

# Cynthia Pratt's Pineapple, Banana and Lilikoi Crumb Pie

## >>Crust:

- 1-1/2 cups all-purpose flour
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 8 tablespoons solid shortening (or half shortening, half unsalted butter)
- 3 to 4 tablespoons ice water
- 3 tablespoons chopped macadamia nuts (optional)

## >>Crumb Topping:

- 1 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup butter

## >>Filling:

- 4 scant cups diced fresh pineapple
- 2 bananas, sliced
- 3 tablespoons juice from fresh lilikoi
- Up to 1/2 cup sugar
- 2 eggs, slightly beaten
- 2 tablespoons minute tapioca
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg



Cynthia Pratt, a retired Kapaeha High School teacher, is shown in a kitchen setting, rolling out a pie crust. She shared techniques that won the Hawaii State Fair Food Show Pie contest last year. In this step, Pratt rolls the upper layer of crust for a pie she had just filled with fruit.

**ADD INTEREST TO YOUR PIES**  
Allow the crust to rise for 15 minutes before rolling it out. Add nutmeg and flaxseed by layering nuts on the bottom crust.  
Pratt's secret is the use of olive oil. Which, she says, she takes a microplane to it. Pratt's technique is to place the pie on top of the bowl while grating. So that I can see what I'm doing. That allows her to regulate the grating, so her bowl is thoroughly grated without over grating on the whole pie. Pratt breaks pie into 12-inch balls. It's rolling, she says, she says, she says, she says. She also recommends using a rolling pin that is 12 inches long to a bowl of sugar. The rounded sugar will keep a long time, with the sugar protecting the pie.

### Easy as pie. No lie.

**By Joleen Oshiro**  
The following recipe for a crust recipe makes 1 sheet of dough, double the recipe for pies with a top crust and double the amount of fruit.  
It is followed by Cynthia Pratt's pineapple, banana and lilikoi crumb pie, which took top honors in last year's Hawaii State Fair Food Show Local Pie contest.  
Finally, a delicious pie crust can also add the finishing touch to any dinner table as a Ham and Cheese Quiche.  
**SINGLE PIE CRUST**  
1 1/2 cups all-purpose flour  
1/2 teaspoon salt  
8 tablespoons solid shortening (or half solid shortening, half unsalted butter)  
3 to 4 tablespoons ice water  
Heat oven to 375 degrees. In large bowl, combine flour and salt. Cut in shortening by hand to create a mealy texture. Stir in water by the tablespoon and work dough with a light touch into ball.  
Flatten into 4- to 5-inch disc. Wrap dough in plastic and lightly flour surface to 12-inch diameter. Place into pie pan and shape.  
Bake 22 to 25 minutes. Cool.  
**PIEAPPLE, BANANA AND LILIKOI CRUMB PIE**  
Cynthia Pratt  
Pie Crust  
1 1/2 cups all-purpose flour  
1/2 teaspoon salt  
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Flatten into 4- to 5-inch disc. Wrap dough in plastic and lightly flour surface to 12-inch diameter. Place into pie pan and shape.  
Bake 22 to 25 minutes. Cool.  
**HAM AND CHEESE QUICHE**  
Make pie crust, unbaked as filling.  
4 beaten eggs  
1 egg cracked chicken  
1/4 cup whole milk  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
2 cups half and half  
Heat oven to 425 degrees. Combine filling ingredients and pour into pie shell.  
Bake 15 minutes, then lower heat to 350 degrees and bake another 45 minutes. Cool 15 minutes before serving. Serves 6 to 8.  
The Hawaii State Fair Food Show

Heat oven to 425 degrees. Make crust: In medium bowl, combine flour, sugar and salt. Cut in shortening to achieve texture of medium crumbs. Sprinkle ice water as needed and form into ball.

Flatten to 4- to 5-inch disc. Wrap and refrigerate. Dust surface and rolling pin with flour. Roll dough into 12-inch disc. Transfer to 9-inch pie pan. Trim as necessary. Crimp edges. If using, spread nuts on bottom of pan and press into dough.

For crumb topping, in medium bowl, combine flour, oats and sugar. Cut in butter to achieve texture of large crumbs. Set aside.

To make filling, in large bowl, combine all filling ingredients. Pack onto crust. Top with crumb topping.

Place pie on baking sheet. Bake 15 minutes.

Lower heat to 350 degrees and continue baking 55 to 60 minutes, or until filling begins to bubble and thicken. Makes 9-inch pie.

Joleen Oshiro. "Easy as Pie. No lie." Honolulu Star-Advertiser Today 24 June 2015: D1, D4.



Notes (14-Mar-2023)

- To be more descriptive with the ingredients I used:
  - For the crust, if the recipe states sugar = white granulated sugar, salt = coarse kosher salt, solid shortening = Crisco® All Vegetable Shortening.
  - For the crumb topping, if the recipe states brown sugar = dark brown sugar, butter = unsalted butter.
  - For the filling, if the recipe states sugar = white granulated sugar, salt = coarse kosher salt, nutmeg = ground nutmeg.
- Cooking temperatures are in Fahrenheit (°F).
- For the crust:
  - I used 8 tablespoons of just solid shortening.
  - I ended up using 4 tablespoons of iced water.
  - I wrapped the flattened disc of dough in clear plastic wrap, then refrigerated it for at least 30 minutes prior to rolling.
  - I added coarsely chopped macadamia nuts to the crust, as instructed.
- For the filling:
  - I recommend dicing one Dole® Tropical Gold® fresh pineapple (one pineapple will yield more than the 4 cups needed). Dole® Tropical Gold® pineapples are packed with flavor and naturally sweet. Because of this I used just  $\frac{1}{4}$  cup of white granulated sugar in the filling.
  - I used fresh lilikoi juice (strained from seeds and pulp) from the yellow skinned passion fruit commonly found in Hawaii.
  - Kraft Minute Tapioca can be found in the baking section of most supermarkets.
- After baking the pie at 425°F for 15 minutes, I lowered the temperature to 350°F as instructed and baked it for 55 more minutes (in hindsight, I should have taken the pie out at 50 minutes). I recommend monitoring your pie at the 40-minute mark. My oven usually runs hotter than the set temperature, and I observed that my pie filling started to bubble at the 45-minute mark.
- I also rotated the pan halfway through the 350°F baking time in order for the crust and topping to brown evenly.
- After baking, I cooled the pie on a wire rack for 2 hours. The pie filling was still slightly warm after 2 hours, but cooling it for that time allowed the filling to set, keeping the slices intact when being cut and served.

