

Skillet Maple Pear Pie

*Ken Haedrich - Dean, Pie Academy
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Servings: 8

*3 tablespoons unsalted butter
1/2 cup maple syrup
1/4 cup sugar
1/4 teaspoon salt
4 large ripe pears, cut into quarters
lengthwise and cored
pie dough for a nine-inch pie, chilled*

Preheat the oven to 400 degrees.

Heat a nine- or ten-inch cast-iron skillet over medium heat. Add the butter, maple syrup, sugar and salt. Bring to a boil. Reduce the heat to medium and continue boiling for 1 minute. Remove from the heat.

Working with one quarter at a time, place the pear pieces on a cutting board. Using a sharp knife, slice each into three or four sections, leaving one end intact. Fan out the sections and place in the pan, skin side up. (Don't worry if they break apart.) Fill in any gaps with the individual sections of pears to form a compact layer.

Roll the pie dough on lightly floured wax paper until slightly larger than your pan. Drape over the fruit, tucking the edges down along the inside of the pan. Cut three or four steam vents in the crust.

Bake for 25 minutes.

Reduce the temperature to 375 degrees and continue baking for 20 minutes, until golden and bubbly.

Remove from the oven and place on a wire rack. Let cool for at least 10 minutes before serving.

Serve with a spoon.

Per Serving (excluding unknown items): 114 Calories; 4g Fat (33.4% calories from fat); trace Protein; 19g Carbohydrate; 0g Dietary Fiber; 12mg Cholesterol; 69mg Sodium. Exchanges: 1 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	114	Vitamin B6 (mg):	0mg
% Calories from Fat:	33.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	66.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	trace
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Daily Value*	0.0%
Carbohydrate (g):	19g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	69mg	Vegetable:	0
Potassium (mg):	42mg	Fruit:	0
Calcium (mg):	22mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	163IU		
Vitamin A (r.e.):	40RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 114 Calories from Fat: 38

% Daily Values*

Total Fat	4g	7%
Saturated Fat	3g	13%
Cholesterol	12mg	4%
Sodium	69mg	3%
Total Carbohydrates	19g	6%
Dietary Fiber	0g	0%
Protein	trace	
Vitamin A		3%
Vitamin C		0%
Calcium		2%
Iron		1%

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