

NUTRITION: Lazza's Kitchen

Fruit Pie

Lazza is still trying out new recipes Today - he cooks Blueberry Pie

The source of the word "pie" may be the Magpie.

One 1450 recipe for "grete pyes" contained what Charles Perry called "odds and ends", including: "...beef, beef suet, capons, hens, both mallard and teal ducks, rabbits, woodcocks and large birds such as herons and storks, plus beef marrow, hard-cooked egg yolks, dates, raisins and prunes



This one is a very simple recipe - I chose not to make the pastry.

Packs of Shortcrust pastry for size of dish

Lots of fruit (I chose blueberries)

Caster Sugar - around 3oz

Splash of Cinnamon

Splash of milk

That's all there is. Sometimes, less is more!!!

1. As I did not make the pastry, I just rolled it out, and stretched it into the dish (which was larger than I realised).
2. I then added half the blueberries and covered over with nearly half the sugar.
3. I then added the other half of the fruit, and covered that with nearly all remaining sugar.
4. I sprinkled over a small amount of cinnamon.
5. Then I rolled out the remaining pastry to cover (here is where cooking gets interesting, as I discovered that I did not have enough, so stretched what I had over the top!! (should be fun - it's in the oven as I am typing. It could be a disaster.)
6. Brushed milk onto the top of the pastry, and sprinkled over the remaining sugar.
7. Cooked in oven at 200C for 30-40 minutes (I will keep checking - I took out after 42 mins)



**Simple recipes can be fun.
And I made mistakes here too.
But that's fine.
It's cooking!!!
Going to oven in 15 mins:**

**Oh my word.
May not look perfect.
But tastes Yummylicious!!!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and simple dish to prepare.**