

Sweet Potato Pie with Raspberry Sauce



(For 8 servings or for 1 pie)

Prep time: 30 min
cooking time: 1 h 50 min
chilling & cooking time: 1 h
Difficulty: medium
Cannot be frozen

Ingredients:

For the sweet potato filling:

2.5 pounds sweet potatoes
4 tbsp butter
3 large eggs
3/4 cup dark brown sugar
2 tsp ground allspice
1/2 tsp ground ginger
1/4 tsp fine salt
1/2 cup evaporated milk
4 tsp fresh lemon juice
1 1/2 tsp pure vanilla extract

For the pie crust:

1 cup all-purpose flour
1/2 tsp fine salt
1/3 cup shortening, plus 1 tbsp
2 - 3 tbsp cold water

For the raspberry sauce:

1 1/2 cups fresh raspberries, divided
2 tbsp granulated sugar
1 tbsp orange juice
1 tbsp cornstarch
7 tbsp cold water
fresh mint, to garnish

Method:

1 For the sweet potato pie filling: Preheat oven to 200°C (180° fan) | 400°F | gas 6. Line a baking sheet with aluminum foil.

2 Place whole sweet potatoes on prepared baking sheet and bake until very soft, about 1 hour. Meanwhile, prepare the pie crust.

3 For the pie crust: Mix flour and salt in medium bowl. Cut in shortening using a pastry blender or fork until mixture is the consistency of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened.

4 Gather pastry into a ball. Shape into a flattened round on lightly floured surface. Wrap flattened round in plastic wrap and chill 30 minutes to firm the dough slightly.

5 Roll pastry out on lightly floured surface, using floured rolling pin. Fold rolled out pastry into fourths and place in pie plate. Unfold pastry and ease into plate; pressing firmly against bottom and sides and being careful not to stretch pastry. Flute the edges.

6 When potatoes are cool enough to handle, halve and scoop out enough flesh to measure 2 cups, discard skin. While potatoes are still hot, add butter and mash until almost smooth; small lumps of potato should remain.

7 Whisk together eggs, sugar, allspice, ginger and salt in bowl. Stir in evaporated milk, lemon juice, and vanilla. Gradually add egg mixture to sweet potatoes, whisking gently to combine. Pour the filling into the unbaked pie crust.

8 Bake for 20 minutes. Reduce oven to 170°C (150° fan) | 325°F | gas 3 and bake until the filling is set around edges but still jiggles slightly when shaken, about another 20-25 minutes. Remove from the oven and let cool slightly, about 30 minutes.

9 For the raspberry sauce: Gently wash raspberries. In a saucepan over medium-high heat, combine 1 cup raspberries, sugar, and orange juice. In a small bowl, whisk the cornstarch into the cold water until smooth. Pour the cornstarch mixture into the saucepan and bring to a boil.

10 Reduce heat and simmer for about 5 minutes, stirring frequently, until the desired consistency has been reached. The sauce will continue to thicken as it cools.

11 Purée the sauce with an immersion blender or in a blender/food processor. Strain the sauce through a fine strainer or sieve to remove the seeds.

12 To serve: Drizzle raspberry sauce over sliced pie. Garnish with remaining raspberries and fresh mint sprigs.

Nutritional information:

cal: 441

protein (g): 7.0

carbs (g): 75.4

sugars (g): 34.3

fat (g): 16.1

sat. fat (g): 6.8

fiber (g): 5.2

sodium (g): 0.2