

# PIE CRUST RECIPE

## INGREDIENTS

### For a single crust:

- 1 ½ cups all-purpose flour
- 1 TBSP sugar
- ½ tsp salt
- ¼ cup (1/2 stick) cold unsalted butter, cut into 1/4-inch pieces
- ¼ cup cold vegetable shortening, cut into pieces
- ¼ cup cold water

### For a double crust:

- 3 cups all-purpose flour
- 1 TBSP sugar
- 1 tsp salt
- ½ cup (1 stick) cold unsalted butter, cut into ¼-inch pieces
- ½ cup cold vegetable shortening or unsalted butter, cut into pieces
- 1/2 cup cold water

## TO MAKE BY HAND:

1. Combine the flour, sugar, and salt in a large bowl. Toss well, by hand, to mix. Scatter the butter over the dry ingredients and toss to mix. Using a pastry blender, 2 knives, or your fingertips, cut or rub the butter into the flour until it is broken into pieces the size of small peas. Add the shortening and continue to cut until all of the fat is cut into small pieces.
2. Sprinkle half of the water over the mixture. Toss well with a fork to dampen the mixture. Add the remaining water, 1 ½ to 2 TBSPs at a time, and continue to toss and mix, pulling the mixture up from the bottom of the bowl on the upstroke and gently pressing down on the downstroke. Dough made by hand often needs a bit more water. If necessary, add water 1 or 2 tsps at a time until the pastry can be packed.
3. Using your hands, pack the pastry into a ball (or 2 balls if you are making a double crust) as you would pack a snowball. If you're making a double crust, make one ball slightly larger than the other; this will be your bottom crust. Knead each ball once or twice, then flatten the balls into 3/4-inch-thick disks on a floured work surface. Wrap the disks in plastic and refrigerate for at least an hour or overnight before rolling.

### To make with an electric mixer:

4. Combine the flour, sugar, and salt in a large bowl. Add the butter, tossing it with the flour. With the mixer on low speed, blend the butter into the flour until you have what looks like coarse, damp meal, with both large and small clumps. Add the shortening and repeat.
5. Turning the mixer on and off, add half of the water. Mix briefly on low speed. Add the remaining water, mixing slowly until the dough starts to form large clumps. If you're using a stand mixer, stop periodically to stir the mixture up from the bottom of the bowl. Do not overmix.
6. Using your hands, pack the pastry into a ball (or 2 balls if you are making a double crust) as you would pack a snowball. If you're making a double crust, make one ball slightly larger than the other; this will be your bottom crust. Knead each ball once or twice, then flatten the balls into 3/4-inch-thick disks on a floured work surface. Wrap the disks in plastic and refrigerate for at least an hour or overnight before rolling.

## **PIE CRUST VARIATIONS.....**

**Whole Wheat Pie Pastry** - Follow the basic recipe above, substituting 1 cup whole wheat flour for 1 cup of the all-purpose flour for a double crust, 1/2 cup whole wheat flour for a single crust. Proceed as directed.

**Cheddar Cheese Pie Pastry** - Reduce the flour to 2 3/4 cups in the double-crust recipe. (Do not reduce the flour for a single crust.) When using a food processor, after you've added the shortening, pulse 3 or 4 times. Add 1 cup (1/2 cup for single crust) finely shredded sharp cheddar cheese and pulse 3 or 4 times more. Add the water and proceed as directed above. When making the dough by hand or with an electric mixer, add the cheese after you have cut or mixed in all of the fat. Toss with your hands to mix, then add the water as instructed for each method.

Excerpted from *Pie*, by Ken Haedrich. © 2004, used by permission from The Harvard Common Press.

