

Banana Cream Pie

To Blind-Bake a piecrust: Heat the oven to 375°. Line the empty piecrust with foil or parchment paper. Fill it with pie weights to keep the dough from shrinking and the sides collapsing in as it bakes. Bake until the crust is lightly browned and starting to set, about 10 minutes. Remove the foil lining and weights. Lightly prick the bottom of the pie with a fork and return the piecrust to the oven until it is evenly browned – about 10 minutes. The cornstarch paste in the meringue will ensure it will not deflate when refrigerated.

1 9-inch Baked Flaky Pie Crust
¼ cup chocolate chips for each pie
⅔ cup sugar
¼ cup cornstarch
¼ tsp salt
2 ½ cups whole milk
5 large eggs, separated (yolks for filling and whites for Meringue)
2 Tbs butter
1 Tbs vanilla

Meringue
1 Tbs cornstarch
1 Tbs sugar
⅓ cup water
5 egg whites (saved from above)
½ tsp vanilla
¼ tsp cream of tartar
½ cup sugar
4 large bananas, peeled and sliced

- 1 Blind Bake Pie Crust in prepared pie shell at 375° until browned. Add melted chocolate in center. Spread into bottom of pie shell and refrigerate until chocolate is hard.
- 2 Separate eggs with yolks in a small bowl and whites in a large bowl, being very careful not to get any yellow into the whites. Whisk the sugar, cornstarch and salt in a medium saucepan. Gradually whisk in the milk, then the egg yolks. Whisk constantly and use a rubber spatula occasionally to incorporate the mixture around the edges of the pan until mixture begins to thicken to a pudding consistency.
- 3 Remove from the heat and add in butter and vanilla with a rubber spatula and stir for a few minutes to get mixture from bottom and sides incorporated. Let rest or chill while you make the meringue.
- 4 To make the meringue, first combine 1 T cornstarch and 1 T sugar in small saucepan. Stir in ⅓ cup water, making a smooth runny paste. Bring to a boil over medium heat while stirring constantly until you have a thick translucent paste. Remove from the heat and cover.
- 5 Whip egg whites on medium speed until foamy. Add vanilla and cream of tartar. Gradually add in sugar. Beat on high until stiff peaks form and meringue is glossy, but not dry. Reduce speed to low and beat in the cornstarch paste a little at a time. Once cornstarch paste is incorporated, beat on high speed for 10 seconds.
- 6 To assemble pie, spread a third of the filling into the pie shell. Slice bananas and place ½ over the filling. Spoon another third of the filling over the bananas. Cover with remaining banana slices and then remaining filling. Spread Meringue over the top of pie with a rubber spatula beginning from the center and outward until it touches the crust. Use the back of a large spoon to make the waves and peaks. Bake the pie at 325° for 20 minutes. Let cool and then refrigerate for at least 1-2 hours. Serve within a day.

Servings: 8

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Inactive Time: 1 hour

Total Time: 2 hours and 10 minutes

Oven Temperature: 325°F

Nutrition Facts

Nutrition (per serving): 447 calories, 154 calories from fat, 17.4g total fat, 143.3mg cholesterol, 262.2mg sodium, 390.1mg potassium, 66g carbohydrates, 2.6g fiber, 42.1g sugar, 8.6g protein.

Source

Author: Patricia Rose

Source: Recipe adapted from Joy of Cooking, All About Pies & Tarts, 2002

