

As-You-Wish Fruit Pie 如意水果派

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This is a simple recipe which can be used to make with many kinds of fresh fruit fillings, whatever looks fresh and delicious and is easily available.

Pie Filling

- 6 c or about 2.5 lbs (1.4L or about 1.1 kg) sliced as-you-wish fruit (apples, apricots, peaches, blackberries, blueberries, cherries)
- 1/2 to 3/4 c (1 1/8 - 1 3/4 dl (100 - 150 g) sugar which you can also adjust as-you-wish
- 1 T of lemon juice
- 2 Pie Crusts

Preheat oven to 375°F (190 °C.) Gently rub oil over pie tins. Line bottom of pie pan gently with rolled out pie crust. Bake pie crust until dough is firm to touch, about 10 minutes. Mix sliced fruit in medium-sized bowl with sugar and lemon juice. Remove pie shell from oven and spoon in fruit mixture taking care not to add too much liquid to pie crust. If fruit is very juicy, set juice at bottom of mixing bowl aside to use for something else. Top with second crust. Wrap top crust edge over bottom crust edge to seal. Cut slits or shapes as-you-wish for steam to escape. Bake 25 minutes. Open oven and cover edges of pie with 2 to 3 inch wide (5 cm) strips of foil. Brush top crust with water and, if you like, sprinkle with a little bit of sugar. Bake another 20 to 25 minutes till golden brown.

Pie Crust Dough

- 2 (4 3/4 dl) cups unbleached all-purpose or baking flour
- 1/2 teaspoon salt
- 2/3 cup (1 1/2 dl) coconut oil (solid)
- 2 to 6 tablespoons ice water
- Preheat oven to 350 degrees (180 °C)
- 9 inch (23 cm) diameter pan

Cut coconut oil into chunks (if weather is very warm, chill coconut oil in refrigerator in advance) and then slowly mix pieces into the flour. Slowly add ice water, one tablespoon at a time, gently working together until a soft dough forms. Try to keep dough cold while working with it. Mix it well, but touch it as little as possible. ❀

可選取各種新鮮可口的時令水果來製作各種水果派料。

材料/派料

- 6杯或2.5磅 (1.4升或大約1.1公斤) 任意水果片 (蘋果, 或杏、桃子、黑莓、藍莓、櫻桃)
- 半杯或者四分之三杯糖(或適意的糖)
- 1湯匙檸檬汁
- 2張派皮

將烤箱預熱至375°F(190°C)。在派盤上抹油。攤開派皮，烤派皮10分鐘直至酥脆。將切好的水果片放入中等大小的碗中，加入糖和檸檬汁。從烤箱中取出派皮，用勺子舀入水果混合物，請勿在派皮上加入太多液體。如果水果非常多汁，可以將混合碗裡的果汁放在一邊，另做他用。用第二張派皮置頂。使頂層外皮邊緣包住底層派皮邊緣以密封。根據需要切開縫隙，使蒸汽逸出。烤25分鐘。打開烤箱，用2到3英寸(5厘米)寬的箔條蓋住水果派的邊緣。用水刷頂層派皮，根據喜好撒少許糖。再烤20到25分鐘直至金黃色。

手制派皮

- 2 (4 3/4 dl) 杯未漂白的中筋麵粉或烘焙麵粉
- 1/2茶匙鹽
- 2/3杯(1 1/2 dl) 椰子油(固体)
- 2至6湯匙冰水
- 將烤箱預熱至350度(180°C)
- 9英寸(23厘米)直徑烤盤

將椰子油切成小塊(如果天氣很暖和，提前將椰子油放入冰箱冷藏)，然後慢慢將小塊混入麵粉中。慢慢加入冰水，一次一湯匙，輕輕攪拌直至麵團變軟。和麵時保持麵團冷卻。攪拌均勻，但尽量少碰。❀