

Knowledge @ Noon

*“Harvest Pies”*



*Wednesday, October 19, 2016*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*

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## Pieces of the Pie



Karen Blakeslee, M.S.



## Characteristics of Pastry

- A delicate, flaky, tender, crisp, lightly browned bread
- Time/temperature sensitive
- Needs an artistic touch

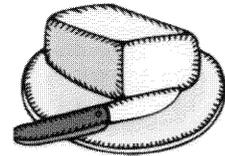
## The Basic Pieces - Flour

- Equal or slightly more than fat by weight
- Pastry flour or unbleached all-purpose flour commonly used
- Flour type affects gluten formation and flakiness
- Too much flour affects tenderness



## The Basic Pieces - Fat

- Creates flakiness
  - Size of fat pieces
  - Temperature of fat
  - Distribution of fat
- Creates tenderness
  - How easy the pastry gives way to the tooth
  - Inhibits gluten development
- Fat protects flour proteins from water



## The Basic Pieces - Fat

- |  |   |
|--|---|
| ■ Shortening <ul style="list-style-type: none"><li>□ 100% fat</li><li>□ 0g Trans Fat</li><li>□ Butter-flavored</li><li>□ Pliable</li></ul> | ■ Butter or Margarine <ul style="list-style-type: none"><li>□ Excess water creates more gluten</li><li>□ Gives buttery flavor</li><li>□ Harder to handle cold dough</li></ul> |
| ■ Lard <ul style="list-style-type: none"><li>□ Can give rancid flavor</li><li>□ High saturated fat content</li></ul>                       | ■ Oil <ul style="list-style-type: none"><li>□ Least used</li><li>□ Coats every flour particle</li><li>□ Gives mealy texture</li></ul>   |

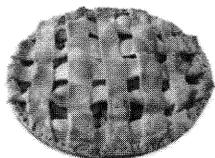
## The Basic Pieces - Liquid

- |   |  |
|---|--|
| ■ Hydrates the flour                        | ■ Use as little as possible                              |
| ■ Creates steam during baking for leavening | □ Inhibits starch gelatinization which reduces crispness |
| ■ Creates crispness of crust                | □ Too much causes shrinkage                              |
| ■ Keep liquid ice cold                      | □ Too much causes toughness                              |
|   | □ Too little makes a crumbly crust                       |



## The Basic Pieces – Other Ingredients

- Salt used for flavor
- Sugar adds flavor and helps browning
  - Dry sugar, corn syrup
- Vinegar or Lemon juice
  - Inhibits gluten formation
- Eggs
  - Add color, flavor, richness
  - May add toughness
  - Use as a glaze

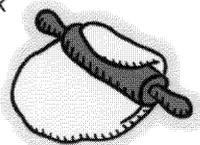


## Making the Dough

- Combine flour and salt
- Cut in cold fat to create pea-sized pieces
- Sprinkle in ice cold water 1 tablespoon at a time
- Toss mixture until flour is just moistened
- When dough no longer clings to bowl, form into a disk
- Wrap and chill 15-30 minutes to firm fat and hydrate flour

## Rolling the Dough

- Lightly sprinkle rolling surface with flour
- Flatten dough slightly on surface
- Roll with short strokes from the center out
- Flatten to 1/8-inch thick
- Roll to 1-2 inches bigger than pie pan

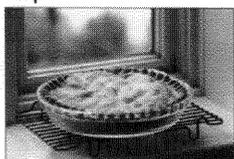


## Place in Pie Pan

- Fold or roll dough into pie pan
- DO NOT STRETCH TO FIT!
- Crusts that are blind-baked are pricked to prevent blisters
- Unbaked crusts not pricked so filling does not leak out

## Filling and Top

- Fill with pie filling
- Roll top crust same as bottom
- Place on top of filling
- Make decorative cuts in top
  - This allows steam to vent out during baking
- Roll edges under and decoratively crimp edges together



## Pie Crust Problems

- Soggy bottoms
  - Filling not fully thickened
  - Not baked long enough
  - Baked at too low of temperature
  - Pie pan placed on baking sheet or aluminum foil which interferes with heat transfer
  - Crust torn and filling ran underneath crust

### Pie Crust Problems

- Crust too brown
  - Too much protein and sugar
  - Baked too long or too hot
  - Burnt spots due to uneven dough thickness
  - Use pie shield to prevent edges from browning too much
- Crust shrank
  - Dough stretched
  - Too much gluten formation
  - Too much water added
  - Dough overworked

