

Rosemary's Rhubarb Pie

A few months ago, my mother and I started working on a pie recipe based on my grandmother's rhubarb pie. It took a few tries to perfect it but once we got it right I almost couldn't believe this thing was low carb. We had made a pie crust that rivalled the real thing.

I know that sounds almost too good to be true but this crust browns nicely, it's flakey, the coconut flavour isn't strong at all and the best part: you can use it in savoury pies as well.



Ingredients:

Filling:

- 300g rhubarb (cleaned and diced) (10.5oz)
- 150g strawberries (sliced) (5.2oz)
- 5g fresh ginger (peeled and diced) (one very small piece)
- 1/3 cup powdered erythritol

Crust:

- 2 1/2 Tbsp. butter (softened) (36g)
- 1/2 cup powdered erythritol
- 1 large egg
- 1/4 cup sour cream
- 1/2 cup almond flour
- 1/3 cup coconut flour
- 1 Tbsp. psyllium husk (powdered - pop it in the coffee grinder if needed)
- 1/8 tsp. xanthan gum (optional but nice)
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1/4 tsp. cinnamon

Preheat the oven to 160C/320F

Clean and chop the rhubarb into 1cm pieces (or smaller, it doesn't really matter). Combine the rhubarb, strawberries and ginger in a pot on medium to low heat and add the erythritol and stir until the sweetener is well mixed in with the fruit. DO NOT ADD ANY WATER TO THIS.

Leave the filling mixture on low heat while stirring occasionally. Don't let it burn. The fruit and the erythritol will dissolve and cook. The rhubarb will soften and break apart, causing a stringy appearance.

While the filling is still cooking, cream the butter and erythritol together until you get a soft and fluffy texture. I use an electric mixer to do this. The butter should be room temperature and the erythritol needs to be powdered or it will not work. Once the butter and erythritol is mixed, beat in an egg and the sour cream. The mixture will become quite runny, this is normal.

Combine the remaining dry ingredients in a separate bowl. Pour this into the butter mixture and continue to beat with the mixer. The consistency of the crust mixture will be slightly fluffy but you should be able to gently roll it into a ball with wet hands.

Grease your pie dish well with butter. My pie dish is 22cm in diameter and sloped inwards. It easily makes 8 slices. Wet your hands slightly and then gently press the dough evenly into the dish. Make sure that there aren't any thin areas, it should be as even as possible. Set aside.

Once your fruit mixture has cooked, pour it carefully into the pie dish. The time your fruit will take to cook is dependant on what you use. You could also use other types of low carb berries for this pie.

Bake the pie at 160C/320F for 25 - 35 minutes. Be careful not to burn the crust. Serve with whipped cream

Approximate macros per serving (assuming 8 servings):

carbs - 4.8g fat - 11.5g protein - 3.7g calories - 150

Recipe and images by www.alittlebitofketo.com