# **DOUBLE CRUST PIES**

# CLASSIC APPLE PIE

*The Apple Pie, with its two rounds of pastry enclosing slices of cinnamon sugared apples, is a North American favorite. So popular, in fact, that you will find it in some form on most restaurant menus, in bakeries, in the bakery and freezer section of grocery stores, and most home bakers have a secret recipe for their own "best" apple pie. While some like their slice of apple pie served plain, others like it with a scoop of vanilla ice cream, a dollop of softly whipped cream, or with a generous slice of sharp cheddar cheese.*

## INGREDIENTS

- **Apple Filling:**
- 2 ½ pounds (1.1 kg) apples (about 6 large), peeled, cored, and sliced ¼ inch thick (about 8 cups (2 L))
- ¼ cup (50 grams) granulated white sugar
- ¼ cup (55 grams) light brown sugar
- 1 TBSP lemon juice
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 2 TBSPs (28 grams) unsalted butter
- 1 ½ TBSPs (15 grams) cornstarch

## PREPARATION/ Apple Filling:

1. In a large bowl combine the sliced apples with the sugars, lemon juice, ground cinnamon, nutmeg, and salt. Let sit at room temperature for at least 30 minutes or up to three hours.
2. Then, place the apples and their juices in a strainer that is placed over a large bowl (to capture the juices). Let the apples drain for about 15-30 minutes or until you have about ½ cup (120 ml) of juice. Spray a 4 cup (960 ml) heatproof measuring cup with a nonstick vegetable spray, and then pour in the collected juices and the 2 TBSPs (28 grams) of unsalted butter. Place in the microwave and boil the liquid, on high, about 5 to 7 minutes or until the liquid has reduced to about 1/3 cup (80 ml) and is syrupy and lightly caramelized. (Alternatively, you could place the juices and butter in a small saucepan and boil over medium high heat on the stove.)
3. Meanwhile, remove the top pastry crust from the refrigerator and let it sit at room temperature for about 10 minutes so it has time to soften. Transfer the drained apples slices to a large bowl and mix them with the cornstarch (corn flour). Then pour the reduced syrup over the apples and toss to combine. Pour the apples and their syrup into the chilled pie crust. Moisten the edges of the pie shell with a little water and then place the top crust over the apples. Tuck any excess pastry under the bottom crust and then crimp the edges using your fingers or a fork. Using a sharp knife, make five- 2-inch (5 cm) slits from the center of the pie out towards the edge of the pie to allow the steam to escape. Cover the pie with plastic wrap and place in the refrigerator to chill the pastry while you preheat the oven.
4. Preheat the oven to 425 degrees F (220 degrees C). Place the oven rack at the lowest level and place a baking stone or baking sheet on the rack before preheating the oven.
5. Place a piece of aluminum foil on the stone (or pan) to catch any apple juices. Set the pie on the stone or pan and bake for about 45 to 55 minutes or until the juices start to bubble through the slits and the apples feel tender (not mushy) when a toothpick or sharp knife is inserted through one of the slits. Make sure to cover the edges of the pie with a foil ring to prevent over browning after about 30 minutes. Remove the pie from the oven and place on a wire rack to cool for about 3-4 hours before cutting. Serve warm or at room temperature with vanilla ice cream or softly whipped cream. Store at room temperature for 2 to 3 days.

# BERRY FILLED PIE

*This pie is best made with fresh berries, but you can substitute frozen as long as you follow the instructions for their use.*

## INGREDIENTS

- 1 recipe Pastry for Double-Crust Pie
- 1 recipe filling for Blackberries, Blueberries, Raspberries, or Mixed Berries (see below)
- 2 tsps finely shredded lemon peel or ½ tsp ground cinnamon
- 1 tsp milk for egg wash
- 1 egg for egg wash

### FOR MIXED BERRY FILLING:

- 2 cups halved fresh strawberries (or whole unsweetened frozen strawberries)
- 2 cups fresh (or frozen) blueberries
- 1 cup fresh (or frozen) blackberries or raspberries
- ½ cup sugar
- 1/3 cup all-purpose flour

