

Butterscotch Pie

This traditional butterscotch pie recipe is at least four generations old and in recent years has been adapted for the microwave. It is truly an example of how simple ingredients, in the right proportions, create the most delicious results.

Filling:

- 4 egg yolks, lightly beaten
- 2 cups (500 mL) brown sugar
- 8 tbsp (120 mL) all-purpose flour
- Pinch salt
- 2 tbsp (25 mL) butter
- 1 tsp (5 mL) vanilla extract
- 3 cups (750 mL) milk

Meringue:

- 4 egg whites
- 2 tsp (10 mL) granulated sugar
- 1/4 tsp (1 mL) vanilla extract
- Pre-baked, deep-dish pie shell

Filling: Separate eggs, lightly beat yolks and set aside the whites. In a double boiler, whisk together all of the filling ingredients until smooth. Cook over medium heat until thickened. To prepare in the microwave, place the filling mixture in a microwave-safe bowl and cook on high for 12 to 15 minutes until thickened, stirring every 3 minutes during the cooking process. Remove from heat and pour into a prebaked 9 inch (23 cm) deep-dish pie shell.

Meringue: In a small bowl, beat the 4 egg whites with an electric hand mixer until soft peaks form. Gradually add the sugar and vanilla and continue to beat until stiff peaks form. Spoon on top of butterscotch filling. Bake in a preheated 350°F (180°C) oven for 5 to 10 minutes or until the meringue has lightly browned. Makes 8 servings.

Taken from: Nova Scotia Cooking

For more information about Nova Scotia cuisine and traditional recipes see www.tasteofnovascotia.com.