



RHUBARB CUSTARD PIE

Makes 1 deep-dish pie • Serves 8

This luscious take on rhubarb pie, with its creamy, tart and sweet filling, comes to us from our resident baker-swami, Swami Padmananda. It's a simple celebration of the joyful pink rhubarb stalks that are one of the earliest signs of Spring.

Pie Crust

Makes 1 double crust (only bottom crust needed for this pie)

INGREDIENTS

- 2½ cups (325 g) all-purpose flour
- 1 tsp salt (use ½ tsp if using salted butter)
- 1 tbsp sugar (optional)
- 1 cup (230 g) very cold butter, cut into small cubes
- 6–10 tbsp ice-cold water

METHOD

Mix the flour, salt, and sugar (if using) in a large bowl. Add the butter and cut in with hands or a pastry cutter until the mixture resembles coarse crumbs. Sprinkle in the water, starting with 6 tbsp and adding more as needed until the dough comes together. Divide into two discs, wrap in plastic, and chill for at least 1 hour. The second crust can be frozen for later use.



RHUBARB CUISTARD PIE

Rhubarb Custard Filling

INGREDIENTS

- 4 cups rhubarb, chopped
- 3 eggs
- 2 tbsp milk
- 2 tbsp melted butter
- 1½–2 cups sugar (adjust to taste)
- ¼ cup flour
- ¼ tsp salt
- ¼ tsp nutmeg

METHOD

Preheat oven to 425°F (220°C).

In a large bowl, beat together the eggs, milk, melted butter, sugar, flour, salt, and nutmeg until well combined.

Stir in the chopped rhubarb. Pour the mixture into an unbaked pie shell.

Bake at 425°F (220°C) for 10 minutes. Reduce heat to 350°F (175°C) and bake for an additional 30–40 minutes, or until the custard is set.

HEALING SPREAD