### Fruit Fillings

- Balance between fruit, juice, sweetener, and thickener
- Use fresh, frozen, cooked, canned or rehydrated dried fruit
- Starch thickener typically used
  - Cornstarch – makes firm gel
  - Clear Jel – waxy maize or modified starch, makes soft paste
  - Tapioca
- Flour makes a cloudy gel, breaks down

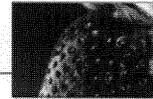
### Fruit Fillings – 3 methods

- Old-fashioned method
  - Combine sugar, spices, starch
  - Add to fruit
  - Place in unbaked pie shell
  - Top with pieces of butter
  - Top with crust and bake



### Fruit Fillings – 3 methods

- Cooked Juice method
  - Uncooked fruit retains more shape, flavor, texture
  - Juice is drained from fruit, add water if needed
  - Bring juice to a boil
  - Add mixture of starch and cold water
  - Add sugar and spices
  - When thick and clear, remove from heat
  - Pour over fruit in prebaked crust
  - Refrigerate



### Fruit Fillings – 3 methods

- Cooked Fruit method
  - Same as cooked juice method
  - Add fruit to thickened juice
  - Bring back to boil
  - Pour into prebaked pie crust

### Pie Pans

- Use pans that will absorb heat to crisp crust
  - Aluminum
  - Dark
  - Dull, gray anodized
  - Glass
    - Reduce oven temperature 25°F
- Size of pan determines number of slices!

## Tips for Freezing

- Fruit Pie and Tart
  - Freeze immediately after assembling.
  - Wrap the pies tightly in several layers of plastic and label them.
- Pumpkin Pie
  - Immediately freeze the custard to prevent off flavors.
  - Immediately freeze the pie shell.

## Tips for Baking

- Fruit Pie and Tart
  - Go Directly from Freezer to Oven
  - Use a Heated Baking Sheet or Pizza Stone for the Crispiest Crust – on bottom rack of oven.
- The Pumpkin Pie
  - Defrost the custard a day ahead.
  - Blind Bake the Shell
  - Option: Can prepare, bake and then freeze.

## Pieces of the Pie



Sources:  
Understanding Food: Principles and Preparation, Amy Brown  
Foundations of Food Preparation, J.H. Freeland-Graves, G.C. Peckham  
Introductory Foods, Marion Bennion  
Judge's Guide for Foods and Nutrition Exhibits – KSU  
Baking Illustrated – Cook's Illustrated magazine



## Characteristics of Good Pastry

A good pastry should be tender, flaky, and a golden-brown color. The center should be slightly less brown. Good pastry has a rough, blistery surface rather than a smooth, firm one. It should cut easily with a fork, yet not crumble when served.

*Tenderness:* depends on the type of flour and amount of fat and water used.

- increased fat makes a tender pastry that crumbles easily
- too much water makes a tough pastry
- too much handling or use of flour when rolling makes a tough pastry

*Flakiness:* depends on the type of flour and fat, amount of water, size of fat particles, and temperature of baking.

Q: What makes pastry flaky?

A: Small pieces of fat in the dough at the time of rolling. As the fat melts during baking, space is left where steam can collect to separate into layers and make pastry flaky.

### Lattice Crust and Fluting Techniques

**Lattice Crust:** Prepare pastry for two-crust pie. Roll out bottom crust as directed. Place in pie pan, leaving  $\frac{1}{2}$  inch of bottom crust extending beyond edge of pan. Roll out remaining dough as if making top crust. Cut into strips  $\frac{1}{2}$  inch wide. For a decorative edge, use a fluted pastry wheel. Lay part of strips across filling in parallel rows, about  $\frac{3}{4}$  inch apart, twisting if desired. Place more strips at right angles, forming a crisscross pattern. (For a woven lattice top, lift every other strip as the cross strips are added.) Trim ends even with edge of dough. Form a stand-up flute.

**Fork Edge:** Flatten pastry on rim of pie pan. Dip fork tines in flour, press pastry firmly around edge on rim of pie pan. Figure A.

**Pinch Edge:** Place index finger on inside rim of pastry. Make flutes about  $\frac{1}{2}$  inch apart by pushing pastry into the V, shaped by the right thumb and index finger on the outside of the rim. Figure B.

**Rope Edge:** Place thumb on stand-up rim at an angle; press pastry against thumb with knuckle of index finger. Repeat pattern diagonally around edge of rim of pie pan. Figure C.

