

(BLUEBERRY-LIME
DOUBLE CRUST PIE)



Get creative with
“official” favorites

stately treats

BY LISÉ STERN • PHOTOGRAPHS BY MARK FERRI

SINCE THE EARLY 20TH CENTURY, states from Maine to California have been celebrating their unique identity in symbols. It started with flags and flowers, then gradually trees, birds, and animals became “official.” State foods are a newer development, starting with a handful during the 1960s and '70s, with most designated by the 2000s.

When Boston Cream Pie was proposed as the official state dessert in Massachusetts by a high school civics class, controversy ensued as supporters of Toll House Cookies and Indian pudding lobbied. But the “pie that’s not a pie” prevailed. It is actually two layers of yellow cake with a custard filling, topped with chocolate.

Maine’s official dessert is “blueberry pie, made with wild Maine blueberries.” Our Blueberry-Lime Double Crust Pie amply qualifies. Vermont is the first – and so far only – state with an official flavor: maple. In keeping with that enthusiasm, we created Maple Florentines with pure maple syrup.

New York claimed the apple as its official fruit in 1976, and in 1987 a group of fourth graders from Syracuse lobbied to establish apple muffins as the official state muffin. Our moist and tender version is adapted from their original recipe.

New Hampshire deemed pumpkins the official state fruit after a group of third and fourth graders from Harrisville made the case. Our Pumpkin Crème Caramel is a tribute to this choice.

BLUEBERRY-LIME DOUBLE CRUST PIE

SERVES 10

ACTIVE TIME: 1 HOUR

TOTAL TIME: 3 HOURS, 20 MINUTES

(INCLUDING COOLING TIME)

Greek yogurt in the crust gives an extra tenderness. Serve with a side of fresh blueberries for extra fruity goodness. May be frozen.

Crust

- 1/3 cups all-purpose flour
- 2/3 cup white whole wheat flour
- 2 Tbsp. plus 1 tsp. sugar, divided
- 1/2 tsp. salt
- 1 tsp. grated lime zest
- 2/3 cup unsalted butter, cut into small pieces, chilled
- 2 Tbsp. fresh lime juice
- 2 tsp. vanilla extract
- 1/3 cup Greek yogurt, or more, as needed
- vegetable cooking spray
- 1 tsp. milk

Filling

- 6 cups frozen wild blueberries
- 2 tsp. grated lime zest, plus additional for optional garnish
- 2 Tbsp. fresh lime juice
- 1/2 cup sugar
- 2 tsp. vanilla extract (optional)
- 1/3 cup all-purpose flour
- 1 Tbsp. unsalted butter, melted
- whipped cream for garnish (optional)

1. Prepare the crust. In a food processor, combine both flours, 2 Tbsp. of the sugar, salt, and lime zest. Process about 20 seconds to blend. Add butter and process until pieces are no larger than small peas. Add lime juice, vanilla, and 1/3 cup of the yogurt. Pulse several times to incorporate. Mixture should just begin to come together and should press easily into a ball; add more yogurt, 1/2 Tbsp. at a time, if needed.
2. On a work surface, form mixture into 2 balls and flatten each into a disc about 3/4- to 1-inch high. Wrap discs in plastic wrap and refrigerate at least 1 hour or overnight.

wine suggestions

Desserts can be tricky to match with wines, but as a general rule, sweets go with sweets. Dessert wines should complement the sweetness of the treats they accompany without overpowering them.

Belmondo Prosecco, with lively fruit aromas and a juicy finish, would be a good choice for any of the desserts here. **Birds & Bees Sweet Red**, made from grapes left on the vine to develop a high sugar content, might be a particularly good match for Boston Cream Pie, while the **Birds & Bees Sweet White** should complement the Maine Blueberry-Lime Double Crust Pie.

