

A decorative banner with a dark blue background and white border, featuring clusters of red blueberries with green leaves on either side. The text is centered in white.

Anna's Maple Cream Pie With Blueberry Whipped Cream

This pie is ideal for the holidays in Maine as it unites two of the state's best things: maple syrup and wild blueberries. It has some excellent antioxidants from the berries and anti-inflammatory qualities from the syrup, too! And it tastes even better a couple of days after you bake it, so it can help alleviate some holiday stress. Enjoy! ~ Anna

INGREDIENTS

3/4 cup Maine maple syrup
2¼ cups heavy cream
4 egg yolks
1 whole egg
1/4 tsp salt
1 tsp vanilla extract
1 pre-baked 9-inch pie crust

Topping:

1 cup Wyman's frozen blueberries
2 tbsps Maine Maple syrup
1½ cups heavy cream



Continued on reverse

Happy Holidays 2022 From Marshall Communications



Anna's Maple Cream Pie With Blueberry Whipped Cream continued

DIRECTIONS

Preheat oven to 300 degrees. In a medium saucepan over medium-high heat, reduce maple syrup by a quarter, 5 to 7 minutes. Stir in cream and bring to a simmer. Remove from heat.

In a medium bowl, whisk together egg yolks and egg.

In a small bowl, add 1/2 cup of egg mixture and then slowly whisk in equal amount of maple cream to temper it. Then whisking constantly, slowly add cream mixture to eggs. Stir in salt and vanilla.

Pour filling into crust and transfer to a rimmed baking sheet. Bake until pie is firm to touch but jiggles slightly when moved, 60-70 minutes. Let cool to room temperature before serving.



Anna's Maple Cream Pie With Blueberry Whipped Cream continued

Make the topping: Combine the blueberries and syrup in a medium saucepan. Bring to a simmer over medium heat, stirring occasionally until thickened. Cool completely. Whip the heavy cream with an electric mixer until medium-firm peaks form.

Dollop the cream over the chilled maple pie and swirl to create peaks and valleys. Spoon some of the berry mixture into the valleys and swirl, if you'd like. Serve immediately with the remaining berry mixture on the side. Notes: This pie tastes even better a day or two after making it, so hold off on the topping until the day you want to serve it!

