

# Plum Pie

*Nigel Slater - "Ripe: A Cook in the Orchard"  
Relish Magazine - July 2013*

## Servings: 6

### PASTRY:

*7 tablespoons butter  
1/2 cup light brown sugar  
1 egg, lightly beaten  
1 1/3 cups all-purpose flour  
1/2 teaspoon baking powder  
1 tablespoon milk (for brushing)*

### FILLING:

*2 pounds ripe plums  
2 to 3 tablespoons sugar  
1 pinch ground cinnamon*

Cream the butter and sugar in a stand mixer until light and fluffy. Mix in the lightly beaten egg, then gently add the flour and baking powder.

Remove from the bowl and roll into a ball on a heavily floured work surface. Knead the dough until smooth and soft, about 1 to 2 minutes. Wrap in wax paper and refrigerate for about 20 minutes.

Preheat the oven to 350 degrees.

Cut the plums into halves and remove the pits. Cut the fruit into large pieces and toss with the sugar and cinnamon. Put in a lightly buttered 8- or 9-inch baking dish.

Roll out the pastry on a floured board, then lift carefully onto the pie. Brush lightly with the milk.

Bake for 40 minutes.

Dust with sugar and serve warm.

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Per Serving (excluding unknown items): 535 Calories; 15g Fat (23.9% calories from fat); 4g Protein; 100g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 195mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 5 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	535	Vitamin B6 (mg):	trace
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% Calories from Fat:	23.9%
% Calories from Carbohydrates:	73.1%
% Calories from Protein:	3.0%
Total Fat (g):	15g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	72mg
Carbohydrate (g):	100g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	195mg
Potassium (mg):	88mg
Calcium (mg):	46mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	546IU
Vitamin A (r.e.):	137RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	47mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	5

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 535 Calories from Fat: 128

### % Daily Values\*

<b>Total Fat</b>	15g	22%
Saturated Fat	9g	43%
<b>Cholesterol</b>	72mg	24%
<b>Sodium</b>	195mg	8%
<b>Total Carbohydrates</b>	100g	33%
Dietary Fiber	1g	3%
<b>Protein</b>	4g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		0%
<b>Calcium</b>		5%
<b>Iron</b>		10%

\* Percent Daily Values are based on a 2000 calorie diet.