

Jamaican Mirliton Tart with Crumble Topping



Figure 1 Tart and Photo by David Hubbell

This is inspired by the Jamaican Pie recipe in a USDA bulletin 28. Old Jamaican cuisine featured the light crystalline flavor of mirliton by preparing it with subtle hints of lime and clove.

Ingredients:

4-6 Mirlitons depending on size. Peeled and sliced into thin pieces like diced apples

4 Cloves

8 Allspice berries

1 lime juiced
1 lime zest (grated lime peel)
1 cup sugar
1 cup of water
2 tablespoon of corn starch
2 Tablespoons of butter
1 pie crust (your choice, short crust or sweet pie crust bread will do)

Preparation:

1. Peel mirlitons and pit them under running water to prevent sticky substance from coating your hands
2. Chop mirlitons into thin apple-pie size pieces
3. Combine mirlitons, cloves, allspice, lime zest, and water and boil until tender (adjust spices as needed)
4. Remove cloves and reserve one cup of boiling water and separate mirlitons
5. Cool filling
6. Mix cornstarch with 1 cup of the cooled water used in boiling
7. Layer into pie crust and sprinkle with sugar, lime juice, and dot with butter
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Topping:

3/4 cup flour
7 tablespoons of melted butter
1/4 cup light brown sugar
¼ tsp. salt

Topping Preparation:

1. Mix flour and light brown sugar
2. Add the melted butter and combine well with a fork
3. Sprinkle over filled pie

Bake in 350-degree oven for 30-35 minutes. Serve warm or cooled with dollop of whipped cream.

