

Fresh Three-Berry Mini Pies



What does one do when one has a surplus of delicious fresh berries on hand? The possibilities are almost endless, though in this case, I was in the mood for pie and not a large whole pie, but rather a mini pocket pie if you will. I love the natural flavor of berries which really stands out in this recipe. The crust, when done properly, is wonderfully flaky without being too thick, almost pastry like. This is a versatile recipe and the fruits or berries used can vary--just be sure that if you do substitute other fruits or berries, that you end up with 4 cups.

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Yield: 8 mini pies | Servings: 16

Ingredients

For the Crusts:

- 2 cups all-purpose flour
- 1 tsp sea salt
- 2/3 + 2 Tbs unsalted butter
- Water as needed

For the Filling:

- 1 Tbs organic granulated sugar
- 1 tsp ground cinnamon
- 4 Tbs all-purpose flour
- 2 cups fresh blueberries
- 1 cup fresh raspberries
- 1 cup fresh blackberries
- 1 Tbs organic granulated sugar
- 1 Tbs all-purpose flour

For the crust before baking:

- 1 large egg white, whipped
- 1 Tbs juice from berry filling mixture

1. Preheat the oven(s) to 375 F.
2. To make the crust, simply combine the butter, salt and flour. Mix with pastry cutter or fingers until crumbly. Slowly add water until you have a 'spongy' dough.
3. Pour the dough onto a well-floured mixture and 'knead' a bit of the flour into the dough until you have a soft and smooth dough.
4. Roll out and cut 16-5" rounds. You will have to roll the dough out more than once.

To make the pies:

1. Prepare the pie filling by combining flour, salt and cinnamon until well blended. Fold the berries gently into the flour mixture until coated.
2. Combine 1 Tbs flour with 1 Tbs sugar-set aside for easy access.
3. Prepare two baking sheets with unbleached parchment paper.

4. Lay out one 5" round, sprinkle a little of the flour/sugar mixture onto the round.
5. Scoop a slightly overflowing 1/2 cup of berry mixture onto the center of each round.
6. Lay a second 5" round on top of the berry mixture and squeeze the edges together, fold upward, and pinch edges with fork.
7. Combine the egg white, 1 Tbs juice until well blended
8. Brush each pie with the egg white mixture.
9. Bake for 35-45 minutes (check after 30 minutes-do not over bake).
10. Cool on baking sheets for 5 minutes then transfer pies (still on parchment) to cooling racks. Serve hot or cool. Pies reheat very well.
11. If you'd like a sweeter taste, sprinkle 2 Tbs sugar over brushed pies before baking. This will add an additional approx 12 calories per serving.

Nutritional Analysis Per Serving (1/2 mini pie): 166 Calories; 9g Fat (50.3% calories from fat); 2g Protein; 19g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 120mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.

Note: This is for the posted version only. The nutritional analysis may vary slightly if you alter any ingredients.

Allergy Warning: *This recipe contains dairy and eggs. (in posted version).*