**Scalloped Edge:** Roll tip of a teaspoon around edge of crust, forming scalloped edge. Figure D.

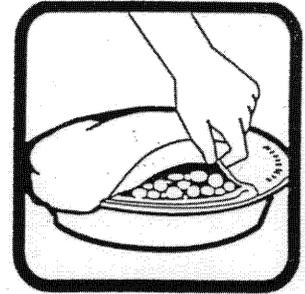


Figure A

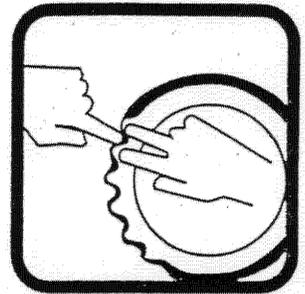


Figure B



Figure C

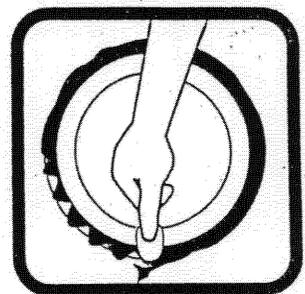


Figure D

**CLEARJEL** is a modified waxy maize food starch with application in canned foods, bakery products and specialty items.

**Features and Benefits:** CLEARJEL contributes to the shelf life stability of canned foods. Canned products retain a smooth texture and show no liquid separation upon storage.

**Applications:** A major application for CLEARJEL is in bakery products, particularly fruit pie fillings where the starch offers smooth, short, stable texture and resistance to boil out during baking. Canned foods are another major application. These include cream style corn, pork and beans, canned soups, sauces and gravies and canned dinner products.

**CLEARJEL** is also recommended for other important food applications where a thickener with a smooth short texture is desired. CLEARJEL is not recommended for frozen food applications. (works fine for frozen apple pies).

**Physical Properties:**

Color: White to off-white

Form: Powder

Moisture: Approximately 11%

pH: Approximately 6

Regular Clearjel was developed for the commercial food industry to withstand the heat necessary to process products such as canned pie filling. Clearjel has been used by food processors for 30 years or more.

Regular Clearjel requires heating to produce the thickening process. Maximum thickness is reached upon cooling and it resists weeping during storage.

Regular Clearjel is the only thickener the USDA recommends for use in home canning of fruit pie fillings. It does not break down and become thin when used in home-canned pie fillings.

**INSTANT** Clearjel is not recommended in home canning since it tends to break down during processing. (DO NOT buy instant).

Manufacturer recommends Clearjel as an equal replacement for cornstarch in uncanned pie fillings baked at home.

Clearjel is often spelled a variety of ways like Clear jel, Clear gel, or Cleargel and all refer to the same product.

Finding Clearjel in stores is a challenge. Here are names of bulk food stores in Kansas that sell and ship Clearjel.

**Glenn's Bulk Foods, Hutchison 620-662-2875**

Kitchen Karfts 800-776-0575

Sweet Celebrations 800-328-6722

**The following is a collection of "pie freezing hints" from K-State. *From Ann D.***

Unbaked fruit pie – make as usual except add 1 extra Tablespoon flour or tapioca or ½ Tablespoon cornstarch to juicy fillings. Freeze pie in its pan **immediately** after assembling.

My directions say **not** to put "slits" in the top of pie before freezing it, BUT be sure to remember to do it before baking the frozen pie!

After pie has frozen, remove from freezing, wrap and label it and put back in the freezer. When ready to bake pie, go directly from freezer to a heated oven so that the crust begins to bake before the fruit has a chance to start thawing. Bake frozen pies on the bottom rack of the oven and use a heated baking sheet or pizza stone for the crispest crust. Bake at 450 degrees for 15 – 20 minutes and then reduce temperature to 375 degrees for the remainder of the baking time.

**HAPPY BAKING!!**

## Beef Pot Pie

1 pound sirloin steak, cubed	3 potatoes, cubed
Salt to taste	1 cup frozen green peas, thawed
Ground black pepper to taste	3 Tablespoons cornstarch
1 (14 ounce) can beef broth	1/3 cup water
3 large carrots, diced	2 (9 inch) refrigerator pie crusts

