

Food



FRENCH SILK PIE

Bittersweet chocolate and Dutch-process cocoa meld with a shot of fresh brewed coffee to give an ultra-rich flavor to this creamy French silk pie. A frothy meringue is the secret to lightening the brown sugar-sweetened filling.

Servings: 10 servings

Total Time: 4 1/4 hours (including chilling time)

Ease of Preparation: Moderate

Health: Healthy Weight, Heart Healthy, Low Sodium, Low Cholesterol, Low Sat Fat, Low Calorie

- Ingredients:**
- Crust
- 30 chocolate wafers (see Tip)
 - 2 tablespoons chopped pitted dates
 - 2 tablespoons water
 - 1-tablespoon canola oil
- Filling
- 1 tablespoon brewed coffee
 - 1-tablespoon water
 - 1 1/2 teaspoons unflavored gelatin
 - 1 large egg
 - 1/2-cup low-fat milk
 - 8 tablespoons packed light brown sugar, divided
 - 1/3 cup unsweetened cocoa powder, preferably Dutch-process
 - 2 ounces bittersweet chocolate, chopped
 - 1 1/2 teaspoons vanilla extract
 - 2 tablespoons dried egg whites (see Ingredient Note), reconstituted according to package directions
 - 1/2-teaspoon cream of tartar
- Steps:**
- 1: Preheat oven to 325°F. Coat a 9-inch deep-dish pie pan with cooking spray.
 - 2: To prepare crust: Combine chocolate wafers and dates in a food processor; process until finely chopped. Add water and oil and process until moistened. Press into the bottom and sides of the prepared pan.

- 3: Bake until crisp, about 10 minutes. Cool completely on a wire rack.
 - 4: To prepare filling & garnish: Combine coffee and water in a small bowl. Sprinkle gelatin on top and set aside to soften.
 - 5: Whisk egg, milk, 3 tablespoons brown sugar and cocoa in a small saucepan until smooth. Cook over low heat, whisking constantly, until thickened and an instant-read thermometer registers 160°F, 5 to 7 minutes. Do not let the mixture come to a simmer. Remove from the heat. Add the reserved gelatin mixture; stir until dissolved. Add chocolate and vanilla, stirring until melted. Set aside to cool to room temperature, about 30 minutes.
 - 6: Beat reconstituted egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy. Increase speed to high and beat until soft peaks form. Gradually add the remaining 5 tablespoons brown sugar, beating until the meringue is smooth and glossy.
 - 7: Whisk one-fourth of the meringue into the cooled chocolate mixture until smooth. Scrape the chocolate mixture into the remaining meringue and fold in with a whisk. Spoon the filling into the crust and chill, uncovered, until set, about 3 hours.
- Nutrition: (Per serving)**
- Calories – 172
 - Carbohydrates – 29
 - Fat – 6
 - Saturated Fat – 1
 - Monounsaturated Fat – 1
 - Protein – 4
 - Cholesterol – 22
 - Dietary Fiber – 2
 - Potassium – 106
 - Sodium – 88
- Cover and refrigerate for up to 2 days.
- ! Equipment: 9-inch deep-dish pie pan
- Tip: Many commercial cookies and wafers contain partially hydrogenated oil, a source of trans-fatty acids. Look for brands made without these oils, such as Newman’s Own Organics and Mi-Del, which fortunately are every bit as tasty. Find them in the natural foods section of large supermarkets.
- Ingredient Note: Dried egg whites are pasteurized—a wise choice when making meringue toppings that may not reach 160°F (the temperature at which eggs are considered “safe”). You’ll find them in the baking or natural foods section of most supermarkets. Reconstitute according to package directions.
- Content provided by EatinWell. Courtesy of Arcamax.com. •

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Taco Time: 310 E. Grand Ave. #109 310-640-8226

Teresa’s Mosaic Café: 150 S. Sepulveda Blvd. 310-648-7212



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