

Indigenous – Style Blueberry Pie



Blueberries are a huge part of the indigenous harvest. This light, fluffy, and delicious Indigenous-style blueberry pie was taught to me by an elder woman at a storytelling event in Winnipeg, Manitoba and it's still one of my favorite blueberry pie recipes of all time. It's simple and delicious.

Ingredients

Pie Crust

- 2 cups flour
- 1 tsp salt
- 1 cup shortening
- 1/2 cup water

Blueberry Pie Filling

- 4 1/2 cups blueberries
- 1 cup sugar
- 1 cup water.

Instructions

Crust

1. In a large bowl combine flour and salt.
2. Add the shortening and fold until the mixture achieves a crumbly texture.
3. Knead the dough adding a little bit of water at a time. You may not need to use all of the water.
4. Roll the dough into a ball and cut in half. Roll each half into a ball. Cover and let stand in the refrigerator for 4-hours to overnight.
5. Flatten the dough for the bottom crust with a rolling pin until it is roughly an even circle about 1/4 inch thick. Don't over roll the dough or it will become tough.
6. Layer the bottom of a pie pan so that the dough is just over the edges. Ensure that there are no holes in the bottom of the dough or the filling may leak out.
7. Fill the dough crust nearly full with the blueberry pie filling (**see below**).
8. For the top of the pie crust cut roll out the dough until it is even and roughly circular. Fold the dough in half, and then in half once more, and cut your vent pattern with scissors.
9. Place the top of the pie crust over the filling and shape to the edges of the crust. (Optional, use a milk wash or egg whites to brush the top of the pie to achieve a nice golden-brown color).
10. Set the oven to 350 degrees Fahrenheit and bake for 15-20 minutes until the edges are browned.