### Directions

1. In a saucepan over medium heat, brown the pieces of meat on all sides. Pour in some water to almost cover. Bring to a boil and reduce heat. Simmer until meat is tender and falls apart easily; about 2 to 3 hours. Transfer meat to a large mixing bowl. Shred the meat slightly and add salt and pepper to taste.
2. In another 2 quart saucepan over medium heat, pour in beef broth and add carrots and potatoes. Cook until almost tender; about 15 to 20 minutes. Preheat oven to 350 degrees F (175 degrees C).
3. When the carrots and potatoes are done, transfer to the large mixing bowl with the beef; leaving the liquid in the pan. Combine the peas with the carrots, potatoes and beef.
4. Dissolve the cornstarch with the 1/3 cup of water. Pour into the saucepan of beef broth, stirring constantly. Bring to a simmer and reduce heat; cook for 5 minutes.
5. Line a 9 inch pie plate with one of the pie crust following the package directions. Place the beef mixture into the pie crust. Pour the gravy over the top of the mixture, then cover with the other pie crust. Bake in a preheated oven until the crust is golden brown; about 25 minutes. Let cool for 5 minutes before serving.

**Nutrition:** 8 servings. Calories 374, Total fat, 15g., Sat. Fat 3.5 g., Cholesterol 39 g., Sodium 575g., Total Carb. 41.5g, Dietary Fiber 3.6g, Sugars 5.5 g., Protein 18 g.

## Chicken Quesadilla Pie

1 large flour tortilla	1/3 cup fresh cilantro, finely chopped, PLUS extra for garnish
1 rotisserie chicken, skin removed, shredded (or 2 cooked chicken breast, shredded)	2 eggs
1 (4 oz) can green chilies	1 teaspoon baking powder
2 cups grated Mexican blend cheese divided	1/2 teaspoon chili powder
1 cup whole milk	Kosher salt and freshly ground pepper, to taste
1 cup all-purpose flour	

Preheat oven to 425 degrees and lightly grease a 9 inch pie plate with butter or non-stick spray. Place tortilla into pie plate and set aside. In a large bowl, combine shredded chicken, 1 cup cheese, cilantro, green chilies, chili powder, and salt and pepper. Stir until everything is combined, then transfer mixture to tortilla-filled pie plate, smoothing everything into an even layer.

In a separate bowl, whisk together milk, flour and eggs, then stir in baking powder and season generously with salt.

Once smooth, carefully pour mixture over chicken filling. Top evenly with remaining cheese, then transfer pie plate to oven.

Bake for 20 – 24 minutes, or until surface is golden brown and center is just set.

Remove from oven and let cool 5 minutes before serving. Slice into wedges and serve hot, garnish with fresh cilantro and /or sour cream.

**Nutrition:** 8 servings. Calories 326. Total fat 15.75 g., Sat. fat 8.25 g., Cholesterol 90.5 g., Sodium 591.25 g., Total Carbs., 19.5 g., Dietary Fiber 1 g., Sugars 2 g., Protein 25g.

## Italian Meat and Spinach Pie

- |  |  |
|--|--|
| 1 recipe pastry for a 9-inch pie crust                         | 1 ¼ cups water   |
| ½ pound ground beef  | ½ teaspoon salt  |
| ½ pound mild or hot turkey Italian sausage,<br>casings removed | 1 teaspoon dried basil   |
| 1 clove garlic, minced   | ½ teaspoon dried oregano   |
| 1 onion, chopped   | 1 (10 oz.) package frozen chopped<br>spinach, thawed and drained |
| ¾ cup chopped red bell pepper                                  | 1 cup part skim ricotta cheese                                   |
| 10 ounces sliced fresh mushrooms                               | 1 ½ cups shredded mozzarella cheese,<br>divided                  |
| 1 clove garlic, minced   | 1 cup chopped, seeded plum tomatoes                              |
| 1 (6 ounce) can tomato paste                                   | 1 (6 oz) can sliced black olives, drained                        |

1 Line a 9-inch pie pan with the pastry and press the edges of the crust with a fork to seal it to the pie dish. Cover loosely with plastic wrap and refrigerate while you prepare the sauce.

2 Heat a large skillet over medium-high heat and stir in the ground beef, turkey sausage, and 1 clove of minced garlic. Cook and stir until the meat is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Add the onion, red bell pepper, and mushrooms and cook, stirring frequently, until the onion is soft and translucent and the mushrooms have given off their liquid, about 5 minutes. Add the remaining garlic and cook for 30 seconds.

3 Stir in the tomato paste, water, salt, basil, and oregano and bring the sauce to a boil. Reduce the heat to low, cover, and simmer for 10 minutes. Remove from heat and set aside.

