

# PASTRY

made with

## North Dakota Fats

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NORTH DAKOTA STATE UNIVERSITY



### WALNUT PIE - By Barbara Harvey

Unbaked pie shell - 9 inch (Use Modified Puff Paste)

|                         |                                 |
|-------------------------|---------------------------------|
| 1/2 c. butter           | 1/4 c. corn syrup (light)       |
| 1/2 c brown sugar       | 1/2 c. Heavy cream              |
| 3/4 c. granulated sugar | 1-1/2 c. walnut meats - chopped |
| 4 eggs - well beaten    | 1 tsp. vanilla                  |
| 1/4 tsp. salt           |                                 |

In top of large double boiler, combine butter with both sugars, and cream until fluffy. Stir in eggs, salt, syrup, and cream. Place over boiling water and cook for 5 minutes, stirring constantly. Add walnuts and vanilla. Pour into pastry-lined pie pan. Bake in 350° oven for 1 hour - cool. Top with whipped cream studded with walnut halves.

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A8

no. 216

Prepared by  
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EXTENSION SERVICE  
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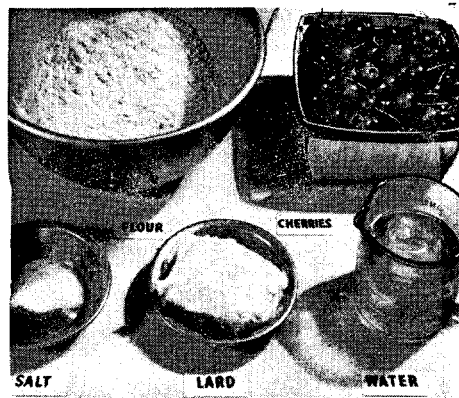
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## WANT TO MAKE GOOD PASTRY - Here's How!

### 1. Use High Quality Ingredients.

Use fresh-flavored shortening. Sweet, pure lard is first choice because of its higher shortening power, its success in adding flakiness, and its richer flavor. Butter, when used alone, tends to make a tough pastry, but a little rolled into the dough makes a richer flavored, more flaky pastry. It is not necessary to have the shortening ice cold as it can be handled more easily at room temperature. Use ice cold water. Keeping the dough cold gives best results.



2. Use Exact Measurements. Mary Ann measuring cups are best for solids.

3. Never Over-Mix the shortening and flour. Cut the shortening into the flour with a pastry blender. Leave some of the shortening in lumps the size of a large pea. These lumps streak through the mixture and help to make a flaky crust.

4. Too Much Water Makes Pastry Tough. Use just enough to make the dough stay together. Add the water by sprinkling it lightly, a little at a time, over the flour mixture. Blend it in gently with a fork; then try gathering the dough lightly with the finger tips or place it in waxed paper and form into a ball. It should always look dry. Do not roll at once. Let the ball of dough stand a short while. During this time the flour swells and the dough becomes easier to handle.



5. Handling Pastry Too Much Makes It Tough. Avoid rolling extra flour into the dough. To prevent this, use a canvas and a rolling pin covered with a stocking or cover to roll out pastry. Flour rubbed into the canvas keeps the dough from sticking, but will not be picked up by the dough as it is on a bare board. Use light, quick motions- do not bear down heavily and don't roll across the edge of the dough, as this will press out the air. Keep dough in circular form and of even thickness when rolling it. In making 2 crust pies it is best to have the lower crust slightly thicker than the top crust. Don't mix left-over dough from rolling one crust, with the remaining dough, as this will toughen the second crust. Keep left-overs for extra shells or cheese sticks.

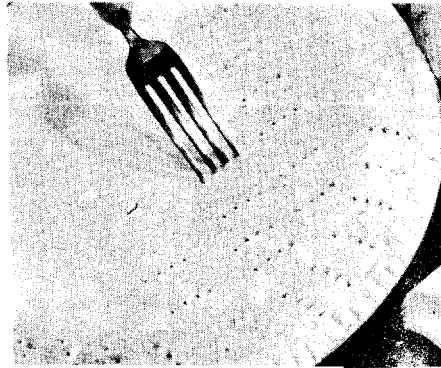
6. Never Stretch Pastry when putting it into the pan. Fit it in loosely to avoid shrinking and breaking during baking.

7. Chilling Pastry After it is Rolled Makes it More Flaky. The top crust can be rolled and placed in waxed paper to chill until ready to use. If lower crust is not used, it may also be chilled.

8. Pie Crust Should be Baked Quickly in a hot oven (425 to 450°F.) and on a lower shelf if possible. The intense heat of a hot oven forms steam in the dough and makes flaky layers before the fat has time to melt. If the fat becomes warm from a slow oven, it melts into the flour and the crust will be tough and hard instead of crisp. Use pans which are dull in finish rather than shiny for best browning.

#### HOW TO KEEP PIE SHELL FROM SHRINKING

1. Place pastry in pan loosely. Push out all air.
2. Leave 1/2 inch of dough extending beyond edge of pan to build up an edge.
3. Prick entire surface of pastry for escape of air. If pastry puffs in oven, prick it down again while baking.
4. If you wish, you can place a pan inside the one that holds the pastry to help hold down the crust, or place waxed paper over the uncooked pastry and weight down with dry rice. Bake at 450°F. for about 15 minutes. Remove paper and rice after baking. Save rice to use again.



Shell made over pan.

