

PIES

Mom's Pie Crust (Makes Two 9" deep-dish crusts)

1 2/3 c flour, sifted (7 oz.)
1 t baking powder

1 c Butter-flavor Crisco (5 oz.)
3 oz ice cold water

With a pastry blender cut all but water together until it is pea size. Mix with a fork and add water a little at a time, only until the ingredients are roughly incorporated. Separate into 2 balls, in individual pieces of foil and place in freezer for 15-20 min or fridge for 1 or more hours. Before rolling, form them with your hands and get them compacted well. Roll out crust thin as you can manage and place in a 9" pie pan, using a flour duster all through the process. Poke with a fork or use pie weights if you baking just the crust and bake at 425° for 10 min until barely browning.

Pre-baked Shell Pies – Using the above recipe or my pie calculator, place rolled dough in the pan and pinch edges for baking. Dust extra flour in the bottom, spray one side of the foil and place the sprayed side on the flour. Use ~11 oz. of pie weights for each shell and remove the foil & weights towards the end of baking. The flour & sprayed foil facilitates the foil release from the crust without taking too much with it.

Banana Cream Pie (Makes 1 deep 9" pie)

5 T cornstarch (1/3 cup, rounded)
¼ t salt
½ c whipping cream
1 t vanilla
2 bananas

1 c sugar
2 ¾ c milk
2 T butter
3 egg yolks
1 pre-baked 9-inch pie shell

Mix cornstarch, sugar and salt and a saucepan. Add milk and half & half, cooking over medium heat until smooth and thick, stirring constantly (Approx. 3-4 minutes). Pour a small amount of the hot mixture into egg yolks; blend thoroughly, then pour back into saucepan. Cook another 5-6 min until thick. Remove from heat, then gently fold in butter and vanilla. Allow cooling until still warm but not completely set, then pour pudding over 2 sliced bananas that have been placed in the bottom of the pre-baked shell. Chill for 3-4 hours covered with plastic wrap. When ready to serve, top with whipped cream.

Coconut Cream Pie (Makes 2 deep 9" pies)

10 T cornstarch (2/3 cup, rounded)
½ t salt
1 can coconut milk (~2 grams fat/T)*
2 t vanilla
1½ c coconut

2 c sugar
5 c milk
4 T butter
6 egg yolks
2 pre-baked 9" pie shells

Follow method used for Banana Cream Pie above, mixing coconut into pudding at the end.

**Typical store brands of coconut milk are either too heavy or too light for ideal outcome on this pie. Asian markets usually have a larger selection and you can find one that meets the above fat/Tbsp requirement.*

Sour Cream Lemon Pie (Makes 1 deep 9" pie)

1 ¼ c sugar	4 T cornstarch
1 ¼ c milk	4 egg yolks, beaten
5 T butter	2 T lemon zest
5 T fresh lemon juice	1¼ cup (12 oz.) Daisy® Light sour cream
1 pre-baked 9" pie shell	2 c Whipped Cream for topping

Combine sugar, cornstarch, and milk in heavy saucepan. Cook and stir over medium heat until thick and bubbly, starting to be translucent. Pour a small amount of the hot mixture into egg yolks; blend thoroughly, then pour back into saucepan. Cook until thick, 7-8 minutes total. Turn off heat and gently fold in butter, lemon juice and lemon zest. Cool to room temperature (cool quickly by placing pan in a larger pan of ice water and stir frequently). Gently fold in sour cream. Pour filling into a 9" baked pie shell. Cover and refrigerate until firm.

Lemon Pie (Makes 1 deep 9" pie)

1 ½ c sugar	8 T (1/2 cup) cornstarch
2 ¼ c water	8 egg yolks, beaten
4 T butter	2 T lemon zest
¾ c fresh lemon juice	1 pre-baked 9" pie shell

Combine sugar, cornstarch, salt & water in heavy saucepan. Cook and stir over medium heat until thick and bubbly. Pour a small amount of the hot mixture into egg yolks; blend thoroughly, then pour back into saucepan. Cook until thick, 7-8 minutes total. Turn off heat and gently fold in butter, lemon juice and lemon zest. Cool to room temperature (cool quickly by placing pan in a larger pan of ice water and stir frequently). Pour filling into a 9" baked pie shell. Cover and refrigerate until firm. Serve with whipped cream.

Fruit Pies – The key to thickening control on the first 3 pies is to toss the prepped fruit with sugar and giving the sugar sufficient time to force the fluid out of the fruit.