## PREPARATION

1. Prepare and roll out pastry for Double-Crust Pie. Line a 9-inch pie plate with half of the pastry.
2. In a large bowl combine the sugar and flour for desired berries, according to the amounts given below. Stir in berries and lemon peel or cinnamon. Gently toss berries until coated. (If you are using frozen fruit, let the mixture stand for 45 minutes or until the fruit is partially thawed, but still icy.)
3. Transfer berry mixture to the pastry-lined pie plate. Trim bottom pastry edge of pie plate. Cut slits in remaining pastry; place on filling and seal. Crimp edge as desired.
4. Whisk together the milk & egg and brush top crust with the mixture. To prevent overbrowning, cover edge of pie with foil.
5. Bake in a 375 degree F oven for 25 minutes (or 50 minutes for frozen fruit). Remove foil. Bake pie for 25 to 30 minutes more or until filling is bubbly and top is golden. Cool on a wire rack. Makes 8 servings.

# Deep-Dish Blackberry-Peach Double-Crust pie Recipe ~~~

*From: Pie: 300 Tried-and-True Recipes for Delicious Homemade Pie , by Ken Haedrich*

*This is a favorite pie from my New Hampshire days, when I used to make it with handpicked blackberries and, when I could get my hands on them, Reliance peaches, a delicious cold-hardy peach developed by Dr. Elwyn Meader of Rochester, New Hampshire. It's a very thick summer pie with so much fruit that I bake it in one of my extra-deep-dish pie pans. (You can bake it in a 9 1/2-inch deep-dish pan, but you'll have to reduce the amount of fruit to about 6 1/2 cups.)*

*The combination of peaches and blackberries in a flaky double crust is hard to beat.*

## INGREDIENTS

- 1 recipe Basic Flaky Pie Pastry, Double Crust, refrigerated

### For the filling:

- 6 to 8 small to medium-size ripe peaches
- 4 cups fresh or individually frozen blackberries (**not packed in syrup**), partially thawed
- ½ cup plus 3 TBSPs sugar
- 3 ½ TBSPs cornstarch

- ¼ tsp ground nutmeg
- 1 TBSP fresh lemon juice
- 1 tsp grated lemon zest
- 2 TBSPs cold unsalted butter, cut into small pieces

### For the glaze:

- Milk

## PREPARATION

1. If you haven't already, prepare the pastry and refrigerate until firm enough to roll, about 1 hour.
2. While the pastry chills, blanch the peaches. After you slip off the skins, slice the peaches into a large measuring cup; you'll need 4 cups. (Reserve any remaining peaches for another use.) Combine the sliced peaches, blackberries, and 1/2 cup of the sugar in a large bowl. Toss well to combine and set aside for 15 minutes.
3. On a sheet of lightly floured waxed paper, roll the larger portion of the pastry into a 13½ -inch circle with a floured rolling pin. Invert the pastry over a 9 ½ - to 10-inch extra-deep-dish pie pan, center, and peel off the paper. Gently tuck the pastry into the pan, without stretching it, and let the overhang drape over the edge. Place in the refrigerator for 15 minutes.
4. In a small bowl, mix the remaining 3 TBSPs sugar with the cornstarch. Stir the mixture into the fruit along with the nutmeg, lemon juice and lemon zest. **Preheat the oven to 400°F.**
5. On another sheet of lightly floured waxed paper, roll the other half of the pastry into an 11 ½ -inch circle. Turn the filling into the chilled pie shell. Smooth the fruit with a spoon and dot with the butter. Lightly moisten the rim of the pie shell. Invert the top pastry over the filling, center, and peel off the paper. Press the top and bottom pastries together along the dampened edge. Trim the pastry with scissors or a pairing knife, leaving an even ½ -inch overhang all around, then sculpt the overhang into an upstanding ridge. Poke several steam vents in the top of the pie with a fork or pairing knife. Put a couple of the vents near the edge of the crust so you can check the juices there later. To glaze the pie, lightly brush the pastry with milk.
6. Place the pie on the center oven rack and bake for 30 minutes. **Reduce the oven temperature to 375°F** and rotate the pie 180 degrees, so that the part that faced the back of the oven now faces forward. Just in case, slide a large aluminum foil-lined baking sheet onto the rack below to catch any drips. Continue to bake until the juices bubble thickly at the steam vents and the top is golden brown, 35 to 45 minutes. If the top starts to get too dark, cover it with loosely tented aluminum foil during the last 15 minutes.
7. Transfer the pie to a wire rack and let cool for at least 2 hours before serving.

