



Pastry Cream and Berry Pie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 30 MINUTES

TRADITIONAL COOKING: 20 MINUTES

HYPOTOXIC COOKING: 45 MINUTES

REFRIGERATION: 6 HRS

INGREDIENTS

Crust:

- 115g(1 cup) raw almonds
- 75 g (3/4 cup) pecans
- 20 g (1/4 cup) quinoa flakes
- 80 g (1/4 cup) maple syrup
- 30 ml (2 tbsp) light olive oil
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) salt

Custard:

- 35 g (1/4 cup) all-purpose flour *La Merveilleuse*
- 22.5 ml (1 1/2 tbsp) organic cornstarch
- 2 large eggs, beaten
- 105 g (1/3 cup) maple syrup
- 315 g (1 1/4 cups) plant-based milk substitute, hot
- 7.5 ml (1 1/2 tsps) vanilla extract

Topping:

- Small fruits, to taste: strawberries, raspberries, blueberries, blackberries



Simple to prepare, this pie literally melts in the mouth!

PREPARATION

Crust:

1. Preheat the oven to 180 °C (350 °F) for traditional cooking or 110 °C (230 °F) pour la cuisson hypotoxique.
2. Oil a 9-inch (23 cm) pie plate and place parchment paper on the bottom only (cut it to get the right diameter).
3. Grind almonds and pecans in a food processor (more or less fine, depending on preference).
4. In a bowl, combine all the ingredients in the crust. Press the mixture firmly into the bottom of the pan and up the sides. Bake on the centre rack of the oven for 15 to 20 minutes (traditional cooking) or 40 to 45 minutes (hypotoxic cooking), until golden brown. Remove from oven and set aside.

Custard:

1. In a medium saucepan, whisk together flour and cornstarch.
2. In a small bowl, whisk together eggs and maple syrup and whisk in flour mixture.
3. Gradually add the plant-based milk substitute, whisking to a uniform consistency.
4. Over medium heat, bring the mixture to a boil, stirring constantly. Make sure the mixture does not stick to the bottom of the pan.
5. Simmer for about 2 minutes, stirring constantly, until thickened. Remove from heat, add vanilla and stir again.
6. Transfer the custard to a bowl and film immediately (put plastic wrap directly on the custard).
7. Refrigerate until custard is completely cooled.

Assembling the pie:

1. Spread the custard on the plate and garnish with berries, as desired, to form a nice visual arrangement.