

Revealing purloined pie recipes

MOMMA'S PIE CRUST
approximately 2 1/4 cups all purpose flour
1/2 teaspoon salt
1/4 cup (1 stick) butter, cut into bits
1/4 cup solid vegetable shortening
cold, cut into bits
5-6 tablespoons ice water

Sift flour and salt into a mixing bowl. Add butter and shortening in bits, working in and tossing continu-

ously until mixture resembles coarse crumbs. Sprinkle with half the ice water. Stir lightly with fingers. Add additional water by the teaspoon until dough clings together and cleans the bottom of the bowl. Divide dough in half. Wrap in plastic and refrigerate at least one hour until ready to roll out.

PUMPKIN PIE
1 single pie crust

Filling:
16 oz. pumpkin puree
1/4 cup dark brown sugar, packed
1/4 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1 teaspoon vanilla extract
2 teaspoon salt
2 large eggs, room temperature
1 cup heavy cream

Roll out pastry into a 12-inch circle. Line a 9-inch pie pan with the pastry and crimp rim as desired. Line pastry with foil, then fill with dried beans and bake at 400 degrees for 10 minutes. Reduce oven temperature to 375 degrees. Whisk pumpkin with remaining ingredients. Pour filling into pie shell after removing dried beans and foil. Bake for 20 minutes.

DUTCH APPLE CRUMB PIE
1 pie crust for a single pie

Filling:
6 Granny Smith apples, pared, cored, cut into even chunks
1/4 cup dark seedless raisins
1/4 cup granulated sugar
3 tablespoons cornstarch
1/4 teaspoon cinnamon
1 cup sour cream
1 teaspoon vanilla extract

Topping:
1/4 cup all purpose flour
1/2 cup brown sugar, packed
1/4 teaspoon cinnamon
3 tablespoons butter, cold, cut into chunks

Roll out pastry and place in a 9-inch pie pan. Crimp crust as desired. Brush lightly with an egg wash, then refrigerate until ready to fill. In a bowl, combine apples, raisins, sugar, cornstarch and cinnamon and toss well to coat. Stir in sour cream and

vanilla. Set aside. In a separate bowl, stir together the flour, brown sugar and cinnamon and mix well. Add butter in small chunks and mix with fingers until mixture resembles coarse crumbs. Pour apple filling into crust. Sprinkle with topping. Place in a 350 degree oven and bake for 25 minutes. If top is browning too quickly, wrap edges of pie with foil and continue baking for an additional 30 minutes.

FRESH BERRY PIE

Pastry for a two-crust pie:
2 quarts fresh berries, (blueberries, raspberries)
1 1/2 cups sugar
1/4 cup sifted all purpose flour
2 tablespoons butter or margarine

Roll out half the dough and line a 9-inch pie plate with the dough. Brush lightly with an egg wash. Refrigerate until ready to fill. In a large mixing bowl, combine berries with sugar and flour. Toss gently with hands to coat. Place berry filling in prepared crust and dot with small butter chunks. Roll out remaining pastry for top crust. Secure by crimping edges with fingertips. Brush lightly with milk and sprinkle over so lightly with sugar. Cut vents to allow steam to escape. Bake in a 400 degree oven for 40 minutes or until pie is golden or juices are bubbling through the vents.

Bread-baking making comeback in kitchens

Homemade bread — these words create images of home, warmth, security, love and family. Nothing can beat the aroma. Nothing can beat that warm feel of the loaf spread with a little butter and jam.

While the art of making bread has not been lost by any means, perhaps it has been neglected over the past few years.

Fortunately, men and women are rediscovering the value of bread making. As we look for ways to trim some of the unwanted fats in the diet and turn to increasing the amount of complex carbohydrates such as grains and cereals, bread appears as a solution. Homemade bread can provide a wholesome, nutritious food. It will supply a very important portion of needed daily nutrients.

MANY PEOPLE haven't attempted making yeast breads because they believe they don't have the time it requires, or the knowledge. It really isn't as hard as it seems. Plus, it can be a great stress releaser. The more you punch the dough, the more you handle the product, the better it becomes. So, if you have some pent-up anger or anxiety, read on.

Yeast, which is used to make the bread rise, is actually a small living plant. It needs moisture and sweetness to live and grow but it is highly affected by temperature. The best results are obtained when the water or liquid temperature is 95-105 degrees.

In using active dry or compressed yeast, too much heat can kill the action of the yeast. Not enough heat can retard its action. If you don't have a thermometer, check the temperature of the liquid on the inside of your wrist, just like you would check a baby's formula. It should be warm but not hot. Remember, too, if the mixing bowl is cold or the eggs came right from the refrigerator, you can retard the yeast growth.



Lois Thieleke

home economist, Cooperative Extension Service

THE TYPE of flour is your choice. You can buy bread flour but regular all-purpose flour will give you good results. Or mix two flours together, for example, whole and all-purpose flour.

If substituting buckwheat, barley, cornmeal, millet meal, white or brown rice flour, leftover cooked cereal or any combination of these, use at least half wheat or gluten flour in the combination. If you are substituting carob, bran or soy flour, use three-fourths wheat or gluten flour in the combination.

Fats in bread help keep it from drying out. Also, omitting fat is likely to result in a heavier bread with more air holes. Salt can be reduced or eliminated in some recipes. You'll have to experiment. Salt-free doughs rise very quickly and you may have to knead in extra flour.

Yeast needs a sweeter to live. The typical sweeteners, sugar, honey or molasses, provide the food for the yeast. These help make a more tender and flavorful bread. As the yeast feeds off the sugar, carbon dioxide gas and alcohol are given off. These gases are trapped inside the dough. Much like a balloon, the dough expands as more gases are given off.

WATER IS the most common liquid used in bread. Milk or buttermilk makes a delicate texture and darker crust, while fruit juices add sweetness and color.

In a standard yeast recipe, two basic steps follow once the liquid is

mixed — kneading and rising. To develop the gluten in bread, you need to knead the bread with your hands. For many of us, this is the time to use that funny little attachment to our mixers or food processors. With some practice you'll know when the dough is smooth and ready to rest so it can rise to double its size.

The next stage is shaping and rising. Punch the dough down and shape it according to your recipe, let it rise again and then bake.

Now watch the whole family appear in the kitchen for a taste of homemade bread. To enhance the nutritional value of the bread even more you could have added raisins, nuts, roasted sunflower seeds, slightly sautéed onions, herbs, sprouts or toasted wheat germ during the kneading process.

Homemade bread delights all the senses. It feels good, smells good, looks good and tastes great. With a little practice you'll be an expert at making a spectacular selection of hearty homemade breads that taste as good as they look.

clarification

The recipe for pumpkin cake mentioned in Larry Jones' Troutboud column Monday, Oct. 9, should have included 2 cups of flour in its list of ingredients.

Momma spills her secrets

Continued from Page 1

Forget the newfangled black baking dishes. Momma would never be seen with a pastry wheel when a good sharp knife would suffice and banish the thought of a fluted pastry cutter when we all knew that "that's what God gave you fingers for."

Here's a sampling of momma's secret pie recipes. If you see her, please don't spill the beans as to where the recipes came from. Bon Appetit.

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