



FESTIVE PEAR & FIG PIE

INGREDIENTS

for the filling:

4 tart pears such as Anjou, peeled, cored, and cut into 1/4" wedges

3/4 cups walnuts

2/3 cup dried black mission figs, stemmed and quartered

1 whole star anise

3/4 cup apple cider

1/2 cup honey

1/4 tsp sea salt

juice of 1/2 lemon

for the egg wash:

1 egg yolk

1 tbsp fermented heavy whipping cream

for the crust:

1 basic grain free pie crust

Coconut flour to prevent the dough from sticking

tools:

9" pie plate, fall cookie cutters, rolling pin, pastry brush

INSTRUCTIONS

for the dough:

Roll out half of the dough to a 13" circle (you can do this on a parchment paper dusted with coconut flour or inside a small, clean, unscented garbage bag). Move the dough to the greased pie plate (you can use the rolling pin to carefully transport the dough), make sure it's centered, then gently push it to the floor and sides of the dish. Trim to a 1/4" overhang. Refrigerate until the filling is ready. Roll out the second disc into a 13" circle, cut out the vent in the middle and refrigerate. If you want, you can make a couple of decorative cutouts with the leftover dough.

for the filling:

Bring the apple cider, figs, and star anise to a boil over high heat. Reduce the heat to a simmer and cook the figs for 10 minutes until soft. Remove the figs with a slotted spoon and discard the star anise.

Keep simmering the cider until reduced to a syrup. Add the pears, honey, and sea salt and simmer until the pears start to soften. Remove the pears with a slotted spoon. Reduce the juices to a syrup and pour over the pears and figs. Add the nuts and lemon juice and stir until everything is well combined (make sure not to have too much liquid so the dough gets mushy).

Add the pear fig filling to the pie plate. Brush a little water over the sides of the dough then center the second disc over the filling, trim to have a 1/2" overhang. Gently push the dough onto the filling then press the upper and lower dough rims together to form a seal. Brush the bottom side of the decorative cut outs with water and press gently onto the top crust.

Mix the egg yolk with the heavy whipping cream and brush over the pie crust using a pastry brush.

Freeze for 30 minutes.

Bake at 350°F / 180°C for 30 minutes. Cover loosely with a sheet of aluminum foil once it has the perfect golden color to prevent it from getting too dark. Remove from the oven and let cool.

Guten Appetit!