

Glory Hallelujah* Pie.

The base.

This is an almond macaroon base. It specifies granular (bulk) Splenda throughout but if you have tolerance for refined sugar you could use an equivalent amount of superfine (castor) sugar.

Ingredients

- 5 large egg whites
- 1 1/2 cups granular Splenda(1)
- 1 2/3 cups almond flour
- 1/8 teaspoon salt
- 1/4 cup granular Splenda(2)

Method

Preheat oven to 280 deg F.

Mix splenda(1) and almond flour together in a bowl. Either place a disk of parchment paper onto a 10-inch pie pan or grease the pan liberally. The pie tends to stick, so use a lot of butter.

In another bowl, mix the refrigeration-temperature egg whites, add the salt and Splenda(2) and beat hard with a mixer into a stiff meringue.

Gently fold the almond flour mix into the meringue by hand. You don't want to bust the bubbles.

Spoon the mixture into the pie pan. It is sticky and you need to avoid squashing it while dispersing it around the pan. Best bet is to drop it in spoonfuls all around the pan and spread it minimally. Doesn't matter if it is a bit uneven as the pears will eventually cover it.

Bake in the 280 degree oven with the door open about an inch. Bake for about 35 minute or until the surface of the macaroon is hard and crispy. It probably won't change color.

The crust should rise about 50% due to the meringue bubbles expanding, similar to tempura batter.

The filling

- 1 1/2 cups red wine, Marsala or sherry, or a mix
- Zest and juice of one large lemon
- 2 oz orange juice

- ½ cup granular Splenda
- Vanilla bean or ½ teaspoon vanilla extract
- 1 cinnamon stick or one teaspoon of ground cinnamon
- 5 cloves (don't overdo the cloves)
- 4 pears

Method

Peel, core and quarter the pears. Combine all the other ingredients in a saucepan and add the pears. Bring to a boil and simmer for 15 minutes. They are done when they get soft to a knife, don't let them mush.

Take the pears out of the pot, and rinse off the debris. Let them drain for a few minutes. Strain the liquor, put it back in the pot and simmer until it reduces by about two thirds. If it is not thick enough add some arrowroot or cornstarch and cook for a couple of minutes over high heat. Set aside to cool while assembling and baking the pie.

Assembly

Arrange the pear quarters on top of the baked macaroon and place back in the 280 degree oven for 15 more minutes. Cool on a rack. When the cooking liquor has cooled about half way, spoon it over the pears and refrigerate for a couple of hours to let the glaze set.

The recipe has no added refined sugar and no gluten, but it contains fructose and other natural sugars.

Acknowledgement *

I stole the name Glory Hallelujah from Mrs Sarah Clayborne, the Pie Lady. She is a community activist and Memphis Culinary Institute graduate who had a restaurant back in the early 90s in South Memphis. The recipe is completely different, but the concept of a pear and almond pie came from Mrs Clayborne.

I believe the Pie Lady has retired to Jackson, TN, but in the 1980s and 1990s her restaurant and community activism brought her many awards and accolades, including a Women of Achievement award. She started a LeMoyne Owen-based neighborhood organization, United Effort Development, which won national acclaim. She worked with a range of local non-profits and has her own Wikipedia page. She is 70.

I am recycling her pie name as an homage to our strong African American matriarchs whose work, dedication and entrepreneurship sustain their families and communities through hard times. Find and support your local Pie Lady or community entrepreneur. I assume that Mrs Clayborne has no further use for the name. I hope she'd approve.

Fergus Nolan 9/16/2019 Memphis, TN.