

The Story of Slab Pie



Slab Pie. It's a thing. Really!

I have to admit I never heard of it until I moved to the mid-South. Up North, ya hey, where I came from in Wisconsin, the closest thing we might call it would be a tart. They were mostly free-form crusts baked on a cookie sheet and topped with sweet or savory ingredients.

I read up on the history of slab pie and learned a few things. The originals were probably two-crust pies; top and bottom. They were meant to be cut up and eaten out of your hand, so you didn't need a fork. They might feed a farmhouse crew or a family gathering.

Up North, back in Wisconsin, the Cornish miners took a thing called a pasty in their lunch bucket to eat at mealtimes down under ground. Those were usually made of meat and potatoes and resembled what you might think of as an Italian calzone today. Sort of the same thing. Just different names.

It looks like what we call a cookie sheet today was available in most homes by the 1700's. Most history accounts date that time as the invention or inception of what we now know as a slab pie.

Probably the biggest benefit of slab pie is that it feeds a lot of people. A regular pie, a specialty of the women of Iowa, is round, baked in a pie plate, and serves 8. A slab pie is baked on a cookie sheet and serves 12 – 20. Slab pies are easy to transport. Just cover the pie with aluminum foil and off you go. It can be re-heated when you reach your destination or served cold depending on the ingredients.

Southern Living Magazine did a feature on slab pie recently so you can click [this link](#) and get several recipe options for slab pie.

My offering today is going to be a lower carb slab pie. My crust will be made with almond flour. The featured fruits will be peaches and blueberries. We are smack dab in the middle of peach season in Tennessee with the Georgia peaches coming in every day. My co-worker, Jennifer, was campaigning for me to make a new peach recipe. So here it is!



Peach and Blueberry Slab Pie

Enjoy!

Cheers,