

Persian Mulberry Pie Recipe

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Ingredients - Pie filling:

3 cups Persian mulberries (drained)
2 ½ cups rhubarb (diced)
1 cup sugar
3 Tbsp. flour
3 Tbsp. cornstarch

Ingredients - Pie Crust:

For the top crust:

1 cup flour
1/4 tsp salt
4 Tbsp. unsalted butter
4 Tbsp. pork lard
4-6 Tbsp. ice water

For the bottom crust:

1 1/2 cup flour
1/2 tsp salt
6 Tbsp. unsalted butter
6 Tbsp. pork lard
6-8 Tbsp. ice water

NOTE: For best results, I recommend using organic ingredients, especially when it comes to meat and dairy products.

Instructions for the pie crust:

Add salt to flour. Cut butter and lard into flour with a pastry cutter until it looks like coarse crumbs. Add water 1-2 table spoons of ice water at a time. Mix thoroughly with a spoon with each addition of water until a ball of dough forms in the bowl. Gently and quickly form the dough into an even ball and transfer to a well-floured surface. Gently and quickly press the dough into a disk approximately 2 inches thick. Wrap the disk in wax paper and repeat this process for the second crust. Refrigerate for at least one hour. Refrigerate for up to 12 hours and don't worry if the crust is stiffer when you try to roll it out.

NOTE: I know most pie recipes provide one list of ingredients that is supposed to be used for the top and bottom crusts. However, that way you end up with too much dough for the top and not enough for the bottom crust. After being frustrated by this for years, I re-wrote the recipe to make two more logically proportioned crusts.

Instructions for the pie filling:

Drain mulberries for at least one hour or overnight in the fridge. Slice rhubarb lengthwise and dice into ¼ inch pieces. Place both in a large bowl. Mix sugar, flour and cornstarch until thoroughly mixed. Add dry mixture to mulberries and rhubarb in three or four batches, mixing well with a spatula between each.

Instructions for the pie:

Preheat the oven to 425. Roll out the crusts and place in a 10-inch deep-dish pie pan. Add pie filling being sure to evenly distribute any sugar mixture which is left in the bottom of the bowl. Crimp the edges of the crust and slice a vent in the crust with a sharp knife. Bake immediately for approximately 1 hour on a cookie sheet to catch any drips. Rotate pie front to back after 30 minutes. If the pie is not browned to your taste after 1 hour, leave it in for another 10-15 minutes. Let pie cool completely before slicing and serving.

NOTE: I know this seems like a high temperature for a pie but a butter-lard crust requires a higher temperature than a butter-only crust or a crust made with vegetable shortening. One of the nice things about butter-lard crust is that the edges of the crust won't burn before the pie is done. You won't need those crust covering rings, even at 425. If you use a different pie crust recipe to make this pie, bake according to the temperature and time of the other recipe.