### HOW TO PREVENT SOGGY CRUST IN CUSTARD OR PUMPKIN PIES

The secret is quick baking on lower shelf in a hot oven for the first 15 minutes to set the crust. Extra precautions are:

1. Brush the lower crust with melted butter.
2. Brush lower crust with beaten white of egg - let dry.
3. Try baking the lower crust for 10 minutes at 450° F., then pouring the filling in at once and continuing the 450°F. temperature for 5 minutes longer; then lower the heat to 325°F. for the remainder of the baking period. A strip of aluminum foil placed over the edge of the baked shell keeps it from becoming too brown on second baking.
4. Do not keep pie in the refrigerator for storage.

### HOW TO KEEP FRUIT PIES FROM BOILING OVER

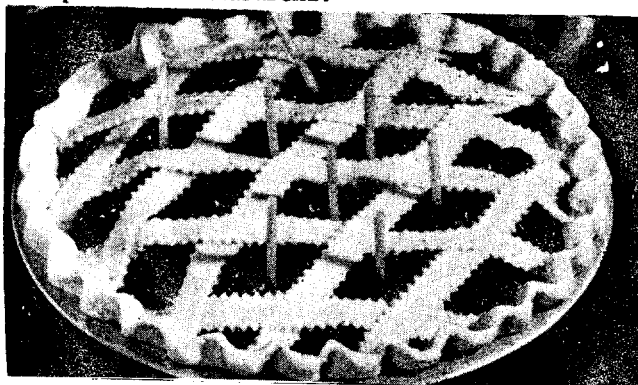
There are several ways. Take your choice, but first, use a deep pie pan.

1. Roll the top crust large enough to extend beyond the edge of pan 1/2 inch. This extra pastry is folded under the edge of the lower crust.



2. Sprinkle a very little tapioca near the top of filling. This will help thicken the juice as it forms.

3. Marie Gifford suggests placing half a dozen 1-1/2 inch pieces of uncooked macaroni in the top of the pie before baking. The juice boils up into the macaroni.

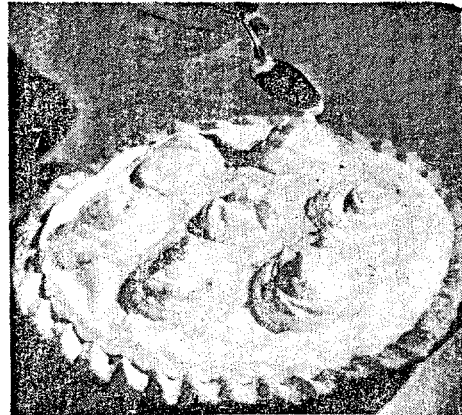


4. Try sprinkling part of the flour and sugar to be used, over the bottom crust before adding fruit.
5. Thicken the fruit before putting it into the unbaked crust.

### MERINGUES FOR THE PIE

How to prevent "Weeping", shrinkage, toughness and beading.

Recent meringue-making studies report as follows: Use egg whites at room temperature to give greatest volume. Do not over beat whites. Beat only until they hold a rounded peak and are still moist. Add cream of tartar, if used, to the whites at the frothy stage. Use only 2 tbsp. of sugar and a pinch of salt for each egg white for pie meringues. Beat in sugar, a little at a time. If sugar is not thoroughly blended with the egg white or if too much sugar is used, beads of syrup will form on the cooked meringue. Cooking meringues too long will cause beading.



Place meringues on hot filling, touching the crust on all sides, and bake at once on top shelf of 325°F. oven for 15 minutes or until slightly brown. This heat on top and bottom sets the egg white completely, heating it through so that meringue stands up without shrinkage, and upon cooling, without "weeping" (the separation of the meringue from the filling). 325°F. proved the best temperature for tenderness, and for preventing stickiness and shrinkage. Never cool meringue pies in cold air - it may shrink them.

Note: Pictures courtesy of Marie Gifford

### FREEZING PASTRY

Pies may be frozen either unbaked or baked in any pie pan, or in one purchased for freezing. Most people prefer freezing them unbaked as the baking gives the pie a freshness that a thawed baked pie doesn't have. However, it may be more convenient to have some pies baked to include in the lunch box or to leave to thaw, timed so that they can be served even if "Mom" is away from home.

Frozen Unbaked Pies - Prepare pie from your favorite recipe. For 2 crust pie omit the air vents in the top crust. Place pie in plastic bags, press out the air and close with a "goose neck" twist, or place pie on plastic or aluminum foil wrapping and fold with a "Drug Store" wrap. If a plastic wrap is used it may be slipped into a stockinette and tied securely. Label pies. Freeze below zero - Store at Zero degrees. For easier wrapping, pies may be frozen before wrapping. This is convenient for one-crust fruit pies. A paper plate placed over the top of the pie will also protect the top during storage. Frozen unbaked pies may be defrosted and baked the same as fresh pies or may be put into a pre-heated oven 400°F. to thaw out and bake at the same time. Before baking, make air vents in the top crust. If baked frozen, add 15 to 20 minutes additional time. Three months storage is maximum time for storage.

Frozen Baked Pies - Bake the pie. Cool, wrap, and freeze as for unbaked pie. When ready to use thaw at room temperature while the pie is still in the storage wrapping, for from 2 to 3 hours. If pie is to be served hot after thawing, place in 375°F. oven for about 10 minutes. Six months storage is the maximum time for storage.

#### PASTRY MIX

7 c. sifted flour  
4 tsp. salt  
2 c. lard

Cut lard into flour and salt mixture until it resembles small peas. Place in covered jars and store in refrigerator. This will keep for a month. Yield - 8 single pie crusts. For single crust use 1/1/2 c. pastry mix and 2 to 3 tbsp. cold water to make a dough.

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#### References Used:

Marie Gifford - Armour and Company  
How's and Whys of Cooking - Holliday and Nobel  
Into the Freezer and Out - Donald K. Tressler