pears and flour, and cook, uncovered, for 5 mins more stirring occasionally to stop the flour from sticking. The fruit should now be soft, but still holding its shape.
- ☐ Remove the vanilla pod and transfer the fruit to a deep 22cm pie dish. Leave to cool. The fruit can be covered and stored in the fridge for up to 2 days.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Roll out the pastry on a lightly floured surface to the thickness of a 1 coin. Trim the edges, then cut into rough triangles or squares.
- ☐ Brush a little egg around the edge of the dish and all over the pastry pieces. Starting from the outside, layer the pastry in a patchwork style, leaving a few little gaps for the fruit to poke through. Trim any overhanging edges and sprinkle liberally with caster sugar.
- ☐ Bake for 45–50 mins until the pastry is golden brown and the juices are bubbling.
- ☐ Serve warm with custard, if you like.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:16.4, Inflammation Score:-4, Nutrition Score:8.6682608697725%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 14.12mg, Epicatechin: 14.12mg, Epicatechin: 14.12mg, Epicatechin: 14.12mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 322.74kcal (16.14%), Fat: 6.31g (9.71%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 64.49g (21.5%), Net Carbohydrates: 58.72g (21.35%), Sugar: 31.84g (35.38%), Cholesterol: 27.18mg (9.06%), Sodium: 259.81mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Fiber: 5.77g (23.09%), Manganese: 0.42mg (20.93%), Vitamin B1: 0.3mg (19.75%), Selenium: 13.13µg (18.76%), Vitamin B2: 0.24mg (14.13%), Folate: 52.18µg (13.05%), Vitamin C: 10.1mg (12.24%), Iron: 2.02mg (11.2%), Vitamin B3: 2.17mg (10.83%), Potassium: 267.94mg (7.66%), Phosphorus: 69.65mg (6.96%), Copper: 0.11mg (5.6%), Vitamin K: 5.74µg (5.46%), Vitamin B6: 0.11mg (5.43%), Magnesium: 19.08mg (4.77%), Vitamin A: 211.19IU (4.22%), Calcium: 37.49mg (3.75%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.53mg (3.51%), Zinc: 0.4mg (2.68%)