

Cherry Hand Pies

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Servings: 8

*4 cups pitted cherries (from 1-1/4 pounds of whole cherries)
1/2 cup sugar
Kosher salt
1 tablespoon cornstarch
juice of 1/2 lemon
2 rolls pie dough (from a 14.1-ounce box), thawed according to directions
1 large egg yolk
coarse sanding sugar (for sprinkling) (optional)*

Preparation Time: 1 hour

In a medium saucepan, combine the cherries, sugar and a pinch of salt over medium heat. Cook, stirring, until the sugar dissolves and the liquid begins to simmer, about 8 minutes.

Remove a few spoonfuls of the liquid and place in a small bowl. Whisk in the cornstarch and lemon juice. Pour the mixture back into the saucepan and cook, stirring, until thick, about 8 minutes more. Scrape into a heatproof bowl and let stand until cool, stirring occasionally, about one hour.

Preheat the oven to 375 degrees.

On a lightly floured surface, unfurl the pie dough and roll out to a fourteen-inch round. Repeat with the remaining dough. Quarter each round so that you have eight equal wedges. Stack the wedges between sheets of parchment paper and refrigerate at least 30 minutes.

Arrange one wedge of dough on a work surface along with a small bowl of water. Spoon 1/4 cup of the cherry mixture into the center of the wedge, leaving a 1-1/2 inch border all around. Run a damp finger around the border, then carefully fold the dough in half, lining up the edges and pressing gently to seal. Crimp the edges using a fork. Transfer to a parchment paper-lined rimmed baking sheet. Repeat with the remaining wedges and filling. Transfer the assembled hand pies to the refrigerator. Chill about 10 minutes.

Beat the egg yolk with one tablespoon of water. Brush the egg mixture onto the top of the pies; then make two 3/4-inch slits in each. Sprinkle the pies with sanding sugar.

Bake until golden brown, 20 to 22 minutes.

Let stand at least 10 minutes before serving.

Start to Finish Time: 2 hours 25 minutes

Per Serving (excluding unknown items): 60 Calories; 1g Fat (9.5% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	9.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	88.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	0mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	27mg	% Refuse:	0%
Carbohydrate (g):	13g		
Dietary Fiber (g):	trace		
Protein (g):	trace		
Sodium (mg):	1mg		
Potassium (mg):	2mg		
Calcium (mg):	3mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	40IU		
Vitamin A (r.e.):	12RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 60 **Calories from Fat:** 6

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 27mg	9%
Sodium 1mg	0%
Total Carbohydrates 13g	4%
Dietary Fiber trace	0%
Protein trace	

Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	0%

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