4 Preheat an oven to 450 degrees F (230 degrees C).

5 Line the chilled pie crust with a double thickness of aluminum foil. Bake for 9 minutes. Remove the foil and continue baking until the bottom of the crust is set, about 7 more minutes (see Editor's Note for tips). Remove from the oven and set aside. Reduce the oven temperature to 350 degrees F (175 degrees C).

6 Combine the spinach, ricotta, and ½ cup mozzarella cheese. Spoon the filling into the baked crust. Top with the meat mixture. Cover the edges of the pie crust with foil to prevent over-browning, place the pie on a baking sheet, and bake for 45 minutes.

7 Remove the pie from the oven. Top the meat mixture with 1 cup of mozzarella cheese, chopped tomatoes, and sliced olives. Return it to the oven and bake until the cheese is melted, about 10 minutes. Let stand for 10 minutes before serving.

**Nutrition:** 8 servings. Calories 392.5. Total Fat 25 g., Sat. Fat 8 g., Cholesterol 88g., Sodium 637.5 g., Total Carbs. 20g., Dietary Fiber 2.5 g., Sugars 2 g., Protein 23.6 g.

## Beef Pot Pie II

2 peeled and cubed red potatoes	1 teaspoon Beau Monde seasoning
3/4 cup carrots, cubed	Salt and pepper to taste
1/4 cup chopped onion	1 cup buttermilk baking mix
1 3/4 cups diced cooked beef	1/2 cup milk
2 (12 ounce) jars beef gravy (or leftover gravy)	1 egg
1 teaspoon beef bouillon granules	

1. Place potatoes and carrots in a medium saucepan and fill with water to cover. Cover and cook over medium high heat until almost done (about 10 to 15 minutes). Drain and let cool for a few minutes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. In a medium bowl combine the potatoes, carrots, onion, beef, gravy, bouillon and seasoning. Season with salt and pepper to taste and mix all together.
4. In a large bowl combine the baking mix, milk and egg and mix together until smooth. Pour beef mixture into an ungreased 9 inch deep dish pie plate. Pour pastry dough on top.
5. Bake in preheated oven 25 to 30 minutes, until crust is golden.

**Nutrition:** 8 servings. Calories 209. Total fat 9g., Sat. Fat 3.75g., Cholesterol 66.25 g., Sodium 1134 g., Total Carbs 14.89 g., Dietary Fiber 1.5 g., Sugars 3 g., Protein 16.75g.

## Sweet Potato Pie

4 medium-to-large sweet potatoes	1/4 teaspoon baking powder
1 cup sugar	1 teaspoon nutmeg
1/2 cup butter, softened	1 teaspoon cinnamon
1 14 ounce can sweetened condensed milk	1 teaspoon vanilla extract
1 cup milk	2 unbaked 9-inch pie shells
6 eggs, well beaten	

Boil the well-washed sweet potatoes in their jackets in a covered pot of salted water. When tender, drain off the water and dry them by shaking the pan over the heat source for a minute or two. Remove the skins when they are cool enough to handle. Put the potatoes through a food mill or potato ricer, or mash them in a large bowl.

Mix the sugar and butter. Add the sweetened condensed milk, milk and eggs, mixing well after each addition. Stir in the baking powder, nutmeg, cinnamon and vanilla, mixing well.

Pour the filling into 2 unbaked pie shells and bake at 350 degrees for 45 to 60 minutes, or until a knife inserted in the middle comes out clean and the top is nicely browned.

**Nutrition:** Serves 16. Calories 351. Total Fat 16g., Sat Fat 7g., Dietary Fiber 1g., Carbohydrates 46.5g., Protein 6.4 g.

*Recipe from Deanna Lovejoy, submitted by Ann Detwiler, MFV.*

## Mom's Pecan Pie

1 ½ cups chopped pecans  
3 large eggs  
1 cup sugar  
¾ cup light or dark syrup

2 Tablespoons melted butter  
2 teaspoon vanilla extract  
½ teaspoon salt

Spread pecans in a single layer on a baking sheet and bake at 350 degrees for 8 to 10 minutes to toast.

Stir together the eggs and next 5 ingredients. Stir in the pecans.

Pour into pie shell and bake for 55 minutes or until set.

For tarts, spoon into tart shells and bake for 20 minutes or until set.

**Nutrition:** 8 servings. Calories 385. Total Fat 19.5 g., Sat. Fat 1.8 g., Cholesterol 38.75 g., Sodium 225 g., Total Carbs. 53 g., Dietary fiber 1.75 g., Sugars 41 g., Protein 3.75 g.

