



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

FRUIT PIE



SERVES 4-5

INGREDIENTS

Fruit:

- 2-3 cans canned fruit (plums, peaches, apricots, apples, pears). OR
- 3 cups fresh fruit (plums, peaches, apricots, apples, pears). OR
- 5 cups rhubarb
- ½ cup sugar

Pastry Ingredients:

- 120 g flour
- ⅓ tsp salt
- ¼ cup margarine or butter, chilled
- 50ml chilled water

METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Prepare pastry. Sift flour and salt together into a large mixing bowl. Cut butter/margarine into the sifted flour and salt until the mixture resembles fine breadcrumbs. Gradually add water to dry ingredients to form a ball. Chill for 15 minutes.
3. Prepare fruit:
 - a. Canned fruit. Drain. OR
 - b. Fresh fruit. Dice into 2 cm cubes. Remove core or stone from fruit. OR
 - c. Rhubarb. Dice rhubarb into 2 cm cubes. Place in a large pot with sugar and 2 Tbsp water. Cook over a medium heat for 15 minutes or until rhubarb is soft. Stir often to avoid rhubarb sticking to the pot.
4. Place fruit in a large baking dish.
5. Roll pastry out on a floured bench with a rolling pin OR flatten pastry with your hands until it is big enough to fit over the baking dish.
6. Spread pastry over fruit. Trim excess pastry. Cut a small cross in center of pastry.
7. Place in pre-heated oven for 30–40 minutes, until pastry top is golden brown.
8. Serve with custard, ice-cream, yoghurt or milk.