# DOUBLE CRUST JUMBLE-BERRY PIE

*You can make this pie with only one type of berry if you like, but I love to mix blueberries, raspberries, blackberries, and strawberries. I don't normally like cooked strawberries, but I find that using just a few in this mixture adds a nice floral-fruity lightness to the finished pie. Since all these berries are juicy, I like to use both tapioca and cornstarch to keep the texture of the filling somewhat firm and the juices contained around the fruit. You can use these same measurements for sliced or chunked stone fruit, such as peaches, nectarines, or plums.*

## INGREDIENTS

- 1 cup sugar
- 2 Tbs. cornstarch
- 2 Tbs. quick-cooking tapioca
- ¼ tsp. salt
- 6 cups washed and well-dried mix of blackberries, blueberries, raspberries, and quartered strawberries
- 1 Tbs. unsalted butter, cut into small pieces
- 1 recipe pie crust

## PREPARATION

1. In a large bowl, mix together the sugar, cornstarch, tapioca, and salt. Add the berries and toss with your hands until the berries are evenly coated.
2. Roll out the pie dough according to the directions in the [Butter Pie Crust](#) recipe. Pile the berries into the dough-lined pie pan, sprinkling any remaining dry ingredients on top. Dot the surface with the butter, cover the berry mixture with the top crust and seal the edges by fluting.
3. Cut 5 or 6 slits in the top crust to let steam escape during cooking. Heat the oven to 400°F while you chill the pie in the refrigerator for 15 to 20 minutes.
4. Put the pie on a baking sheet to catch any drips, bake it in the hot oven for 15 minutes, and then reduce the temperature to 350°F. Continue baking until the crust is golden and the filling juices that are bubbling through the vents and edges are thick, glossy, and slow, another 50 to 60 minutes. For the best texture for serving, cool the pie completely (which may take up to 5 hours), and then reheat slices or the whole pie just slightly before serving. (Cooling completely allows the filling juices to firm up, while a quick reheat makes the pastry nice and flaky.) You can serve the pie while it's still warm, but the filling will be slightly liquid; definitely don't serve the pie hot, as the juices will be too fluid.

# **ONE-CRUST** **(open-faced)** **PIES**



# EASY FRUIT CROSTATA

*These simple, one crust pies are pretty, light, easy to make and they cook quite a bit faster than a full pie. Combine apples with pears or use only pears, sprinkle toasted nuts (walnuts, pecans or almonds) over the top...in the summer, use peaches, nectarines & plums...add some cranberries, golden raisins or raisins...the variations are up to you; just remember to slice fruit thin!*

## INGREDIENTS:

- 2 or 3 apples &/or pears (depending upon their size) per 9" pie crust
- handful of cranberries & unsalted toasted or raw nuts (see notes above) to sprinkle on pies if desired
- pre-made pie crust - 1 per pie (you can certainly use your favorite pie crust recipe and make your own - but the pre-made saves lots of time!)
- ¼ cup orange juice (OR apple cider) & 1 TBSP lemon juice per pie
- 1 tsp each cinnamon & nutmeg
- 1 tsp ginger (for pear) OR allspice (for apple)
- 1 tsp light brown sugar
- 2 tsps Sugar-in-the-Raw or Florida Crystals
- canola oil cooking spray (or pat of butter)
- 1 egg + 1 tsp milk for egg wash

## MATERIALS

- 9" PIE PLATE OR A COOKIE SHEET OR A PIZZA STONE
- PASTRY BRUSH
- APPLE CORER-SLICER
- PIE SERVER (preferably serrated) OR chef's knife
- ALUMINUM FOIL
- WOODEN SPOON
- SMALL WHISK