Apple Pie (Makes 1 deep 9" pie)

2-1/2 lbs. peeled, cored, & sliced apples (about 3 each medium Granny Smith, Gala & Golden Del.)	
¼ t grains of paradise, freshly ground (125 pushes on the grinder)	
½ c sugar	1 small can pineapple juice
¼ t salt	2 T tapioca flour
2 T corn starch	2 T apple jelly
2 t lime juice	2 unbaked 9" pie shells

Mix sugar & pineapple juice in a large bowl. As you peel/core/slice the apples, gently fold them in with the sugar/pineapple mixture coating the apple slices as you go. Once done, transfer them to a colander inside a bowl (a salad spinner works great for this) and let them drain for 1-1/2 hours. Transfer the drained liquid to a sauce pan, and whisk in the corn starch, tapioca flour, salt and grains of paradise and thicken while constantly whisking until thick (don't worry if it seems too thick). Whisk in the apple jelly & lime juice, which will liquefy it a bit and then fold with apples until fairly well mixed. Pour apple mixture into a pie shell and wet the edges with water for a better seal of the top crust. Seal edges, then sprinkle top with cinnamon sugar and cut relief marks per preference. Line the bottom of the oven with foil and bake on the bottom rack at 350° for 50 min until juices bubbles and crust is deep golden brown. Cool for 4 hours.

Peach Pie (Makes 1 deep 9" pie)

6-7 medium, ripe peaches (7 cups sliced)	1 c sugar
Pinch salt	1 T lemon juice
Pinch ground cinnamon	Pinch freshly grated nutmeg
3 T potato starch	2 T tapioca flour
2 unbaked 9" pie shells - 1 ready in the pan and 1 for the top (You may want to pre-prepare a lattice)	

Adjust an oven rack to a lower position, line the bottom of the oven with foil, and heat the oven to 425°. Bring 3 quarts of water to a boil in a large saucepan and fill a large bowl with 2 quarts of cold water and 2 trays of ice cubes. Peel the peaches by blanching them. Cut a small "X" in the bottom of each peach, dunk them in the boiling water for about 40 seconds, remove them and place in the ice water. The skins should slip right off. Halve and pit each peach, and cut into 3/8 inch slices. Measure ½ cup of the sugar in a large bowl. As you cut & slice the peaches, gently fold them in with the sugar, coating the slices as you go. Once done, transfer them to a colander inside a bowl (a salad spinner works great for this) and let them drain for 1 ½ hours. Combine the drained fluid, the other ½ cup sugar, and cinnamon, nutmeg, salt, and tapioca flour and potato starch in a large saucepan. Bring to a boil over medium heat, whisking constantly. Once it has come to a boil, the Tapioca flour thickens very quickly, so remove from heat and vigorously whisk in the lemon juice. Gently fold in the peaches and then transfer all into the dough-lined pie plate. Place top crust or lattice on the filled pie, trim and crimp the pie edges. Sprinkle top with cinnamon sugar. Bake until the crust is set and begins to brown, 25 to 30 minutes. Rotate the pie and reduce the oven temperature to 375°; continue baking until the crust is deep golden brown, and the juices bubble, 25 to 30 minutes longer. Cool the pie on a wire rack for at least 2 hours before serving.

Fresh Strawberry Pie

16 oz. frozen Strawberries, thawed (for puree)	24 oz. fresh Strawberries (hulled & sliced)
1 c granulated sugar	Pinch table salt
1½ T powdered pectin <i>for lower sugar recipes</i> (such as Sure-Jell in the pink box)	
2 T cornstarch	3 T Tapioca Flour
2 T lemon juice from 1 lemon	1 pre-baked 9" pie shell

Measure ½ cup of the sugar in a large bowl. As you hull & slice the fresh berries, gently fold them in with the sugar, coating the berries as you go. Transfer the sugar coated berries to a colander inside a bowl (a salad spinner works great for this) and let them drain for 1 ½ hours. *This forces some of the fluid from the berries.* Once the berries have drained, puree the 16 oz. of thawed berries with juices in blender or food processor until smooth. Push through a strainer to remove the seeds. Move the fluid/sugar mixture that drained from the strawberries to a measuring cup and add puree until the amount is 1 ¼ cups. Move this mixture to the blender then add the other ½ cup sugar, pectin, cornstarch, salt & Tapioca flour. Blend thoroughly, scraping the sides during the process – *this step is key to getting proper thickening and a smooth filling/glaze.* Move blended contents to a large saucepan and bring to a boil over medium heat, whisking constantly. Once it has come to a boil, the Tapioca flour thickens very quickly, so remove from heat and vigorously whisk in the fresh lemon juice. Transfer glaze into a large bowl and cool to room temperature, at least 15 minutes. (Be certain that the glaze mixture has cooled before adding the berries; if it is too hot, the berries might begin to cook and soften.) Using a rubber spatula, fold the drained strawberries into the large bowl of glaze, turning several times to coat thoroughly. Turn glazed berries into pie shell; spread evenly and smooth surface with rubber spatula. Refrigerate until cold, usually 4-6 hours. Serve with whipped cream.