*Recipe submitted by Viola Lee, MFV.*

## Apple, Cranberry, and Pear Crisp

2 Rome Beauty apples – peeled, cored, and cubed  
2 Comice pears – peeled, cored, and cubed  
½ cup dried cranberries  
1 tablespoon all-purpose flour  
2 tablespoons honey  
1 ½ tablespoons lemon juice

½ cup all-purpose flour  
½ cup packed brown sugar  
½ cup quick cooking oats  
¼ ground walnuts  
½ cup butter

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8 inch baking dish.
2. Mix the apples, pears, cranberries, 1 tablespoon flour, honey, and lemon juice in the prepared dish.
3. In a bowl, mix ½ cup flour, brown sugar, oats, walnuts, and butter to the consistency of coarse crumbs. Sprinkle loosely over the fruit mixture.
4. Bake 45 minutes in the preheated oven, or until brown and crisp on top.

*Recipe from All recipes.com Oct. 2016*

## German Sweet Chocolate Pie

1 pkg. (4 oz) German Sweet Chocolate  
1/3 cup milk, divided  
4 oz. (½ of 8oz pkg) Cream Cheese, softened  
2 Tablespoons sugar  
1 tub (8oz) Cool Whip

Microwave chocolate and 2 TBSP milk on HIGH for 2 minutes (stir after 1 minute) or until chocolate is melted. **Do not over heat.**

Add cream cheese and remaining milk. Beat with whisk until smooth. Refrigerate for 10 minutes to cool and then stir in cool whip until well blended. Spoon into prepared graham cracker, chocolate or shortbread crust and freeze for 4 hours. Garnish with extra cool whip if desired. Let pie stand at room temperature for about 15 minutes before serving. Makes 8 servings.

## Caramel-Apple Pie

1 cup sugar	½ cup caramel-apple dip
¼ cup all-purpose flour	2 Tablespoons milk
1 teaspoon ground cinnamon	1 cup all-purpose flour
6 cups peeled and coarsely chopped Jonathan apples	½ cup packed brown sugar
	½ cup butter

1. Prepare pie crust for 1 crust 9" pie (do not prick)
2. For filling: In large bowl, mix sugar, ¼ cup flour and cinnamon. Add the apples and toss to coat. Transfer to pastry-lined pie plate. Combine 2 Tablespoons of the caramel-apple dip and 2 Tablespoons milk; drizzle over apples.
3. In mixing bowl, combine the 1 cup flour and brown sugar. Cut in ½ cup butter until mixture resembles coarse crumbs. Sprinkle over filling. Cover edge of pie with foil to prevent overbrowning. Place on baking sheet.
4. Bake in 350 degree oven 30 minutes. Remove foil. Bake 25-30 minutes more or until golden. Cool 10 minutes. Drizzle remaining caramel dip over top. Cool pie on wire rack. Makes 8-10 servings.

**Nutrition:** Servings Per Recipe 8, sat. fat (g) 13, chol. (mg) 54, Fat, total (g) 23, Vit. C (mg) 4, Carb. (g) 76, vit. A (IU) 632, iron (mg) 2, pro. (g) 5, calcium (mg) 50, cal. (kcal) 522, sodium (mg) 192, fiber (g) 3  
*Recipe courtesy of Midwest Living magazine*

## Easy, No-Bake Nutella® Pie      Prep Time: 10 Minutes      Ready In: 4 Hours 10 Minutes

1 (13 ounce) jar chocolate-hazelnut Nutella spread, divided  
1 (9 inch) prepared graham cracker crust  
1 (8 ounce) package cream cheese, softened  
1 (8 ounce) container frozen whipped topping, thawed

1. Spread ¼ cup of the hazelnut spread over the bottom of the graham cracker crust.
2. Beat remaining hazelnut spread and cream cheese together in a bowl until smooth. Fold whipped topping into the cream cheese mixture; pour into the pie crust and spread evenly.
3. Refrigerate until well chilled, 4 hours to overnight.

