

recipes . . .

Pie Crust Recipe

- 2½ cups cake or pastry flour
(sift before measuring)
- $\frac{2}{3}$ cup vegetable shortening
- 1 teaspoon salt
- $\frac{1}{3}$ cup water

Abbreviated directions:

All ingredients should be room temperature for easy mixing. Cut shortening into flour and salt, add water and mix thoroughly, cut through the dough 10 to 15 times with a fork. Chill dough 20 to 30 minutes. Work with the hands until plastic. Divide dough into 2 parts. Roll and place in pan.

Detailed directions:

Add salt to measured flour, and stir. Add shortening. Blend thoroughly with a pastry blender or fingers. Add water all at once. Stir and mash until all flour particles are dampened. Then cut through the dough 10 to 15 times with the edge of the fork.

Turn the dough out of the bowl. Form into a flattened ball, wrap in waxed paper, and chill in the freezing compartment of the refrigerator for 20 to 30 minutes. If the dough is easy to handle directly after mixing, chilling may be omitted.

When removed from the refrigerator, cut the dough in two. Plasticize the dough by "working" with the hands, using 5 to 10 squeezing and molding motions. Then flatten the dough ball by patting out on a floured board. Use as much flour as necessary to keep the dough from sticking while rolling. Roll from the center out, until dough is about $\frac{1}{8}$ inch thick. Lift the dough from the board to add more flour as needed for easy rolling.

Fold pastry to facilitate lifting, and place in pie pan. If the shell is to be baked before filling, prick the entire crust with a fork, then bake. If large bubbles start to

form during the early stages of baking, prick and press them lightly with a fork. Bake at 450°F. (hot oven) for 10 minutes or until brown.

For two-crust pies, place the bottom crust in the pie pan, add the filling and cover with the top crust. Trim, allowing $\frac{1}{2}$ inch overhang. Make a high rim and flute this edge. Make several small slits in top crust to allow steam to escape.

Strawberry Fluff Pie

Stir until dissolved:

- $\frac{1}{2}$ cup granulated sugar
- 1 package strawberry flavored gelatin
- 1 cup boiling water

Add:

- 1 package frozen strawberries (10 ozs.)
- 1 tablespoon lemon juice

Chill until it starts to set.

Whip:

- $\frac{1}{2}$ cup whipping cream
- 1 tablespoon sugar

Stir whipped cream into strawberry mixture. Pour into baked pie crust. Chill until firm. Top with whipped cream.

Oregon Walnut Pie

Beat:

- 2 eggs

Add:

- 1 cup white corn syrup
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons butter

Mix thoroughly and pour into uncooked pie crust. Pour 1 cup nuts on top and bake at 450°F. for 10 minutes, then reduce temperature to 325°F. and continue baking for 30 minutes.

Blackberry Pie

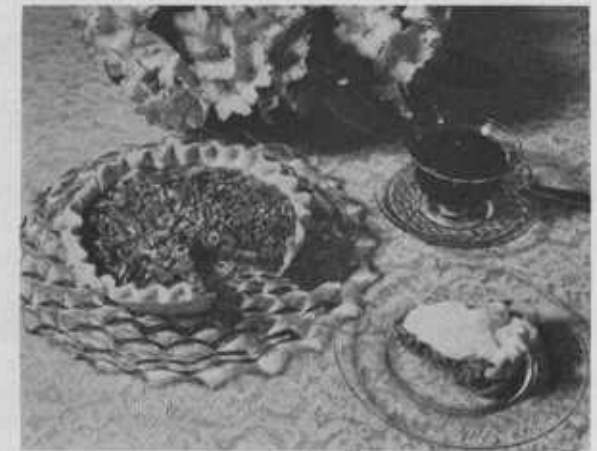
Prepare pie crust dough. Divide in half and roll out one portion. Fit this into a pie pan.

Add:

- 4 cups cleaned blackberries
- $1\frac{1}{3}$ cups granulated sugar mixed with
- 2 tablespoons flour

Roll the remaining pie dough. Place over the filling. Bake at 450°F. for 10 minutes, then reduce temperature to 350°F. and continue baking for 30-35 minutes.

soft wheat flour pie crust



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soft wheat flour pie crust



tenderness . . . *pie crusts are most tender when you use cake
or pastry flour . . .*

PERFECT PIE CRUST is easy to make when soft wheat flour is used. This flour helps insure crust tenderness, and there is no danger of overhandling the dough. In fact, working the dough by kneading or squeezing a few times after mixing is desirable, since pie crust made with well mixed dough is extra flaky.

You can get that tender, flaky quality which is characteristic of good pie crust by using a well balanced recipe and mixing sufficiently. Pie crust tenderness is best when cake or pastry flour is used, when sufficient shortening is used, when ingredients are at room temperature when mixed, and when the dough is mixed enough to thoroughly blend the ingredients. Flakiness, too, is best when sufficient shortening is used and the dough is thoroughly mixed.

If little shortening is used, the pie crust will be less tender and less flaky. With increasing amounts of shortening the pie crust will be more tender and flaky. However, when too much shortening is used, the crust will be so fragile that it will break to bits when slices of pie are removed from the pan.

Increasing the amount of water also increases flakiness. When too much water is used, however, the pie dough will be excessively sticky and hard to handle.

Mixing is important, too, in determining pie crust quality. Contrary to popular belief, thorough mixing of pie dough improves crust quality. When insufficiently mixed the crust will be brittle and powdery. It will lack flakiness, crispness, and glossiness. On the other hand, when the dough is well mixed, the crust will be

tender, flaky, and glossy. Having all ingredients at room temperature at the start of mixing makes thorough blending easier.

The time-honored method of chilling the pie dough before rolling is especially good to use with a cake or pastry flour dough. By chilling before rolling, it is possible to make a richer, softer dough, that will give an extra tender, flaky crust.

In the recipe on the next page, shortening and water are balanced with flour to make a rich, soft dough which is chilled before rolling. The pie crust will be rich, flaky, and tender. It should hold together when cut and when pieces are lifted from the pan. The recipe gives excellent results with many different brands of cake and pastry flour.

*. . . and flakiness is best when you use enough
shortening and when dough is thoroughly mixed.*

Chilling a rich dough makes it easier to roll.

Well mixed dough (left) gives a tender, flaky crust. A crumbly dough (right) gives a dull, brittle pie crust. Having all your ingredients at room temperature at start of mixing makes thorough blending a great deal easier.

