

PECAN PIE

Pecans are indigenous to Texas and the northern regions of Mexico and have long been used in the cuisine of the American South. Although the first published recipes for pecan pie date back to 1925, it is rumored that the French settlers of Louisiana actually invented this delicacy. Most often served at Thanksgiving celebrations, pecan pie is also enjoyed year round with whipped cream, vanilla ice cream or simply on its own.

Makes: 8-12 servings

Prep time: 30 minutes

Start-to-finish: 75 minutes

Advanced prep: 24 hours

Special equipment: 9" pie dish, food processor

	Traditional	No Corn Syrup	Walnuts
Ingredients pie dough:			
Flour	375 gm	375 gm	375 gm
Sugar	2 tsp	2 tsp	2 tsp
Salt	1 tsp	1 tsp	1 tsp
Butter, chilled	125 gm	125 gm	125 gm
Margarine, chilled	100 gm	100 gm	100 gm
Ice water	5-6 T	5-6 T	5-6 T
Ingredients pie filling:			
Pecans, chopped	230 gm	230 gm	
Walnuts			230 gm
Eggs	4	4	4
Light brown sugar	200 gm	200 gm	200 gm
Corn Syrup	175 ml		175 ml
Golden syrup		175 ml	
Corn flour		1 T	
Salt	1/2 tsp	1/2 tsp	1/2 tsp
Butter, melted	65 gm	65 gm	65 gm
Vanilla	1 tsp	1 tsp	1 tsp
Variations:			
Chocolate chips	100 gm	100 gm	100 gm

1. Place the flour, sugar and salt in the food processor and give it a whirl to mix the ingredients.
2. Cut the butter and margarine into small chunks and add to the ingredients in the food processor.
3. Mix the ingredients while adding the ice water as needed.
4. Once the dough has formed a ball, remove it from the food processor, wrap it in cling film and place in the refrigerator for 20 minutes.
5. Preheat oven to 400 F/204 C.
6. In the meantime, beat the eggs well in a mixing bowl.
7. Mix in the brown sugar, corn syrup, salt, melted butter and vanilla.
8. Retrieve the dough from the refrigerator and place it *between two pieces of wax paper*. Roll out to 1/4" thickness and line a 9" pie dish with the dough.
9. Sprinkle the chopped nuts (and chocolate chips, if using) in the pastry-lined pan.
10. Pour egg mixture over pecans.
11. Set the pie on the middle rack in oven and bake for 10 minutes. Reduce heat to 170C and bake for a further 35 to 45 minutes or until set. (Note: *If you notice the nuts becoming slightly too dark and the pie has not yet set, place a sheet of aluminium foil loosely on top to prevent the pie from burning.*)
12. Remove from oven and let cool to room temperature before serving.