

Blueberry Hand Pies



Servings: 8

For the Pie Dough:

2 1/2 cups all-purpose flour

1/2 teaspoon salt

1 teaspoon sugar

2/3 cup cold unsalted butter, cut into 1" cubes

1/3 cup cold lard, cut in 1" cubes

1/3 cup cold water

For the Filling:

1/2 cup blueberry jam

1 large egg, beaten

In a bowl whisk together all-purpose flour, salt, and sugar.

Using a pastry blender or your fingers cut in the butter and lard until the mixture looks like coarse crumbs.

Drizzle in water tossing with a spoon until a dough forms.

Form the dough into a ball. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Roll out your pie dough between 2 pieces of parchment paper to a 1/4-inch thickness.

Use a large round cookie cutter and cut out 8 rounds.

Place 1 tablespoon of blueberry jam in the centre of each round. Brush the edges of each round with beaten egg. Fold half of the round over on top of itself creating a half moon shape. Press the edges down firmly together. Use the back of a fork to crimp and seal.

Place the blueberry hand pies on a baking tray lined with parchment paper. Brush each blueberry hand pie with the beaten egg.

Bake in a 400°F oven for 25-30 minutes or until golden brown.

Let cool slightly before removing from the pan.

Serve

Per Serving (excluding unknown items): 287 Calories; 16g Fat (50.6% calories from fat); 5g Protein; 30g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 157mg Sodium; 1g Total Sugars; trace Vitamin D; 14mg Calcium; 2mg Iron; 55mg Potassium; 59mg Phosphorus. Exchanges: .