



Spring Recipe III

Strawberry-Rhubarb Pie

Makes 10 servings

Filling:

- 2 pints strawberries, about 3 cups
- 2 cups rhubarb (1/2 pound or 1 to 4 stalks), cut in half-inch slices
- 1/2 teaspoon sea salt
- 1/2 cup brown rice syrup (Aunt Patty's or Sweet Cloud brands preferred), or part maple syrup
- 1 slightly rounded tablespoon agar sea vegetable flakes

Single Crust Pastry with Heart Cutouts for Topping:

"Light vegetable oils" include sesame, almond and safflower oils (suitable for high heat), and walnut, sunflower and canola oils (suitable for medium-high heat; sautéing and baking). Because walnut is the least expensive and is suitable for baking, I choose it most often for desserts.

- 3/4 cup whole wheat pastry flour
- 3/4 cup unbleached white flour
- 1/8 teaspoon sea salt
- 1/4 cup light vegetable oil (walnut preferred)
- 2 tablespoons brown rice syrup
- 2 tablespoons water
- Glaze:* 1 tablespoon brown rice syrup mixed with 1 teaspoon water

1. Preheat the oven to 350°. To prepare the filling, leaving all but huge berries whole, layer the ingredients in a 3-quart pot in the order listed. Bring to boil over medium-low heat. Cover to cook until the ingredients are submerged in strawberry juice and the agar is completely dissolved, 10 to 15 minutes. Stir several times after the juice starts coming out of the berries. Allow to cool for 15 minutes. Taste to determine balance of sweet and tart flavors.
2. Prepare the pastry by mixing the dry ingredients. Stir in the oil until lumps or beads of dough form. Add sweetener, then add water gradually. Mix quickly until you have a somewhat soft, pliable ball in the center of the bowl. Add a little more flour if necessary.
3. Roll dough in a circular shape between sheets of waxed paper; sprinkle flour over the bottom sheet and on top of the dough. Transfer to oiled pie pan. Trim off the excess dough to within a finger's width of the rim, leaving enough to fold over toward the inside of the pan to form a rim. If the dough tears, patch it with a small disc of dough—the reliable cut-and-paste technique. Crimp the edges. Roll remaining pastry out and cut 2-



inch heart shapes with a cookie cutter. Transfer to a parchment paper-lined small baking sheet.

4. Bake the pastry and cutouts until just about done, 10 to 20 minutes. Mix the glaze ingredients and brush over the rim of the pastry starting from the inside edge. Return the pie to the oven until golden, about 5 minutes more. Allow pastry to cool on rack, at least 15 minutes.

5. Pour the filling into the pie shell and arrange 8 heart shapes on top with points facing inward. Allow pie to cool to gel, about 1 hour refrigerated or 2 hours at cool room temperature.

For 10 servings, per serving:

Calories: 205 Protein: 2gm Saturated Fat: 0.4gm Fiber: 2gm Carbohydrates: 36gm Fat: 6gm Cholesterol: 0 Sodium: 137mg

Calories from Protein: 4% Calories from Fats: 27% Calories from Carbohydrates: 69%