



Buko Pie – Young Coconut Pie

NIBBLEDISH CONTRIBUTOR

Ingredients

Crust:

- 2 cups all-purpose flour
- 1 tsp. salt
- 2/3 cup shortening

- 1 piece egg yolk
- 1 tsp. vinegar
- 1/4 cup ice water

Filling:

- 4 cups coconut meat
- 1 cup coconut water
- 1 300 ml. can Sweetened Condensed Milk
- 2/3 cup cornstarch

Instructions

Buko Pie is one of the most must-try product and specialty of Laguna Province. It is a traditional Filipino pastry style, young-coconut-filled pie. It has proven to be a popular dish for Filipinos. It is almost like a coconut cream pie, only it is made with just young coconuts (buko in Tagalog) and has no cream.

The pie is made with buko meat of malakanin (soft rice consistency and texture). There are also variations of the pie, which are similar but use slightly different ingredients, such as macapuno pie (from Coconut Sport), that uses a special type of coconut which differs from ordinary coconut as it is thick and sticky.

- Blend flour and salt in a bowl. Cut in shortening using two knives or a pastry cutter.
- Combine yolk, vinegar and water; slowly add the liquid to the flour mixing until dough can be handled.
- Divide dough into 2 parts with one part slightly bigger than the other. Roll bigger dough to about 2 inches larger than a 16-inch pie plate.
- Fit dough into a pie plate, letting sides hang.
- Roll out remaining dough for the crust.
- Set aside.
- Combine filling ingredients in a thick saucepan.
- Cook stirring constantly until thickened. Cool then pour into prepared crust.
- Cover with top crust; flute or crimp edges together to seal.
- Bake for 1 hr. at 425 degrees F.