

# No-Bake Sunchoke Chiffon Pie

*Serves 8*

## Hazelnut Crust

### Ingredients:

- 2 c hazelnut flour (can substitute other nut flours if desired)
- 2 Tbs maple syrup
- 1/8 tsp sea salt
- 1/2 cup grass-fed butter, in 2 Tbs pieces, softened

### Instructions:



Lightly toast the nut flour in a dry skillet or pan over medium heat, until golden and fragrant. Stir frequently and perform a "sniff check" often because nut flours can go from "toasted" to "burnt" very quickly.

Transfer nut flour to a bowl and stir together with syrup and salt. 2 tablespoons at a time, mix in butter until the dough sticks to itself - this may take the entire half cup of butter, depending on how dry the nut flour is.

Press in to the pie dish and refrigerate while preparing the filling. If you are concerned about the crust sticking, grease the pie dish with more butter, or line with parchment paper.

# No-Bake Sunchoke Chiffon Pie

*Serves 8*

## Sunchoke Pie Filling

### Ingredients:

- 1 lb sunchokes
- 2 Tbs apple cider vinegar
- 3/4 cup brown sugar
- 1 envelope (2 1/2 tsp) of unflavored gelatin
- 1/2 tsp pumpkin pie spice
- 3 eggs, yolks and whites separated
- 1/2 cup milk
- 1/3 cup white sugar



### Instructions:

Roughly chop the sunchokes and soak in enough water to cover, plus 2 Tbs apple cider vinegar, while waiting for a pot of water to come to a roiling boil. Drain the vinegar rinse from the sunchokes, and then add them to boiling water. Boil until soft, which may take 15 - 20 minutes depending on the size of the pieces. Mash the sunchokes with a hand masher or food mill, removing the largest and toughest pieces of peel. Use 1 1/4 cups processed sunchoke for this recipe; freeze any leftover sunchoke for future inclusion in other dishes such as soup.

Whisk together brown sugar, gelatin, egg yolks and milk in a medium saucepan. Cook over medium-low heat, whisking constantly, as the mixture comes to a boil. This helps prevent the yolks from cooking on the bottom of the pan. Remove from heat, and stir in the mashed sunchokes. Chill the gelatin-sunchoke mixture for approximately an hour, until it is slightly gelled. You do not want it to become completely solid!

Beat the egg whites until soft peaks form, then gradually add 1/3 cup of white sugar. Continue to beat egg whites and sugar until stiff peaks form. Fold the gelatin-sunchoke mixture into the egg whites and gently spoon into the hazelnut crust.

Chill in the fridge until set. Serve with whipped cream and chopped toasted hazelnuts.