

Domestic Science

THE ART OF MAKING PIE

The making of pastry is, perhaps, the very hardest branch of cooking for most housewives. The art of making rich, tender pie crust is often considered impossible to many women who seem to think that success comes only to a chosen few. In their efforts to produce good results, they defeat their own ends, and the pastry which should be handled as lightly, and quickly as possible, is kneaded and worked until hard, rubbery and tough. Successful pastry can not be made if the process is drawn out and the dough handled too much. Given a good recipe and working quickly, any woman can make a good pie provided she understands the baking.

The difficulties that attend pastry making can very easily be overcome when one is shown the pitfalls and how to avoid them. Even the more inexperienced housewife will be able to make an appetizing pie if she will study carefully first the recipe, then the few simple rules regarding manipulation and baking.

It is a great help to have the ingredients cold—particularly for those unskilled in handling pie crust but it is certainly not essential. The process should be quickly done, handling the paste as lightly and as little as possible. Pastry must be baked in a fairly hot oven with the greatest heat at the bottom; then it will be light. But if placed in a moderate oven the pastry will be oily and decidedly indigestible as well as unpalatable. None of the ingredients in pastry are unwholesome but fat with their food principles is an artificial combination that often proves unsatisfactory; soggy, tough pastry is certainly indigestible, so if your family is fond of pie—and what American family is not—and the pastry be of the best, tender and well baked. No matter how carefully the dough has been made, if not baked well the pie will be a failure.

The oven should be fairly hot for all pies—in order to set the crust

so that the filling will not soak in. After the pie has been in the oven ten minutes—or when the filling is heated through, the heat may be reduced.

Pies which contain a filling where eggs are used as the thickening medium should not be baked so rapidly that the filling boils or the mixture will separate and the pie will be watery. This applies to any form of custard pie.

It is unnecessary to grease pie plates for the fat in the crust is sufficient. Glass pie plates are very satisfactory especially for deep pies. Plain or perforated tin can be used for the shallow pie or pastry shells.

Pie crust should be rolled out to about one-eighth of an inch in thickness. When lining the pan lay the crust on loosely and allow it to come a little over the edge. The scissors will be found the most convenient means of cutting the dough. If the pastry is stretched it will shrink and probably break while baking. When making fruit pies which may be very juicy the undercrust can be brushed over with the unbeaten white of an egg—which coagulates as soon as the heat reaches it and makes an impervious coating. Or the bottom crust may be sprinkled with very fine dry bread crumbs or with a little flour which will absorb the excessive moisture at once and prevent the crust from being soaked. After the filling is put in, thin top crust is placed in position; this should be rolled out about one-eighth of an inch thick also and should extend about a quarter of an inch beyond the pie plate. Then fold the top crust under the bottom one and either flute the edge with the fingers or a fork. Perforate the top crust so that the steam may escape—or the crust will be soggy on the under side. If a very dark brown is desired the top crust may be brushed over lightly with milk.

When making very juicy pies—allow one tablespoon of flour to each cupful of sugar used. Mix sugar and flour until well blended then sprinkle over fruit. Or the pie may be bound around the edge with a narrow strip of cloth which has been dipped in either milk or water. When making pastry shells for a

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one-crust pie invert a deep pie pan and place the pastry on it, pinching about the edges to make a deep border. Prick the pastry in several places with a fork. Place in a hot oven; in about ten minutes the shell should be a golden color and should be watched carefully until ready to take from the oven. Remove from the tin and place the filling in the shell.

Pastry for several pies may be made at a time, rolled up and set in a cool place in a well-covered tin until needed. This is sometimes a great advantage for a very busy housewife. Always serve pastry fresh or re-heat if the pie is a day old and it will become crisp and fresh. The kind of pastry depends upon the amount of fat used and the method of putting the ingredients together.

There really is no mystery, no magic possessed by a favorite few, to make good pastry. Just follow the general directions and you will surely have satisfactory results.

Note: All measurements are level and flour is sifted once before measuring. One-half pint measuring cup is used.

Sperry Plain Pastry
One and one-half cups flour, one-half teaspoon salt, one-half cup shortening, one-third (about) cup of cold water.

Sift flour and salt together. Chop shortening into the flour; add liquid gradually, using knife. This dough should become stiff enough not to stick to the sides of mixing bowl. Place dough on moulding board and roll to one-fourth inch thickness. Fold one-third of this sheet of pastry over to the center, fold the remaining third over the first fold, then fold across. Roll to one-fourth inch thickness again.

This pastry can be used at once, but is improved if allowed to stand several hours. By folding the dough in this manner, layers of air are enclosed, which expand when the pastry is placed in a hot oven, making the pie flaky. While the oven should be hot at first the heat should be reduced after it has browned.

Sperry Flaky Pastry
One and one-half cups flour, one-half teaspoon salt, one-fourth cup shortening one-fourth cup butter one third (about) cup of cold water.

Proceed as for plain pastry, leaving out the butter, which should be washed in cold water until smooth and elastic. Roll out dough, place butter in the center, fold over dough as directed above and roll out. Repeat this twice. Dough is then ready for use. If butter breaks through the dough, set aside

until cool, when it can be easily handled.

This pastry is for pastry shells, tarts, etc.
Lemon Pie Without Meringue

Three-fourths cup sugar, one pound corn starch, juice and rind one lemon, juice one orange (if not juice for one cup fill up with cold water,) three eggs separated. Beat yolks, add sugar blended with corn starch, lemon juice and rind and orange juice. Cook all until thick in double boiler. Set off and cool. Bake a crust for a pie in a pie tin and when done add the above mixture, first stirring in the stiffly beaten whites of the eggs into which had been beaten one-third cup sugar. Brown lightly in the oven.

Butterscotch Pie

One cup boiling water, one and one-half cups brown sugar, two tablespoons butter, three tablespoons cornstarch, one-half cup cold water three eggs. Put sugar and butter in a saucepan and cook until sugar is melted, taking care not to burn. Add boiling water and cook until sugar is dissolved, then add cornstarch mixed in cold water. Cook mixture until thick. Separate the eggs, beat yolks and pour hot mixture over them; then return to fire and cook about five minutes. Turn into a baked pastry shell, cool slightly and cover with a meringue.

Meringue

Three egg whites, six tablespoons sugar, one-half teaspoon vanilla. Beat egg whites until very stiff; then add one tablespoon of sugar at a time until three leaves have been added, beating each one in well before adding the next. Fold in the remaining sugar and flavoring. Spread on top of filling and bake in a moderate oven until a golden brown—about eight minutes.

NOTICE TO CREDITORS

Notice is hereby given that the undersigned has been duly appointed administrator of the estate of John B. Griffith, deceased, by the County Court of the State of Oregon, for Klamath County and all persons having claims against said estate, are hereby directed to present same to said administrator at the Law Office of Geo. Chastain, Klamath Falls, Oregon, duly verified, within six months from the date of this notice. Dated October 1st, 1939.

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