Nutrition Information: Servings Per Recipe: 6

Amount Per Serving, Calories: 759, Total Fat: 50g, Cholesterol: 41mg, Sodium: 406mg, Total Carbs: 72.8g, Dietary Fiber: 0.6g, Protein: 8.9g

## Cranberry –Streusel Pie

1 pound fresh or frozen thawed cranberries, chopped  
1 cup white sugar  
¾ cup flour, divided  
1 9 inch pastry crust  
½ cup packed brown sugar  
½ cup walnuts, chopped  
½ stick butter, softened

1. Preheat oven to 350 degrees. Line 9 inch pie pan with crust.
2. Stir together cranberries, white sugar, ¼ cup flour in a bowl until blended. Spread filling evenly in pie crust.
3. Combine brown sugar, walnuts, butter, and remaining flour in another bowl with fingertips until crumbly. Sprinkle over filling.
4. Bake pie until filling is bubbling and topping is golden brown, about 45 minutes, (cover edges with foil if browning too much.) Transfer to a wire rack to cool, about 2 hours

Makes 8 servings: **Nutrition Per serving:** 421 calories; 18.5 grams fat; 5 grams protein, 61 gram carbohydrate, 3 gm fiber, 175 gm sodium.

Recipe from Allrecipes magazine, November 2016

## Bourbon-Chocolate Pecan Pies

Piecrust dough

4 eggs	¼ cup brown sugar, firmly packed
1 cup light corn syrup	3 Tablespoons bourbon (optional)
½ cup sugar	1 Tablespoon flour
6 Tablespoons melted butter	1 Tablespoon vanilla extract
1 cup semisweet chocolate chips, melted	1 cup coarsely chopped pecans

Cut dough circles using a round cutter. Press the circle in the tart molds. Whisk together eggs, corn syrup, butter, sugar, brown sugar, bourbon (opt), flour, and vanilla until blended. Stir in chocolate. Place chopped pecans in each tartlet shell. Spoon in filling on top.

Bake at 350 degrees for 25-30 minutes

*Recipe submitted by Viola Lee, MFV.*

## Green Tomato Pie

3 cups green tomatoes DO NOT PEEL, chop or slice.

In saucepan place tomatoes and cover with boiling water; let stand 10 minutes. Drain.

*Use your favorite Apple Pie Recipe. I use:*

2 Tablespoons flour	Dash of nutmeg
¾ cup sugar	2 Tablespoons butter
1 teaspoon cinnamon	

Fill pastry shell with green tomatoes combined with filling and dot with butter.

Adjust top crust and cut slits for steam to escape. Sprinkle with sugar. Bake at 425 degrees for 15 minutes. Reduce heat to 375 degrees and bake additional 30 minutes.

*Recipe from Berta Mottesheard, K@N patron.*

## Happy Meringue

1 Tablespoon cornstarch  
2 Tablespoons cold water  
3 medium or 2 large egg whites

½ cup sugar  
1/8 teaspoon salt

1. Mix and stir into ½ cup boiling water. Cook until clear. Cool.
2. Beat egg whites until they start to hold shape. Add sugar and salt gradually. Beat until stiff.
3. Beat in cooled cornstarch mixture until meringue stands in peaks. Pile on pie.  
Bake at 375 degrees 15-20 minutes. Meringue is tender and will stand up even overnight.  
*Recipe from Helen Anderson, Barbara Wilson, MFV*

## Never-Fail Pie Crust

3 cups enriched flour  
1 ½ teaspoon salt  
1 cup +2 Tablespoon shortening

1 egg  
1 teaspoon vinegar  
5 Tablespoon water

Cut shortening into flour and salt until mixture resembles fine crumbs. Combine egg (slightly beaten), vinegar and water. Sprinkle over dry ingredients. Mix with a fork. Let stand 10 minutes. Roll out. This recipe makes 2 double-crust pies. Very good for freezing.

## Flaky Pie Crust for 1 crust pie:

1 ⅓ cups all-purpose flour  
½ teaspoon salt  
⅓ cup salad oil  
2 Tablespoons cold water

In medium bowl, mix flour and salt together, Dribble salad oil over flour, then mix with fork until flour and oil are completely mixed. Dribble water over this mixture and form into a ball. Dampen work surface, then press on sheet of waxed paper about 15" long. Place ball of dough in center of paper; cover with second sheet at right angles to first. Gently roll dough into 12" circle. Peel off top sheet of paper. Turn dough onto plate and peel off paper. Gently shape crust into plate, flute or finish edge. To bake prick bottom and sides of crust at least every ½". Bake 12-15 minutes at 450 degrees until light golden brown. Cool before filling.  
*Crust recipe from Flossie Hines, shared by Barbara Wilson, MFV*

## Additional Pie Crust Recipes

### Crust 'A'

2 cups all-purpose white flour  
2/3 cup shortening  
1 teaspoon salt  
5-6 Tablespoon ice water

Mix flour and salt in shallow bowl, cut in shortening until pieces look the size of small peas. Add water one Tablespoon at a time until dough holds together. Rollout for desired pan size. Makes two 8-9" crusts.

