



Peach-Blackberry Pie

READY IN



345 min.

SERVINGS



8

CALORIES



608 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour plus more for rolling
- ☐ 1 cup blackberries fresh
- ☐ 2 tablespoons butter cold cut into small pieces
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.3 teaspoons ground ginger
- ☐ 0.5 teaspoon ground nutmeg fresh

- ☐ 2 tablespoons heavy cream
- ☐ 4 tablespoons ice water
- ☐ 0.3 cup brown sugar light
- ☐ 2 tablespoons peach eau de vie
- ☐ 3 pounds peaches mixed white yellow pitted peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup solid vegetable shortening chilled cut into pieces
- ☐ 2 tablespoons sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 2 tablespoons cassis
- ☐ 2 tablespoons cassis

Equipment

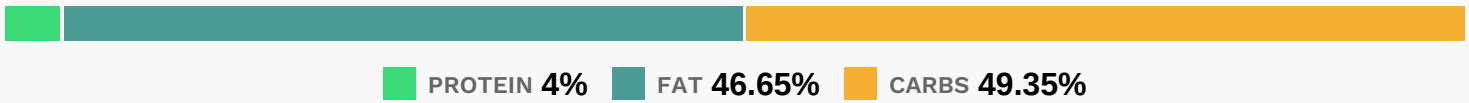
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the flour, sugar, salt in the bowl of a food processor and pulse a few times to combine.
- ☐ Scatter the butter and shortening over the top of the flour mixture and pulse until the mixture resembles coarse meal.
- ☐ Add the water a few tablespoons at a time and pulse until the dough just comes together.

- ☐ Remove the dough from the machine and lightly knead on a flat surface until it just comes together. Form into a disk, wrap in plastic wrap and refrigerate for at least 1 hour.
- ☐ Preheat oven to 375 degrees F.
- ☐ Combine peaches, sugars, cinnamon, ginger, nutmeg, peach eau de vie and cornstarch or tapioca in a large bowl and mix until well combined. Toss the blackberries with the cassis.
- ☐ Let sit for 10 minutes, then use a slotted spoon to spoon the berries into the peaches, and toss.
- ☐ Divide the dough in half and roll each half out on a lightly floured surface to 13 to 14- inch round.
- ☐ Transfer 1 of the rounds into the bottom of a 9-inch deep-dish pie plate. Spoon the fruit into the crust using a slotted spoon.
- ☐ Add some of the juices that have accumulated in the bowl. Scatter the butter over the top.
- ☐ Roll up remaining dough on rolling pin and unroll atop peach mixture. Trim edges of both crusts to 3/4-inch overhang. Fold edges over; press to seal. Crimp edges.
- ☐ Cut 6 slits in top crust to allow steam to escape.
- ☐ Brush top of the pie with the cream and sprinkle with the turbinado sugar.
- ☐ Place the pie on a baking sheet and bake on the bottom rack of the oven until the crust is golden and juices bubble thickly through slits, covering edges of crust with foil if browning too quickly, about 1 hour 20 to 30 minutes, until the bottom crust is brown and the juices bubbling. Cool pie 3 hours.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:35.72, Inflammation Score:-8, Nutrition Score:13.330869589163%

Flavonoids

Cyanidin: 21.33mg, Cyanidin: 21.33mg, Cyanidin: 21.33mg, Cyanidin: 21.33mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 15.22mg, Catechin: 15.22mg, Catechin: 15.22mg, Catechin: 15.22mg Epigallocatechin: 1.83mg, Epigallocatechin: 1.83mg, Epigallocatechin: 1.83mg, Epigallocatechin: 1.83mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Epigallocatechin 3-gallate: 0.64mg,

Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg
Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin:
0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin:
1.79mg

Nutrients (% of daily need)

Calories: 607.81kcal (30.39%), Fat: 32.24g (49.6%), Saturated Fat: 14.99g (93.7%), Carbohydrates: 76.72g (25.57%),
Net Carbohydrates: 71.8g (26.11%), Sugar: 38.92g (43.24%), Cholesterol: 49.39mg (16.46%), Sodium: 198.5mg
(8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Manganese: 0.67mg (33.64%),
Selenium: 17.76µg (25.38%), Vitamin B1: 0.36mg (23.8%), Vitamin A: 1186.33IU (23.73%), Folate: 87.44µg (21.86%),
Fiber: 4.92g (19.68%), Vitamin B3: 3.88mg (19.41%), Vitamin E: 2.82mg (18.79%), Vitamin K: 17.42µg (16.59%),
Vitamin B2: 0.27mg (15.8%), Iron: 2.73mg (15.17%), Vitamin C: 10.95mg (13.27%), Copper: 0.24mg (11.87%),
Phosphorus: 93.55mg (9.35%), Potassium: 311.2mg (8.89%), Magnesium: 28.99mg (7.25%), Vitamin B5: 0.62mg
(6.21%), Zinc: 0.83mg (5.5%), Calcium: 38.49mg (3.85%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.32µg (2.15%)