

Dessert

Strawberry-Rhubarb Hand Pies

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Preparation Time: 1 hour

Start to Finish Time: 2 hours 10 minutes

3/4 cup fresh strawberries, finely diced

3/4 cup rhubarb, finely diced

1 tablespoon cornstarch

6 tablespoons sugar, divided

3 teaspoons orange zest, divided

2 1/4 cups all-purpose flour

1/4 teaspoon salt

1/2 cup butter, cold

1/4 cup shortening, chilled

3 tablespoons ice-cold water

3 tablespoons orange juice

parchment paper

1 egg yolk, beaten

1 tablespoon whipping cream

sugar (for garnish)

Combine the strawberries, rhubarb, cornstarch, 2 tablespoons of sugar and 1 1/2 teaspoons of orange zest in a small bowl.

Preheat the oven to 375 degrees.

Combine the flour, salt and remaining 1/4 cup of sugar in a large bowl. Cut in the butter and shortening with a pastry blender until the mixture resembles small peas.

Stir in the remaining 1 1/2 teaspoon of orange zest. Drizzle with ice-cold water and orange juice. Stir with a fork until combined. (Mixture will be crumbly and dry.) Knead the mixture lightly and shape into a disk. Divide the dough in half.

Roll half of the dough to 1/8-inch thickness on a heavily floured surface. (Cover the remaining dough with plastic wrap.) Cut with a 2 1/4-inch round cutter, rerolling the scraps as needed.

Place half of the dough rounds two inches apart on parchment paper-lined baking sheets. Top with one rounded teaspoonful of the strawberry mixture. Dampen the edges of the dough with water and top with the remaining dough rounds, pressing the edges to seal. Crimp the edges with a fork and cut a slit in the top of each round for steam to escape.

Repeat the procedure with the remaining dough and strawberry mixture.

Stir together the egg yolk and cream. Brush the pies with the egg wash. Sprinkle with sugar. Freeze the pies for 10 minutes.

Bake for 20 to 25 minutes or until lightly browned.

Cool for 10 minutes.

Serve warm or at room temperature.

The hand pies can be stored in an airtight container for up to two days.

Yield: 2 dozen

Per Serving (excluding unknown items): 2800 Calories; 157g Fat (50.2% calories from fat); 35g Protein; 316g Carbohydrate; 12g Dietary Fiber; 481mg Cholesterol; 1495mg Sodium. Exchanges: 14 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fruit; 0 Non-Fat Milk; 30 1/2 Fat; 5 Other Carbohydrates.