3. When ready to bake, lightly spray a 9-inch pie pan with vegetable cooking spray. Remove 1 dough disc from the fridge. Unwrap, leaving it on the plastic, and top with a second layer of plastic wrap. Roll out to a circle about 11 to 12 inches in diameter. Peel off one layer of plastic and transfer dough to prepared pan, peeled side down. Remove second layer of plastic and press pastry into the pan, leaving overhanging dough. Refrigerate pie shell. Remove second dough disc from fridge and let rest at room temperature while preparing the filling.

4. Prepare the filling. Preheat oven to 400°F. Place blueberries in a large bowl and microwave on high until completely thawed, about 6 minutes. Let stand for 5 minutes, then drain juices (discard or save for another use). Add lime zest and juice, sugar, and vanilla if using; stir to combine. Sprinkle on flour and stir to combine.

5. Roll out second dough disc like the first. Take out refrigerated pie shell and brush bottom with melted butter. Pour blueberry filling into shell. Peel plastic off one side of the second disc and place peeled-side down

over the berries. Remove remaining plastic wrap and press dough gently but firmly over the berries, pinching down slightly along the edges. Fold over any overhanging dough to make a thicker edge and pinch down.

6. Press the tines of a fork all along the edges to join the top and bottom crusts. Cut a few slits or decorative shapes in the top crust. If desired, place the cut-out pieces on the crust and press down slightly. Brush surface with milk and sprinkle top with the remaining 1 tsp. sugar.

7. Bake at 400°F for 15 minutes, then lower heat to 350°F and continue baking until filling is bubbling and crust is browned, about 30 to 40 minutes. Check midway through baking. If edges begin to brown, cover with foil. Let cool on a wire rack for at least 30 minutes. Serve warm or at room temperature, garnished with whipped cream and lime zest if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
330 CALORIES, 47G CARBOHYDRATES, 4G PROTEIN,
15G FAT (9G SATURATED), 35MG CHOLESTEROL,
125MG SODIUM, 5G FIBER



(BLUEBERRY-LIME
DOUBLE CRUST PIE)

PUMPKIN CRÈME CARAMEL

SERVES 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 3 HOURS

(INCLUDING CHILLING TIME)

New Hampshire's state fruit — pumpkin — is naturally sweet and delicious in desserts like these caramel custards. May be frozen and recipe may be halved.

- 1/2 cup sugar
- 1 Tbsp. water
- 1/2 tsp. cider vinegar
- 4 eggs
- 1/2 tsp. ground ginger
- 1/8 tsp. ground mace
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground allspice
- pinch of salt
- 3/4 cup whole milk
- 1/2 cup heavy cream
- 2/3 cup light or dark brown sugar, packed

- 1 (15 oz.) can pure pumpkin purée
- fresh berries, pepitas, whipped cream for garnish (optional)

1. Prepare the caramel. Have ready 8 (6 oz.) ramekins. In a medium saucepan, stir together sugar, water, and vinegar. Heat over medium-high heat, stirring frequently. The sugar will melt and boil; it may crystallize at the sides. Continue cooking until the sugar melts to a light amber color. Divide the caramel among the ramekins, about 1 Tbsp. each. If necessary, use a metal teaspoon to spread the caramel so it completely covers the bottom of each one.

2. Prepare the custard. Preheat oven to 325°F. Bring about 4 to 6 cups of water to a boil and set aside. Have ready a baking or roasting pan large enough to hold all the ramekins.

3. In a large bowl, whisk together eggs, ginger, mace, cinnamon, allspice, and salt.

4. In a medium saucepan, heat milk, cream, and brown sugar over low heat, stirring occasionally, until sugar dissolves. Whisk in

pumpkin and continue heating until steaming, stirring frequently.

5. Gradually whisk pumpkin mixture into the eggs, whisking constantly. Divide mixture among prepared ramekins. Place ramekins in the baking pan. Pour reserved boiling water in the pan so it reaches halfway up the sides of the ramekins. Bake until center of custard is almost firm, about 40 minutes. A knife point inserted near the side should come out clean.

