

Mariana's Backyard Pie

INGREDIENTS FOR THE PASTRY: (makes enough for two double-crust pies)

550g Daybreak Mill organic white unbleached flour
200g Daybreak Mill organic spelt flour
15g Vancouver Island sea salt 480 g organic butter
200g Grovendale Farms lard
Iced water ¼ cup at a time

INGREDIENTS FOR THE FILLING: (makes enough for one pie)

680g or 1 1/2lbs of seasonal fruit 1 cup raw honey, melted
1/2 cup Daybreak Mill organic spelt flour
Pinch of salt

FOR THE TOP CRUST:

1 tbsp. of butter, melted
2 tbsps. of honey, melted

PREPARATION:

Dice the butter and lard and return to the fridge while you prepare your dry mix. In a stainless steel bowl (or in a food processor with blade attachment), mix/pulse together the flours and the salt. Add the butter and lard to the dry ingredients and work with a pastry cutter/processor blade until pea sized. Add the water until the dough comes together and forms a ball. Place on a floured surface, cut in to four and wrap each ball individually in plastic wrap. Refrigerate for at least 30 minutes. Roll the dough in to a circle, rolling from the center to the edge carefully flouring the pastry so it will not stick to your surface. Transfer to a pie plate and refrigerate while you prepare your filling.

In a large bowl combine the fruit filling, the flour and salt. Drizzle with the honey and toss to combine. Pour the fruit filling in to your plated pie crust and top with the remaining pastry. Crimp the edges to seal. Combine the melted butter and honey and brush on to the pie for a golden and crisp top crust.

Bake at 375F for 50 to 60 minutes until the crust is golden and the filling is bubbly.

NOTES ON SOURCING INGREDIENTS: The dry ingredients can be found at Old Fashioned Founds or through Local and Fresh. Organic butter can be found in any organic store and Grovendale lard at The Farmer's Table. For the best seasonal fruit, find Over the Hill Orchards at the Regina Farmers' Market.



Food Photos by Danielle Tocker Photography

Recipe Courtesy: Chef Mariana Brito
Source: Abundance Magazine, Fall 2016 Issue

"The in between step - where food comes from and how it is produced and who handles it - is often overlooked in conventional kitchens. I want to respect the land and the producer in mine."