

## Maple Blueberry Pie

This pie, created by Paul Arguin, won the 2017 National Pie Championship, blueberry division. Vinegar in the crust helps prevent the formation of gluten which makes for a tough crust. A pinch of cinnamon and some maple sugar really enhance the flavours of the flaky crust.

Paul's filling included a grated Granny Smith apple. I wanted a pure blueberry pie, so I adapted the filling recipe from Rebecca Blackwell, from her blog, [of Batter & Dough](#). Rebecca uses a combination of tapioca and cornstarch to thicken the filling. She says that, *"Too much cornstarch can make fruit pie filling cloudy and give it a slightly chalky taste. Tapioca creates a berry filling that is bright and clear, but can sometimes result in a gluey consistency. Combining smaller amounts of both cornstarch and tapioca is a great solution, creating a glossy, luxuriously silky filling that holds its shape when sliced."*

### **Blueberry Maple Filling:**

510 grams (3 cups) fresh or frozen blueberries (wild blueberries if you can find them)

175 grams ( $\frac{1}{2}$  plus  $\frac{1}{8}$  cup) maple syrup

70 grams ( $\frac{1}{4}$  cup) lemon juice

510 grams (3 cups) fresh or frozen blueberries (wild blueberries if you can find them)

1 Tablespoon lemon zest

59 grams (3 tablespoons) maple syrup

28 grams ( $\frac{1}{4}$  cup) tapioca starch

17 grams (2 tablespoons plus 1 teaspoon) cornstarch

$\frac{1}{2}$  teaspoon kosher salt

1 teaspoon vanilla extract

### **Pastry Dough:**

358 grams ( $2\frac{3}{4}$  cups) all-purpose flour

$\frac{1}{8}$  teaspoon cinnamon

1 tablespoon maple sugar (or granulated sugar)

1 teaspoon kosher salt

$\frac{1}{4}$  teaspoon baking powder

57 grams (4 tablespoons) cold shortening

170 grams ( $1\frac{1}{2}$  sticks) cold unsalted butter, cut into cubes

2 teaspoons cider vinegar

6 Tablespoons cold water

### **Pie Assembly:**

1 egg mixed with 1 tablespoon cold water

2 Tablespoons coarse sugar

1. **Make pie filling:** Add 510 grams (3 cups) of the blueberries to a medium size, heavy bottom saucepan along with the lemon juice and 175 grams maple syrup. Set the pan over medium heat and bring to a simmer, while stirring frequently. When the mixture begins to simmer, turn the heat up to medium-high. Cook, stirring constantly, for 8 minutes, until the juice from the mashed blueberries has thickened slightly. As you stir, mash some of the berries on the side of the pan to break some of them up.
2. Remove the saucepan from the heat and stir in remaining blueberries, lemon zest, maple syrup, tapioca starch, cornstarch and salt. Let the mixture stand for 15 minutes to soften the tapioca.
3. Return the saucepan to medium heat and bring the mixture to a simmer, stirring frequently. Let simmer for 3-5 minutes, until thickened. Remove from heat and stir in the vanilla. Transfer to a bowl and let cool while you prepare dough.
4. **Make the dough:** In the bowl of a food processor, mix the flour, cinnamon, maple sugar, salt and baking powder. Add the shortening and process until well incorporated. Add the butter and pulse until pea-size nuggets of butter remain. Add the vinegar and water, and pulse until dough is just holding together. Divide into 2 even discs. Roll out each disc, between 2 sheets of parchment paper into a rough 12-inch circle, about  $\frac{1}{8}$  inch thick. Chill dough circles for about 30 minutes.
5. Preheat oven to 400°F. Remove dough circles from fridge and let sit for about 5-10 minutes until dough is slightly pliable. Line 9-inch Pyrex pie plate with one sheet of dough. Pour filling into lined pie dish. Place other dough circle on top and trim the edges of the crust so that you have about a half of an inch hanging over the pie plate. Fold the edges under, forming a rim around the pie that is higher than the pie plate. Decoratively crimp the edges.
6. Brush the egg wash over the top crust with a pastry brush. Sprinkle with the coarse sugar. With the tip of a sharp knife, cut a few slits in the top pie crust.
7. Place pie on a baking sheet, to catch any drips, and place in the oven. Bake for 30 minutes. Remove pie from oven and cover rim of crust with foil to prevent overbrowning. Reduce the oven temperature to 375°F, rotate the pie in the oven and bake for an additional 30-45 minutes. The pie is done when the crust is golden brown and the filling in the center of the pie is bubbling.
8. Remove from the oven and cool completely on a wire rack, about 4-6 hours, before slicing.

