

First Place Professional: Shaela Posz
Dessert

Caramelized Onion Meringue Pie

For Onions:

1 ½ cups of yellow onion
2 tbsp butter
1 tbsp sugar

Saute onions with butter on medium heat about 10 minutes until browned and then add the sugar and cook for 2 minutes. Set aside and cool.

For Crust:

1 ¼ flour
¼ tsp salt
1/3 cup shortening
4 – 5 tbsp of Cold water
Dash of cinnamon
Dash of sugar

Preheat oven to 400 degrees. Add flour, salt, and shortening w/ a dash of cinnamon and sugar to food processor. Add flour and combine. Add water and pulse until forms ball of dough. Remove and roll out onto floured surface and place into pie plate. Bake for 15 minutes or until golden brown.

For filling:

1/3 cup flour
¾ cup sugar
Pinch of salt
2 cups of milk
3 egg-yolks beaten
3 tbsp butter
½ tsp vanilla

Stir together milk, flour, sugar and salt in saucepan over medium heat until mixture begins to thicken up. Remove from heat and temper into eggs. To do this add about 2 tbsps into egg-yholks and whisk continuously and then add tempered mix back to original mixture. Return back to heat and cook for no less than on minute stirring constantly until thickened and then remove from heat. Add butter and vanilla and mix until melted and then pour into pie crust.

For Meringue:

3 egg whites
½ tsp vanilla
¼ tsp Cream of Tartar
6 tbsp of sugar

Beat egg whites, vanilla and cream of tartar in electric mixer on medium high speed until it forms stiff white peaks. Slowly add the sugar until well blended.

Top the pie with the meringue and bake at 400 degrees for 10 minutes or until it begins to brown. Chill pie for four hours or overnight to allow pie to set up.