

Pecan Pie

Filling Ingredients:

1 ½ cups brown rice malt syrup
1 ½ cups water
¼ cup agar flakes
½ tsp. Cinnamon
½ tsp. Sea salt
2 Tbsp. Kuzu
1 tsp. Vanilla
2 cups pecans, toasted

1. Preheat the oven to 350 degrees. Lightly oil pie pan;
2. Prepare the pastry and bake until done, 15-20 minutes;
3. To make filling, bring the syrup, water, agar, cinnamon and salt to a boil. Simmer until the agar dissolves completely, about 5 minutes, stirring occasionally. Dissolve kuzu in cool water to barely cover and add to pot. Whisk until chalky color changes to clear.
4. Let mixture cool somewhat, about 15 minutes, then add pecans and vanilla and transfer to pastry shell. The filling sets up in 1-2 hours in the refrigerator, longer at room temperature.

Whole Wheat Pie Crust

Ingredients:

1 cup of unbleached white flour
1 cup whole-wheat pastry flour
1/3 cup of light vegetable oil, safflower,
1/4 tsp. Sea salt

Use up to ¼ cup wet (Brown rice syrup, barley malt, maple syrup)
or 1– 4 tbsp. dry sweetener. Up to ½ cup water, apple juice or cider or soy milk,
less (none to ¼ cup) with wet sweeteners, more (1/4 to ½ cup) with dry
sweeteners.

1. Preheat the oven to 350 degrees.
2. Mix the dry ingredients – flours, salt and dry sweetener if included. Stir in the oil until lumps or beads of dough form, or until it resembles coarse meal.

3. Add wet sweetener if desired – be sure the syrups are at room temperature for ease in handling – then add the liquid (water, juice or soy milk) gradually. Mix quickly until you have a somewhat soft, pliable ball in the center of the bowl. Add a little more flour if necessary.
4. Gather the dough together with your hands and lightly form it into a smooth flattened disk. The mixture can be rough, not fully mixed, so that the dough appears marbled when it is rolled out, indicating that the crust will be flaky.
5. Roll dough in a circular shape between sheets of parchment paper. Use light short strokes in the beginning, starting from the center outward in each direction. You may choose to rotate or spin the dough around to do this. Then use longer strokes, applying more pressure to ensure an even crust.
6. Peel off the top piece of parchment paper and invert rolled dough into an oiled pan. Peel off other layer of parchment paper.
7. Bake the pastry, alone or filled, in the bottom third of the oven until just about done, 12-20 minutes alone or with a pre-cooked filling, 15-90 minutes with an uncooked filling.