



Peach-Blackberry Pie

READY IN



200 min.

SERVINGS



10

CALORIES



499 kcal

DESSERT

Ingredients

- 1 cup blackberries
- 2.5 cups flour for dusting all-purpose plus more
- 0.3 cup granulated sugar
- 2 tablespoons granulated sugar
- 1.5 teaspoons ground cinnamon
- 1.3 teaspoons ground ginger
- 0.5 teaspoon nutmeg
- 2 tablespoons cup heavy whipping cream
- 0.3 cup cooking tapioca instant

- 0.3 cup brown sugar light packed
- 2 tablespoons peaches (brandy)
- 3 pounds peaches mixed white yellow pitted peeled sliced
- 2 tablespoons pear liqueur
- 0.5 teaspoon salt
- 0.5 cup shortening cold cut into pieces
- 2 tablespoons sugar
- 2 tablespoons butter unsalted cold cut into small pieces
- 10 tablespoons butter unsalted cold cut into 1/2-inch cubes ()

Equipment

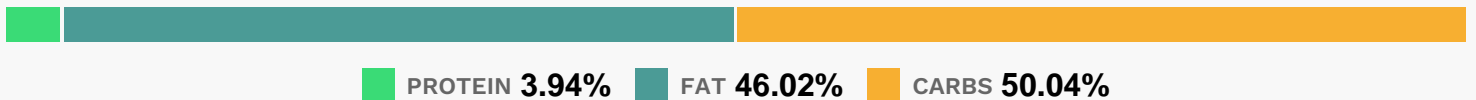
- food processor
- bowl
- baking sheet
- oven
- plastic wrap
- aluminum foil
- rolling pin
- slotted spoon

Directions

- Combine the flour, granulated sugar and salt in a food processor and pulse a few times. Scatter the butter and shortening over the flour mixture and pulse until it resembles coarse meal. Gradually add 4 to 7 tablespoons ice water, pulsing until the dough just comes together.
- Remove the dough from the machine and lightly knead on a flat surface to form a disk. Wrap the dough in plastic wrap and refrigerate at least 1 hour. Position a rack in the bottom of the oven and preheat to 375 degrees F.
- Combine the peaches, brown and granulated 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 in a separate bowl.

- Let sit 10 minutes, then use a slotted spoon to spoon the berries into the peach mixture and toss. Divide the chilled dough in half and roll out each half into a 13-to-14-inch round on a lightly floured surface.
- Transfer one of the rounds to 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 (about 1/4 cup). Scatter the butter over the top.
- Roll up the remaining dough round on the rolling pin, then unroll it on top of the filling. Trim the edges of both crusts to a 3/4-inch overhang. Fold the edges over; press to seal and crimp the edges.
- Cut 6 slits in the top crust to allow steam to escape.
- Brush the 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 oven rack until the crust is golden and the juices bubble thickly through the slits, 1 hour, 20 minutes to 1 hour, 30 minutes. (Cover the crust's edge with foil if it browns too quickly.)
- Let the pie cool about 3 hours before serving. Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:39.57, Glycemic Load:28.57, Inflammation Score:-7, Nutrition Score:10.649565263935%

Flavonoids

Cyanidin: 17.06mg, Cyanidin: 17.06mg, Cyanidin: 17.06mg, Cyanidin: 17.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 498.92kcal (24.95%), Fat: 25.79g (39.68%), Saturated Fat: 11.99g (74.95%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 59.2g (21.53%), Sugar: 32.29g (35.87%), Cholesterol: 39.51mg (13.17%), Sodium:

140.52mg (6.11%), Alcohol: 1.19g (100%), Alcohol %: 0.63% (100%), Protein: 4.97g (9.94%), Manganese: 0.54mg (26.83%), Selenium: 14.12µg (20.17%), Vitamin B1: 0.29mg (19.04%), Vitamin A: 949.06IU (18.98%), Folate: 69.95µg (17.49%), Fiber: 3.91g (15.63%), Vitamin B3: 3.11mg (15.53%), Vitamin E: 2.25mg (15.03%), Vitamin K: 13.94µg (13.27%), Vitamin B2: 0.21mg (12.64%), Iron: 2.17mg (12.05%), Vitamin C: 8.76mg (10.62%), Copper: 0.19mg (9.39%), Phosphorus: 74.42mg (7.44%), Potassium: 248.87mg (7.11%), Magnesium: 23.03mg (5.76%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.66mg (4.39%), Calcium: 30.55mg (3.06%), Vitamin B6: 0.06mg (2.98%), Vitamin D: 0.3µg (2%)