## PREPARATION:

1. PREHEAT OVEN TO 400°, THEN Wash & dry apples, pears &/or cranberries. DO NOT PEEL!
2. If using raw nuts, toast in a pie plate or on a piece of aluminum foil in 350° oven until lightly browned -- or toast in a small frying pan (DO NOT ADD OIL) over medium/low heat, stirring constantly until most of the nuts are lightly browned...remove from heat.
3. Using corer-slicer, CUT apples into thin (but not paper thin) slices, leaving the skin on. (The slicer makes thick slices that you will need to slice in half...pears work better sliced by hand.)
4. As you slice your apples and pears, place them into a bowl with the orange juice and lemon juice and toss gently to cover. MIX spices and sugars together well with a fork.
5. Spray cookie sheet or pie plate with canola oil spray -OR- butter lightly. If you are using the pizza stone, spray lightly, then sprinkle on a bit of flour, tapping the stone to distribute it evenly.
6. Place crust on baking sheet or stone or in pie plate and sprinkle crust evenly with about a teaspoon of sugar and half of the spice mixture. Remove apple and/or pear slices from liquid - straining out as much liquid as possible and arrange in a slightly overlapping circular pattern on the crust. BE SURE that there is about a 1" border of uncovered crust. Sprinkle nuts if using and the rest of the sugar and spice mixture over the fruit. Fold and pinch border down over edge of fruit, then brush with egg wash.
7. Place on middle rack in oven, then REDUCE temperature to 375° and bake for about 15-20 minutes. The fruit should still be a bit firm - not mushy and the crust, lightly browned. Let cool for a few moments, cut into wedges and top with a scoop of whipped cream, ice cream or yogurt topping....drizzle a touch of honey over your topping if you want an extra hit of sweetness.

# **MAKE YOUR OWN TOPPINGS**

*Making your own whipped cream is very easy, as is making a delicious non-fat alternative. Whatever your choice, all you need are the right tools and ingredients and about 5-10 minutes!*

## **Whipped Cream**

*OK - it'll never be health food; but a little goes a long way and making your own guarantees freshness and whatever flavors you'd like!*

### **INGREDIENTS:**

- 1 cup heavy whipping cream
- 1 tsp extra fine sugar
- ½ tsp vanilla OR almond OR orange extract

### **EQUIPMENT:**

- 1 large stainless steel bowl, chilled
- beater - whisk attachment chilled

### **PREPARATION:**

1. Pour whipping cream into chilled bowl.
2. Beat on low, then higher settings as cream thickens...slowly add sugar and extract and continue whipping on high setting until - peaks form -- DON'T OVER WHIP!
3. If not using immediately, keep refrigerated. You should use within 24 hours.

## **Yummy Yogurt Topping**

*Easy, quick and tasty - this naturally sweetened topping has no fat and all of the good stuff that yogurt gives us. You could also sweeten with Truvia or Splenda to do away with the sugar calories if you want to.*

### **INGREDIENTS:**

- 2 cups plain non-fat yogurt (preferably natural/organic - with live cultures)
- 1TBSP + 1 tsp honey **or** maple syrup
- 1 tsp vanilla **or** almond extract

### **PREPARATION:**

1. Place yogurt in fine mesh strainer or coffee filter over a bowl. Cover with plastic wrap and let strain for at least a few hours, preferably overnight.

Discard liquid from bowl, place the now thick yogurt into bowl and whisk in honey **OR** maple syrup and extract. Keep refrigerated until ready to use.

