




Blueberry Hand Pies

These sweet and fruit-full pastries can be served anytime and anywhere, thanks to their convenient portability.



	PREP	BAKE	TOTAL	YIELD
	30 mins	18 to 20 mins	1 hr 18 mins	8 hand pies

Ingredients

Pastry

- 2 cups (240g) King Arthur Unbleached All-Purpose Flour
- 3/4 teaspoon table salt
- 1/2 teaspoon baking powder
- 16 tablespoons (227g) unsalted butter, cold
- 1/2 cup (113g) sour cream, cold

Filling

- 2 cups blueberries, fresh or frozen
- 2 tablespoons (14g) cornstarch or 1 tablespoon (11g) Instant ClearJel*
- 1/3 cup (67g) granulated sugar
- 1/8 teaspoon table salt
- 1 tablespoon (14g) lemon juice

*For frozen berries, use 2 1/2 tablespoons cornstarch or 1 1/2 tablespoons ClearJel.

Topping

- 1 large egg, beaten
- 2 tablespoons (25g) coarse sparkling sugar, for garnish

Instructions

- ① **To make the pastry:** Whisk together the flour, salt, and baking powder. Add the butter, working it in to make a coarse/crumby mixture. Leave most of the butter in large, pea-sized pieces.
- ② Add the sour cream, and stir until the mixture starts to come together in chunks. Turn it out onto a floured work surface, and bring it together with a few quick kneads.
- ③ Pat the dough into a rough log, and roll it into an 8" x 10" rectangle. Dust both sides of the dough with flour, and starting with a shorter end, fold it in three like a business letter.
- ④ Flip the dough over, give it a 90° turn on your work surface, and roll it again into an 8" x 10" rectangle. Fold it in three again.
- ⑤ Wrap the dough, and chill for at least 30 minutes before using.
- ⑥ **To make the filling:** If you're using fresh berries, rinse and drain well. Place fresh or frozen berries in a saucepan. Whisk the cornstarch or ClearJel with the sugar, and pour over the berries. Add the salt and lemon juice, stirring to combine.
- ⑦ Place the saucepan on a burner set to medium-high heat and cook, stirring, until the small amount of liquid in the bottom of the pan comes to a simmer. Reduce the heat to medium and continue to cook, stirring frequently, until the mixture starts to thicken, about 5 minutes. Transfer the cooked berries to a bowl and let cool to room temperature. It's fine to make the filling ahead of time, and refrigerate until you're ready to use it.
- ⑧ Preheat the oven to 425°F; place a rack on the middle shelf. Line a baking sheet with parchment paper.
- ⑨ **To assemble the pies:** Roll the dough into a 14" x 14" square. With a straight edge and pastry wheel, or a 3 1/2" square cutter, cut out sixteen 3 1/2" squares.
- ⑩ Divide the filling among eight of the squares, using about a heaping tablespoon for each; a slightly heaped tablespoon cookie scoop works well here. Brush some of the beaten egg along the edges of each filled square.
- ⑪ Use a knife to cut a vent into each of the remaining eight squares; or use a decorative cutter of your choice.
- ⑫ Top each filled square with a vented square, and press along the edges with the tines of a fork to seal.

- ⑬ Brush the top of each pie with the remaining beaten egg, and sprinkle with sparkling sugar. Transfer the pies to the prepared baking sheet. *Note: If at any time during this process the pies become sticky and hard to work with, simply refrigerate them for about 20 minutes, until firm.*
- ⑭ Bake the pies for 18 to 20 minutes, until they're a light golden brown. Remove them from the oven, and let cool for 20 minutes before serving.
- ⑮ Store pies, lightly wrapped, at room temperature for a couple of days; freeze for longer storage.

Tips from our Bakers

- ☆ Why no listed weight for the blueberries? Berries can vary quite a bit in weight, and we found that measuring by volume is best in this case.
- ☆ **For cinnamon-apple hand pies with a rye crust:** Make the crust using a scant 1 3/4 cups (200g) all-purpose flour and a generous 1/3 cup (40g) organic medium rye flour. For the filling, substitute 2 cups diced, skin-on apples for the blueberries, following the same preparation process. Add a generous 1 teaspoon cinnamon or apple pie spice to the cooked apples. Fill the pastries and bake as directed in the recipe.



- ☆ Join King Arthur baker Martin Philip and his family as they bake Fruit Hand Pies together, start to finish. Watch [Martin Bakes at Home - Fruit Hand Pies](#) now.
- ☆ Flour, cornstarch, tapioca, ClearJel... how much thickener should you use? For a practical look at all the options, see our [Fruit Pie Thickeners Guide](#).

We're here to help. King Arthur Baker's Hotline: (855) 371 2253