### Crust 'B'

6 Tablespoons butter cut into small cubes (partially frozen)  
1 cup flour, white all-purpose  
¼ teaspoon salt  
1/8 teaspoon baking powder  
¼ cup cream cheese cut into small cubes  
1 Tablespoon ice water  
1 ½ teaspoon cider vinegar

In shallow bowl mix flour, salt and baking powder together. Cut in butter and cream cheese until mixture resembles coarse meal. Mix water and vinegar together and stir into flour mixture with a fork. Roll out as desired. (Recipe adapted from "The pie and Pastry Bible" by Rose Levy Beranbaum)

### Crust 'C'

2 2/3 cups flour, white all-purpose  
1 teaspoon salt  
¼ teaspoon baking powder  
1 cup pure lard  
½ cup ice water  
8 teaspoons cider vinegar  
4 Tablespoons whole wheat flour

Mix flours, salt, baking powder together in a shallow bowl, cut in lard until mixture looks like very course meal with small pea size pieces of fat still visible. Mix water and vinegar together and add one Tablespoon at a time until mixture holds together. Roll out to desired shape. Bake in a 425 degree F. oven.

### **Crust 'D'**

1 cup plus 2 Tablespoons all-purpose flour

½ teaspoon salt

1/3 cup oil

1 to 3 Tablespoons ice water

Mix flour and salt in shallow bowl. Add oil and mix until particles are the size of small peas. Sprinkle in water one Tablespoon at a time. Gather up the dough and press firmly into a ball. Shape as desired.

### **Crust 'E' Egg and Vinegar Pastry**

4 cups unsifted flour

1 Tablespoon sugar

1 ½ teaspoons salt

1/ ½ cups shortening (Crisco)

1 Tablespoon vinegar

1 egg

½ cup ice water

Blend flour, sugar, salt in mixing bowl. Cut in shortening with pastry blender (or two knives) until pieces are size of small peas. Blend egg, vinegar, water. Sprinkle over flour mixture, one Tablespoon at a time, tossing lightly with a fork until all is moistened – just until sides of bowl come clean and mixture comes together in a ball. Chill several hours or overnight. Roll on floured pastry cloth. Can also freeze.

Other information:

Makes 3 single crusts or 2 single and 1 double for a 10 inch pie.

1 3lb can of Crisco and 5+ pounds of flour will make 5 recipes of pie dough

## A VARIETY OF CRUSTS

*Although the following recipes are not considered "pastry crusts" they add variety and flavor to chiffon, cream, frozen, and ice cream pies and can add that special wow that makes your dessert really special.*

### PRETZEL CRUST

- 3 cups thin salted pretzel sticks (about 4 ounces)
- 3 Tablespoons sugar
- 1 egg white
- 1 Tablespoon canola oil
- 1 Tablespoon water

1. Preheat oven to 350° F. Lightly oil a 9-inch pie pan or coat with nonstick spray.
2. In food processor combine pretzels and sugar. Process until finely ground.  
Add egg white, oil, and water and process until moistened.  
Press firmly into bottom and sides of prepared pan.
3. Bake for 10 minutes. Cool completely before using.

### CHOCOLATE WAFER CRUST

- 1¼ cups chocolate wafer crumbs
- ⅓ cup butter or margarine, melted.

1. Combine crumbs and butter, mixing well. Firmly press crumb mixture evenly over bottom and up sides of a 9-inch pie-plate.
2. Bake at 350° F for 6 to 8 minutes. If being used for a frozen pie the crust does not need to be baked.

### GRAHAM CRACKER CRUST

- 1⅔ cups graham cracker crumbs (about 1-(5⅓ -ounce packet of graham crackers)
- ¼ cup sugar
- ¼ cup plus 2 Tablespoons butter or margarine, melted

1. Combine all ingredients, mixing well.
2. Firmly press crumb mixture evenly over bottom and sides of 9-inch pan.
3. Bake at 350° F for 7 to 9 minutes. If being used for a frozen pie the crust does not need to be baked.

### GINGERSNAP CRUMB CRUST

- 1½ cups gingersnap crumbs
- ¼ cup sifted powdered sugar
- ⅓ cup butter or margarine, melted

1. Combine all ingredients, mixing well.
2. Firmly press crumb mixture evenly over bottom and sides of a 9-inch pie plate.
3. Bake at 375° F for 4 to 5 minutes. If being used for a frozen pie, crust may be used without baking.