6. Remove pan from oven and let ramekins rest in water for 2 minutes, then transfer them to a wire rack to cool to room temperature, about 45 minutes. Cover each ramekin with foil and refrigerate until chilled, about 1 hour.

7. To serve, run a knife along the edge of each ramekin and invert over a small plate. Serve garnished with berries, pepitas, or whipped cream if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
230 CALORIES, 34G CARBOHYDRATES, 5G PROTEIN,
8G FAT (4.5G SATURATED), 110MG CHOLESTEROL,
50MG SODIUM, 2G FIBER

OTHER OFFICIAL STATE FOODS

MAINE

- **Drink:** Moxie (2005)
- **Treat:** Whoopie Pie (2011)
- **Sweetener:** Pure Maine Maple Syrup (May 2015)

MASSACHUSETTS

- **Beverage:** Cranberry Juice (1970)
- **Muffin:** Corn Muffin (1986)
- **Bean:** Baked Navy Bean (1993)
- **Cookie:** Chocolate Chip Cookie (1997)

NEW HAMPSHIRE

- **Beverage:** Apple Cider (2010)
- **Vegetable:** White Potato (2013)

NEW YORK

- **Beverage:** Milk (1981)
- **Snack:** Yogurt (2014)

VERMONT

- **Beverage:** Milk (1983)
- **Fruit:** Apple (1999)
- **Pie:** Apple Pie (1999)



(PUMPKIN CRÈME CARAMEL)

APPLE MUFFINS

SERVES 12

ACTIVE TIME: 1 HOUR

TOTAL TIME: 1 HOUR, 25 MINUTES

The students who lobbied to make apple the official muffin of New York also developed a recipe that's distinctive for using cream cheese in the batter and having a streusel top. Our version also works well as mini muffins; adjust the baking time accordingly. May be frozen.

Topping

- 1/4 cup light or dark brown sugar, packed
- 1/4 cup white whole wheat flour
- 1/4 cup old-fashioned oats
- 1/8 tsp. salt

- 1 tsp. grated lemon zest (optional)
- 3 Tbsp. unsalted butter, cut into 1/2 inch cubes

Muffins

- vegetable cooking spray
- 2 tart, firm apples, such as Empire or Granny Smith, peeled and cut into 1/4 inch dice (about 3 cups)
- 2 Tbsp. fresh lemon juice
- 1/2 cups all-purpose flour
- 1/2 cup white whole wheat flour
- 1/4 cup light or dark brown sugar, packed
- 1/4 cup sugar
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 tsp. ground cinnamon

- 1/4 tsp. ground cloves
- 1/4 tsp. ground nutmeg
- 2 oz. Neufchâtel cream cheese (1/4 of an 8 oz. pkg.), cut into small pieces
- 5 Tbsp. unsalted butter, cut into 1/2 inch cubes
- 2 eggs
- 1/2 cup milk
- 2 tsp. vanilla extract
- 1/2 cup coarsely chopped walnuts

1. Prepare topping. In a small bowl, stir together brown sugar, flour, oats, salt, and lemon zest if using. Add butter and use a fork or your fingers to work into the flour mixture until crumbly. Set aside.

2. Prepare muffins. Preheat oven to 375°F. Spray a 12-cup muffin pan with vegetable cooking spray.

3. In a medium bowl, combine apples and lemon juice and stir to mix. Set aside.

4. In a food processor, combine both flours, both sugars, baking soda, baking powder, salt, cinnamon, cloves, and nutmeg. Process to mix thoroughly, about 20 seconds. Add cream cheese and process to incorporate, about 20 seconds. Add butter and process to incorporate, about 20 seconds. The texture should be like cornmeal. (Alternatively, mix in a large bowl and work in cream cheese and butter with a fork or your fingers.)

