

Balsamic Cherry Pie

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Servings: 8

*1/3 cup balsamic vinegar
4 cups cherries, pitted and halved
pinch salt
1/2 cup sugar
1/4 cup quick-cooking tapioca (plus
more if needed)
2 rounds refrigerated pie dough, at
room temperature
fresh lemon juice (if necessary)
1 egg white (for brushing), beaten*

Preparation Time: 40 minutes

Bake:

In a medium saucepan over medium-low heat, bring the vinegar to a low simmer. Swirling the pan occasionally, cook until reduced by half, 5 minutes.

Add the cherries and salt. Cook, stirring, until the juices release, 5 minutes. Stir in the sugar and tapioca. Remove from the heat and let stand, stirring now and then, until cooled and thickened, 30 minutes.

Preheat the oven to 375 degrees.

Unroll one pie dough round on a lightly floured work surface. Roll out to an eleven-inch round. Center the dough on an 8- or 9-inch pie plate. Use your fingers to gently press the dough into place along the sides. Trim the crust if necessary, leaving a one-inch overhang. Refrigerate until ready to fill.

Once the cherry filling has cooled, check the consistency, it should be a loose jelly. If too thick, stir in lemon juice by the teaspoon. If too thin, stir in 1/4 to 1/2 teaspoon more tapioca. Pour into the chilled piecrust.

Unroll the second dough on a lightly floured work surface. Roll out to an eleven-inch round. Using a star-shaped cookie cutter, cut out stars reserving the cutouts. Lay the second dough round over the filling. Fold under the edges and crimp. Dip a finger in water, moisten the back of a star cutout, then reattach it to the crust, slightly askew. (Water will help the dough adhere.) Repeat with the remaining star cutouts. Brush the top crust with egg white. Put the pie on a rimmed baking sheet. Transfer to the oven and bake until the crust is golden and the filling is bubbly, about one hour.

For easiest slicing, let cool about three hours.

Start to Finish Time: 2 hours

Per Serving (excluding unknown items): 86 Calories; trace Fat (3.3% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	86
% Calories from Fat:	3.3%
% Calories from Carbohydrates:	93.6%
% Calories from Protein:	3.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	107mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	674IU
Vitamin A (r.e.):	67 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 86 Calories from Fat: 3

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	5%
Protein 1g	

Vitamin A	13%
Vitamin C	2%
	1%

Calcium

Iron

3%

** Percent Daily Values are based on a 2000 calorie diet.*