

Deep-Dish Blackberry Pie

Life Care Center - Port St Lucie, FL
www.creativeforecasting.net

PIE FILLING

*3 cups frozen blackberries, thawed
and drained*

1/2 cup sugar

2 tablespoons cornstarch

1 teaspoon lemon juice

1/4 teaspoon ground cinnamon

LATTICE CRUST

3/4 cup all-purpose flour

3 teaspoons sugar, divided

1/4 teaspoon salt

3 tablespoons cold butter

1 tablespoon shortening

3 tablespoons cold water

1 egg white, beaten

Preheat oven to 375 degrees.

Place the blackberries in a bowl.

In a small bowl, combine the sugar and cornstarch. Sprinkle over the berries.

Add the lemon juice and cinnamon. Toss to coat.

Spoon the filling into a greased one-quart baking dish.

In a bowl, combine the flour, one teaspoon of the sugar and the salt.

Cut in the butter until the mixture resembles coarse crumbs.

Add the water. Toss with a fork until a ball forms. Roll out the pastry. Cut into strips and make a lattice crust over the filling. Crimp the edges.

Brush with egg whites. Sprinkle with the remaining sugar.

Bake for 40 to 45 minutes or until the crust is golden brown and the filling is bubbly.

Per Serving (excluding unknown items): 1565 Calories; 50g Fat (28.0% calories from fat); 19g Protein; 271g Carbohydrate; 26g Dietary Fiber; 93mg Cholesterol; 949mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fruit; 9 1/2 Fat; 7 1/2 Other Carbohydrates.