

# Salt and Serenity

## Peach Pie

This recipe originally came from “**Good to the Grain**”, a wonderful book by Kim Boyce about baking with whole grains.

The original recipe called for thickening the fruit juices in the pie with cornstarch. I have modified the recipe and am suggesting you use Minute Tapioca (instant tapioca) instead. I learned this tip from Cook’s Illustrated magazine. Minute Tapioca is virtually flavorless, readily dissolves into the fruit’s exuded juices, and has a neutral texture, exhibiting none of the pastiness of flour or cornstarch. It can be found in the baking section of the supermarket.

1 batch of Spelt Pie Dough (recipe below)  
4 pounds ripe peaches (about 12 large peaches)  
1/3-cup sugar  
4 tablespoons Minute Tapioca (instant tapioca)  
1 tablespoon unsalted butter

1 egg, for egg wash  
2 tablespoons sugar  
1/2 teaspoon cinnamon

1. To peel the peaches, fill a large pot two-thirds full with water and bring to a boil. Meanwhile, slice an X into the bottom of each peach. When the water is at a rapid boil, lower 4 peaches into it. Leave them in the water for 15-30 seconds, then remove with a slotted spoon and place in a bowl to cool slightly. Repeat with remaining peaches.
2. Peel the peaches, cut them from their pits and slice into 1-inch wedges. Put the wedges in a bowl, sprinkle them with sugar and macerate for 30 minutes.
3. Strain the juice and discard. Mix peaches with Minit Tapioca and set aside.
4. Take one half of the dough from the fridge. Flour the work surface with all-purpose flour. With a rolling pin, roll dough into a circle, roughly 14 inches in diameter. If the dough sticks, slide a pastry scraper under the dough and dust the surface with more flour.
5. Fold the dough in half and then in half again, to form a wedge. Transfer it to 2-inch deep pie dish and unfold. Press the dough into the dish, leaving

some slack to allow for shrinkage. Spoon the peaches into the dish, mounding them up in the center. Dot the peaches with butter.

6. Remove the second disc of dough from the fridge and roll it out the same way, this time into a slightly smaller circle, 12 inches in diameter. Fold this disc into a wedge, place it over the top of the pie, and carefully unfold it, pressing the dough onto the fruit with your hands. Trim the edges of the dough, if necessary, then with your fingers, pinch the edges to seal them together, crimping or shaping the crust as you like. Freeze the pie for 45 minutes.
7. While the pie is freezing, preheat oven to 375° F. Whisk the egg very well, so that no white remains. In a separate bowl, mix sugar and cinnamon together. After 45 minutes, take pie out of freezer, brush with egg wash and sprinkle with cinnamon sugar mixture. Cut slits in the top of the pie with a knife to allow steam to escape while baking.
8. Place pie on foil lined baking sheet and bake for about 1 hour. It may be necessary to cover top of pie with foil at the end of baking time if top crust is getting too brown. The pie is done when it's browned and the peach juice is bubbling out from the edges. Cool the pie slightly and eat it warm from the oven or later that day at room temperature. Wrapped tightly in plastic, the pie will keep for about 2 days.

## Spelt Pie Dough

1 1/3 cups spelt flour  
1 1/3-cups all-purpose flour  
1 Tbsp. sugar  
1 tsp. salt  
1 stick (4 ounces) of unsalted butter, cold  
1/4-cup (2 ounces) vegetable shortening (such as Crisco)  
1/4 to 1/2-cup ice water

1. To make the pie dough, sift the dry ingredients into a large bowl. Cut the cold butter into hazelnut sized pieces and toss them into the flour mixture. Add the shortening to the flour as well.
2. Using your fingers, rub butter and shortening between your fingers, breaking them into smaller pieces, until they are the size of peas. The more quickly you do this, the more the butter and shortening will stay solid, which is important for the success of this recipe.
3. Add 1/4 cup of ice water to the flour and butter mixture and, working from the outer edge of the flour, mix the ingredients with your hands just to moisten the flour. The dough needs to come together as mostly one lump, with a few shaggy pieces. Squeeze a handful of dough to see if it is moist

- enough. If the dough is too dry to come together, add ice water 1 tablespoon at a time.
4. Dust the work surface with some all-purpose flour. Transfer the dough to the work surface. Take a pinch of dough, about 2 tablespoons in size, set it on the counter, and push the heel of your hand down toward the counter, away from you. You want to smear the dough, flattening and elongating the butter- this is what gives the baked crust a tender and very flaky crumb. This process is known as *fraisage*.
  5. Repeat with remaining dough, and then separate the dough into 2 equal pieces. Flatten each piece into a disc, wrap in plastic wrap and refrigerate for at least an hour and up to 3 days.