# **PUMPKIN PIES - VARIATIONS ON A THEME**

*You can find the master recipe for pumpkin pie on just about any can of pumpkin...from there you can get creative and add your own touches. One of my favorite options is to substitute light coconut milk for the evaporated milk, cut the cloves, add ½ tsp allspice and double the nutmeg*

## **INGREDIENTS:**

- ½ cup natural sugar
- 1 TBSP + 1 tsp 100% pure maple syrup
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ½ tsp nutmeg
- 2 lg eggs + 1 for eggwash
- 1 tsp milk for eggwash
- 1 15oz can pure pumpkin
- 1 12oz can evaporated skim milk **OR** coconut milk
- 1 unbaked 9" deep dish pie crust

## **MATERIALS**

- MIXING BOWLS
- FOIL LINED SHEET PAN
- STURDY WHISK - OR HAND HELD BLENDER
- PIE SERVER
- PASTRY BRUSH

## **PREPARATION:**

1. PREHEAT oven to 425°. Put sheet pan into oven.
2. MIX sugar, salt & spices in a small bowl.
3. BEAT eggs in large bowl...STIR in pumpkin and sugar-spice mixture..gradually STIR in evaporated milk...POUR into pie shell...and place carefully in the center of the sheet pan in the oven.
4. BAKE for 15 minutes...REDUCE temp to 350 ° and BAKE for 40-50 minutes or until knife inserted near center comes out clean. COOL on a wire rack for 2 hours...serve or refrigerate.

## **VARIATIONS:**

- use a ready-made or homemade graham cracker crust
- cut ¼ cup of the sugar and substitute equal amount of Purevia or Truvia natural no-cal sweetener
- crumble toasted walnuts or almonds over the top for the last 15 minutes of baking - cover loosely with al. foil before returning to the oven
- use the mini graham cracker crust "pie shells" to make a lot of little pies
- Serve w/homemade whipped cream, frozen nf vanilla yogurt or little scoops of marscarpone cheese drizzled w/maple syrup or honey



# *Apple Crumble Pie*

## **Ingredients**

- 5 cups peeled and thinly sliced apples
- 2 TBSPs sugar
- 1 TBSP all-purpose flour
- 2 tsps ground cinnamon, divided
- 1 ready-made piecrust (9" diameter)
- 1/2 cup old-fashioned rolled oats, ground in a blender or food processor
- 2 TBSPs whole grain pastry flour
- 1/4 cup packed brown sugar
- 2 TBSPs trans-free margarine, melted

## **Directions**

1. Preheat the oven to 350°F.
2. Combine the apples, sugar, all-purpose flour, and 1 tsp cinnamon in a large bowl. Place in the crust.
3. Combine the oats, pastry flour, brown sugar, and remaining 1 tsp cinnamon in a medium bowl. Add the margarine and stir until crumbs form. If needed, add some warm water to help crumbs adhere. Sprinkle evenly over the apples.
4. Bake for 30 to 35 minutes or until the filling is bubbling and the topping is browned.

# **Key Lime Pie**

*Key Lime Pie lightens up! Our version keeps the tang and graham goodness of the traditional dessert but with a lot less calories and fat.*

## **Ingredients**

- 1 cup graham cracker crumbs
- 1 TBSP brown sugar
- 1/8 tsp salt
- 1 ounce premium white chocolate, grated or finely chopped
- 2 TBSPs butter, melted and cooled
- 1 TBSP canola oil
- Cooking spray
- Filling:
  - 1/2 cup plain 2% reduced-fat Greek yogurt
  - 1/2 cup fresh Key lime juice or fresh lime juice
  - 1/2 tsp grated lime rind
  - 3 large egg yolks
  - 1 (14-ounce) can fat-free sweetened condensed milk

## **Preparation**

1. Preheat oven to 350°.
2. To prepare crust, combine crumbs, sugar, salt, and chocolate in a bowl, stirring well to combine. Add butter and oil; toss with a fork until moist. Press crumb mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 350° for 8 to 10 minutes or until beginning to brown; cool completely on a wire rack.
3. To prepare filling, place yogurt and next 4 ingredients (through milk) in a bowl; beat with a mixer at medium speed for 2 minutes. Pour mixture into prepared crust. Bake at 350° for 14 minutes or until set. Cool pie completely on a wire rack. Cover loosely, and chill at least 2 hours. Serve with whipped topping or yogurt topping.