

GREAT PASTRY



PIE IN THE MAKING

There's something about the aroma and sight of a slice of a golden-brown pastry shell — — filled with a mound of sliced apples — — nestled in rich sweet cream — — or a berry pie with thick, fruit juice bubbling through — — or the elegant entre' of a Quiche Lorraine — — or the rib-sticking meat pies — — that few people can resist.

The pastry crust was an invention of the Greeks during their Golden Age. The first "Pyes" were hollowed-out pumpkins filled with milk and baked on the open hearth. Later on, colonial homemakers sprinkled rye meal into round pans, then added a spicy pumpkin mixture.

Early pies were not the handsome creations we know today. Generally speaking, there was more crust than filling! This was a homemaker's way of stretching scarce food supplies.

Even so, pies caught on fast and became a most important taste pleasure in pioneer life. As crops were planted and thrived and food became more abundant, pies gradually took on a new look — — large and plump with fruit or a creamy filling, and richly crusted.

When wagon trains traveled westward, cherished pie recipes went along. As new and different foods were discovered, pioneer women developed new recipes in their log cabin kitchens.

Through the years, pie recipes multiplied, and to this day, new ones continue to be developed. And now, PIE, is the great American dessert.

High quality pies have been the basis for nationwide publicity for a number of restaurants and other food facilities, and have repeatedly proven to be the most important item in bringing patrons back. Surveys in different parts of the country show that pies constitute from 25 to 35 per cent of all desserts served. It is just as easy to make a pie of superb quality as a mediocre one, and the "know-how" of pie making is not difficult to master.

TO MAKE HIGH QUALITY PIE CRUSTS

Flour — Pastry, cake or combination of both

Shortening — deodorized and stabilized lard, butter or hydrogenated shortening.

Salt — Use fine flake salt, table screened or fine screened salt; in an amount sufficient to develop a pleasing taste.

Water — Pie crusts with higher shortening content require less water. Keep water to a minimum. Excess amounts tend to make crusts heavy and tough, resulting in shrinkage and extended baking time.

Other Ingredients — Sugar and milk powder (nonfat dry milk) add flavor and color, but have a slight toughening action on crust.

Handling — Minimum amount of handling produces the most tender crusts. Rest dough for at least one hour at room temperature.

QUICHE LORRAINE

A Quiche is an open-faced French egg, custard, cheese and bacon pie. Quiche can be used as an entree' or as a hot hors d'oeuvre.

12 Crust Experimental Batch

3 lb. pastry flour
2 lb. shortening
14 oz. water
2 oz. sugar
1 oz. salt

Method: Thoroughly blend all flour and shortening in Hobart type mixer, using cake paddle on lowest speed. Add water, with salt and sugar included, to center of bowl. Start mixer and count 15 to 17 turns of hub. Stop mixer. Rest dough 1 hour. Mould crust in pan. Partially bake crust, using pan within a pan, inverted method, at 375 degrees for 15 minutes.

Optional: Brush crust with the white of an egg, prior to filling.

6 qts. milk or cream — scalded to hasten cooking time. Cool.
1 — ¼ qts. eggs — (36 med.)
3 tsp. salt
1 — ½ tsp. white pepper
1 tables. fresh grated nutmeg (to taste)
¼ cup chopped chives

All above ingredients brought together and thoroughly mixed.

3 lbs. bacon — slice in short lengths and partially cook (not crisp). Drain.

6 cups diced Swiss cheese — sprinkle in the bottom of partially baked crust over bacon.

Add custard mixture to ¼ inch of top crust. Bake 375⁰ for 40 minutes, or until the top is a golden brown. Test for set custard by inserting knife in center. If it comes out dry, Quiche is finished.

Quiche may be frozen for future use.

Variations — add fried onion. Use — Canadian bacon strips, cooked crab meat or boiled spinach.

TART DOUGH FORMULA

12 lbs. CAKE flour
4 lbs. powdered sugar
6 lbs. lard
1 qt. eggs
1 oz. salt

Place flour, sugar and salt in bowl, mix to blend. Add eggs and lard to dry ingredients and mix only enough to blend all ingredients.

*For a pleasant flavor surprise, add a little lemon flavoring.

GRAHAM CRACKER TART AND PIE DOUGH

10 lbs. graham meal - course ground preferred
5 lbs. shortening, liquified (butter, margarine or combination)
2 lbs. sugar (brown or white)
1-1/2 to 2-1/2 lbs. water (experiment)

Optional: Spice (cinnamon, nutmeg, cayenne, etc.)

Method: Fully mix ingredients except water. Change to wire whip at low speed, dampening mixture with water at ratio one ounce for each pound of mixture in the bowl.

Mould into crust immediately. If mixture is allowed to stand, water will evaporate and dough will not mould. Once crusts are moulded, they may be refrigerated without concern for evaporation. If crust is used with noncooked filling, bake crust 5 minutes at 350°.

"NUTSY" CRUST (Experimental Batch)

1 lb. margarine or shortening
4 ozs. sugar
1 lb. 6 ozs. pastry flour
4 cups chopped nuts

Mix all ingredients until thoroughly blended. Mould crust in pan. Bake at 350° for 20 minutes. Let cool.

This is a good base for a precooked lemon or custard type filling. Pour the filling onto the base. A whipped topping over the filling is an appealing final touch.

PIE DOUGH FORMULA - ALL PURPOSE

12 lbs. pastry flour
8 lbs. shortening
3 - 1/2 lbs. water
1/2 lb. sugar
4 oz. salt

Method: Place 6 pounds of the flour in the bottom of the mixing bowl. Add all the shortening, broken into a number of pieces. Use a cake paddle and the lowest speed setting on a Hobart-type mixer. Mix until shortening and flour are thoroughly blended.

Stop mixer and add the balance of flour. Start mixer and blend until dough resembles "streusel" size pieces. Stop mixer. Add the water with the balance of the ingredients included (sugar, salt, etc.) directly to the middle of the mixing bowl. Start mixer and count the turns of hub, 15 to 17 turns. Stop mixer. Rest dough mixture for at least one hour.

*Want to experiment?

*Add a little vinegar to the water

*Substitute coca cola or ginger ale in place of the water, but reduce the amount of sugar

*Use orange juice, instead of water, and some orange rind

TORTE SHELL (Experimental Batch)

1 lb. margarine or shortening
3 cups sugar
4 ozs. sour cream
8 eggs
2 - 1/4 lbs. pastry flour
2 tsp. salt
2 tsp. baking powder

Blend margarine, sour cream and sugar. Add eggs, blending well. Combine flour, salt and baking powder and blend in to mixture. Mould in pan. Bake 325° for 20 - 30 minutes, in a torte pan (inverted mould type). Let cool.

Mound fresh fruit, a prepared fruit mixture, or pureed fruit in the torte shell. A crown of whipped topping completes the tasty picture.