



Pear Cranberry Pie

READY IN



585 min.

SERVINGS



10

CALORIES



687 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 5 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 6 ounces cranberries dried
- ☐ 12 ounces flour for dusting all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 teaspoon ground nutmeg fresh
- ☐ 2 tablespoons cranberry jam
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon freshly squeezed

- ☐ 10.5 pounds to pears
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons tapioca flour
- ☐ 6 ounces butter unsalted cut into 1/2-inch pieces
- ☐ 2 ounces vegetable shortening cut into 1/2-inch pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ tart form
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ For the crust
- ☐ Place the butter, shortening and cranberry juice into the refrigerator for 1 hour.
- ☐ In the bowl of a food processor, combine the flour salt and sugar by pulsing 3 to 4 times.
- ☐ Add the butter and pulse 5 to 6 times until the texture looks mealy.
- ☐ Add the shortening and pulse another 3 to 4 times until incorporated.
- ☐ Remove the lid of the food processor and sprinkle in 5 tablespoons of the cranberry juice. Replace the lid and pulse 5 times.
- ☐ Add more cranberry juice as needed, and pulse again until the mixture holds together when squeezed. Weight the dough and divide in half. Shape each half into a disk, wrap in plastic

wrap and refrigerate for at least 1 hour and up to overnight.

- ☐ Peel and core the pears. Slice into 1/4 to 1/2-inch thick wedges. Toss all of the pears with 1/4 cup of the sugar, place in a colander set over a large bowl and allow to drain for 1 1/2 hours.
- ☐ Transfer the drained liquid to a small saucepan, place over medium heat and reduce to 2 tablespoons. Set aside to cool. Toss the pears with the remaining sugar, cranberries, tapioca flour, jam, cranberry juice, lemon juice, salt and nutmeg.
- ☐ Preheat oven to 425 degrees F.
- ☐ Remove 1 disk of dough from the refrigerator.
- ☐ Place the dough onto a lightly floured piece of waxed paper. Lightly sprinkle the top of the dough with flour and roll out into a 12-inch circle.
- ☐ Place into a 9 1/2 to 10-inch tart pan that is 2 inches deep. Gently press the dough into the sides of the pan, crimping and trimming the edges as necessary. Set a pie bird in the center of the bottom of the pan.
- ☐ Place the pears into the unbaked pie shell in concentric circles starting around the edges, working towards the center and forming a slight mound in the center of the pie.
- ☐ Sprinkle the cranberries a little at a time as you go.
- ☐ Pour over any liquid that remains in the bowl.
- ☐ Roll out the second pie dough as the first.
- ☐ Place this dough over the apples, pressing the pie bird through the top crust. Press together the edges of the dough around the rim of the pie.
- ☐ Brush the top crust with the reduced juice everywhere except around the edge of the pie. Trim excess dough.
- ☐ Place the pie on a half sheet pan lined with parchment paper and bake on the floor of the oven for 30 minutes.
- ☐ Transfer to the lower rack of the oven and continue to bake another 20 minutes or until the pears are cooked through but not mushy.
- ☐ Remove to a rack and cool a minimum of 4 hours or until almost room temperature.

Nutrition Facts



Properties

Glycemic Index:48.89, Glycemic Load:49.89, Inflammation Score:-7, Nutrition Score:15.920434919388%

Flavonoids

Cyanidin: 9.91mg, Cyanidin: 9.91mg, Cyanidin: 9.91mg, Cyanidin: 9.91mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 2.81mg, Epigallocatechin: 2.81mg, Epigallocatechin: 2.81mg, Epigallocatechin: 2.81mg Epicatechin: 17.91mg, Epicatechin: 17.91mg, Epicatechin: 17.91mg, Epicatechin: 17.91mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg, Epigallocatechin 3-gallate: 0.81mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 686.63kcal (34.33%), Fat: 20.72g (31.88%), Saturated Fat: 10.34g (64.64%), Carbohydrates: 129.64g (43.21%), Net Carbohydrates: 112.99g (41.09%), Sugar: 73.13g (81.26%), Cholesterol: 36.57mg (12.19%), Sodium: 300.67mg (13.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Fiber: 16.65g (66.6%), Vitamin C: 22.09mg (26.78%), Vitamin K: 27.02µg (25.73%), Manganese: 0.51mg (25.54%), Folate: 96.87µg (24.22%), Copper: 0.46mg (23.18%), Vitamin B1: 0.33mg (22.02%), Vitamin B2: 0.31mg (18.2%), Selenium: 12.44µg (17.77%), Potassium: 613.27mg (17.52%), Vitamin B3: 2.89mg (14.43%), Iron: 2.59mg (14.39%), Vitamin E: 1.81mg (12.04%), Vitamin A: 548.3IU (10.97%), Magnesium: 42.7mg (10.68%), Phosphorus: 101.77mg (10.18%), Vitamin B6: 0.17mg (8.31%), Calcium: 55.6mg (5.56%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.48mg (4.79%), Vitamin D: 0.26µg (1.7%)