5. In a large bowl, whisk together eggs, milk, and vanilla. Stir in dry mixture; batter will be very thick. Add apples and walnuts and stir to blend. Batter will become slightly less thick. Divide batter evenly among the muffin cups. It will be slightly higher than the top of the cups. Sprinkle the reserved topping over the batter, pressing down slightly to help it adhere to the batter.

6. Bake until a toothpick inserted into the center of a muffin comes out clean, about 22 to 26 minutes. Let rest in the pan for 2 minutes, then transfer to a cooling rack and let cool at least 5 minutes before serving. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
290 CALORIES, 37G CARBOHYDRATES, 6G PROTEIN,
13G FAT (6G SATURATED), 55MG CHOLESTEROL,
230MG SODIUM, 2G FIBER



{APPLE MUFFINS}



good and healthy

Steel-cut oats (sometimes called Irish oats) and regular rolled oats (either old fashioned or quick) are nearly identical in nutrition. The difference is the amount of processing – which makes rolled oats cook faster. Oats are well known for their ability to lower “bad” LDL cholesterol, and until recently those benefits were mostly attributed to their soluble fiber content. New research shows that the metabolites (molecules produced from digestion) from oats also play a part in the grain’s heart-healthy rep. Add that oats are an excellent source of manganese (1 cup provides over half the daily value of this mineral) and a good source of several other minerals and vitamins, and you’ve got even more reason to “feel” – and eat – your oats.



(MAPLE FLORENTINES)

MAPLE FLORENTINES

MAKES 8 DOZEN, 48 SERVINGS

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 3 HOURS (INCLUDING SETTING TIME FOR CHOCOLATE)

The official state flavor of Vermont is maple, and it shines through in these crispy candy-like cookies. Salted butter enhances the maple toffee taste. May be frozen.

- 1/2 cups old-fashioned oats
- 1/2 cup chopped pecans
- 1/2 cup all-purpose flour

- 1/4 tsp. salt
- 1/2 cup (1 stick) salted butter, cut into 8 pieces
- 1/4 cup heavy cream
- 3/4 cup dark brown sugar, packed
- 1/2 cup maple syrup
- 1 Tbsp. vanilla extract
- 4 oz. semisweet chocolate, chopped

1. Preheat oven to 375°F. Line 2 baking sheets with parchment paper.
2. In a medium bowl, stir together oats, pecans, flour, and salt until well distributed.
3. In a medium saucepan, combine butter,

FOODS WE'D LIKE TO BE OFFICIAL

MAINE

- **Sandwich:** Italian

MASSACHUSETTS

- **Bread:** Anadama

NEW HAMPSHIRE

- **Dessert:** Portsmouth Orange Cake

NEW YORK

- **Candy:** Sponge Candy

VERMONT

- **Cheese:** Vermont Cheddar

cream, sugar, maple syrup, and vanilla and cook over medium heat until butter melts, stirring occasionally. Bring to a boil and cook, stirring occasionally, until sugar dissolves. Continue boiling for 1 minute. Remove from heat and pour into oat mixture. Stir until thoroughly combined, then let rest for 5 minutes.

4. Drop batter by the 1/2 teaspoonful onto prepared sheets, 2 inches apart. You should be able to get about 12 cookies per baking sheet. Cookies will spread considerably. Bake until dark golden, about 7 to 9 minutes. Remove from oven and let sit on baking sheets to firm (they'll be very hot and runny), 2 minutes. Use a spatula to transfer to a wire rack to cool. Repeat with remaining batter.

5. Transfer cookies to sheets of parchment or waxed paper. Place chocolate in a microwave-safe bowl and microwave on high for 1 minute. Stir; if needed, microwave in 30-second increments until completely melted. Transfer melted chocolate to a sealable plastic bag and snip off a tiny corner. Pipe the chocolate over the cookies in a decorative design. Let rest at room temperature until chocolate is completely set, 1 to 2 hours. Store cookies in a sealed container at room temperature, or freeze.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
80 CALORIES, 10G CARBOHYDRATES, 1G PROTEIN,
4G FAT (2G SATURATED), 5MG CHOLESTEROL, 30MG
SODIUM, 1G FIBER

BOSTON CREAM PIE

SERVES 10

ACTIVE TIME: 50 MINUTES

TOTAL TIME: 3 HOURS (INCLUDING SETTING TIME)

The official state dessert of Massachusetts, Boston Cream Pie, is actually a cake that dates back to the mid-19th century, when it was served at the Parker House Hotel. May be frozen.

Cake

- vegetable cooking spray
- 1/2 cup unsalted butter
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup buttermilk, divided

Pastry Cream

- 4 egg yolks
- 1/3 cups milk
- 1/2 cup heavy cream
- 2 tsp. rum
- 2 tsp. vanilla extract
- 1/2 cup sugar
- 2 Tbsp. plus 2 tsp. cornstarch
- pinch of salt

Chocolate Glaze

- 4 oz. bittersweet chocolate, chopped
- 3 Tbsp. salted butter

1. Prepare the cake. Preheat oven to 350°F. Spray a 9-inch round baking pan with vegetable cooking spray.

2. In a large bowl, use an electric mixer on medium-high speed to beat butter until fluffy, about 2 minutes. Add sugar and beat until light and fluffy, about 2 minutes. Add 1 egg and beat 2 minutes on medium-high speed. Scrape side of bowl and add vanilla, beat 1 minute, scrape sides, and add remaining egg. Beat for 2 minutes until mixture is very light.

3. In a separate bowl, stir together flour, baking powder, baking soda, and salt. Add 1/3 of the flour mixture to the butter mixture and blend on low speed just until incorporated. Scrape down sides and add half the buttermilk, mixing on low just until blended. Add another 1/3 of the flour, mix, then remaining buttermilk, mix, and finally, remaining flour, mixing just until smooth. Batter will be thick. Transfer to the prepared pan, smoothing the surface.

4. Bake until the surface is lightly golden and springs back when lightly touched, and a toothpick inserted in the center comes out clean, about 33 to 38 minutes. Be careful not to overbake. Cool cake in the pan on a wire rack to room temperature, about 1 hour.

5. While cake bakes, prepare the pastry cream. In a medium bowl, gently whisk together egg yolks, milk, cream, rum, and vanilla.

6. In a medium saucepan, stir together sugar, cornstarch, and salt. Stir in milk mixture to blend. Bring to a boil on medium heat, stirring constantly; mixture will start to thicken in about 7 to 9 minutes. Boil for 1 minute, continuing to stir constantly; mixture will be thick and puddinglike. Remove from heat and pour custard into a sieve set over a bowl. Use a spoon or spatula to press mixture through sieve to smooth out any lumps. Press plastic wrap against the surface and cool to room temperature, about 30 minutes, then refrigerate until ready to use (may be prepared a day in advance).

7. Assemble dessert. Run a knife around the edge of the pan and gently invert cooled cake onto a work surface. Using a



{BOSTON CREAM PIE}

long serrated knife, slice the layer horizontally into 2 rounds. Place the bottom round on a serving plate, cut-side up. Spread reserved pastry cream over the surface, then place second layer on top, cut-side down.

8. Prepare the chocolate glaze. In a small saucepan over low heat, melt chocolate and butter together, stirring to blend. Pour glaze over top of cake and use a butter knife or spoon to spread it just to the edges so some drips down the side. Let chocolate set completely, about 30 minutes, then slice and serve. May be stored at room temperature for 1 day, or in the fridge.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
490 CALORIES, 61G CARBOHYDRATES, 8G PROTEIN,
25G FAT (15G SATURATED), 165MG CHOLESTEROL,
360MG SODIUM, 1G FIBER ●

Lisè Stern is the food editor of fresh and co-author of Culinary Tea.