Blueberry Pie (Makes 1 deep 9" pie)

1 large Granny Smith apple, peeled and grated on large holes of box grater
3 c (16 oz.) frozen blueberries, thawed (for puree)
2 t grated lemon zest
3 c (16-18 oz.) fresh blueberries
¾ c sugar
2 T unsalted butter, cut into ¼ inch pieces
2 unbaked 9" pie shells - 1 ready in the pan and 1 for the top

3 t juice from 1 lemon
3 T tapioca flour
1/8 t kosher salt

Grate apple into 3-4 paper towels, wrap and set aside for drying. Place 3 cups thawed berries in medium saucepan. Using potato masher or hand blender, mix berries to create puree then add the 3 Tbsp Tapioca Flour & sugar. Set on medium heat, whisking frequently, until mixture is gravy thick, about 8 minutes. Add 3 cups fresh (washed) berries, lemon zest & juice and salt; gently fold to combine and allow to warm through then remove from heat. Transfer mixture to dough-lined pie plate and scatter butter pieces over filling. Sprinkle top with cinnamon sugar and cut relief marks per preference. Line the bottom of the oven with foil and bake on the bottom rack at 400° for 50 min bake until juices bubbles and crust is deep golden brown. Cool for 4 hours.

***Bake-in-Shell Pies** – The pies below each require one pie shell and are fairly straight-forward.*

Chocolate Pie (Makes 1 deep 9" pie)

1 ¼ c white sugar
5 T cornstarch
2 c milk
¼ c butter
1 unbaked 9" pie shell

4 T Cocoa Powder
1 can evaporated milk
4 egg yolks
1 t vanilla

Preheat oven to 350° F. In a saucepan with stove set to just above medium, whisk together sugar, cocoa and cornstarch & the can of evaporated milk. Warm the 2 cups of milk in the microwave on high for 2-3 minutes and add it in when warmed, eventually bringing all to a boil. Pour some of the hot mixture into the egg yolks, and blend back into pan, continuing to mix for another minute. Turn off the heat, then add the butter & vanilla and stir constantly just until butter is melted. Pour filling into deep 9" unbaked pie shell and bake in preheated oven for 35 to 40 minutes, or until pie is not "wobbly" when shaken and the crust is right color. The top bubbling below the surface and looking a bit "scorched" is normal. After a few hours of cooling, top with 1-1½ cups of whipped cream & finely shredded chocolate.

Libby's Pumpkin Pie with Rob's revision* (Makes 2 deep 9" pies)

1-1/2 c sugar
1 t salt
4 eggs
2 t cinnamon
2 unbaked 9" pie shells

1-29 oz. can pumpkin
1-12 oz. can evaporated milk
1 c Whipping Cream* (or use another can of milk)
1 t ginger

Mix all until fluffy. Pour into pie shells. Bake at 425° for 15 min and then at 350° for 40-50 min. Cool for 2 hours and then serve or refrigerate longer if you are topping with whipped cream.

Baked Three-Berry Pie (Makes 1 deep 9" pie)

10 oz. froz. Blueberries, thawed (for puree)	6 oz. froz. Strawberries, thawed (for puree)
24 oz. fresh Berries (My typical: 16 oz. strawberries & 8 oz.. blackberries or raspberries or any combination to your liking. It typically takes a 16 oz. of strawberries to yield 12 oz. of prepped fruit.)	
1 c granulated sugar	Pinch table salt
1 ½ T powdered pectin <i>for lower sugar recipes</i> (such as Sure-Jell in the pink box)	
2 T cornstarch	3 T Tapioca Flour
2 T lemon juice (Concentrated works fine)	1 unbaked 9" pie shell

Have the shell & berries prepped before cooking the glaze. Because this pie is baked, I prefer the strawberries quartered (vs. sliced) because they hold up better through the baking process. Preheat oven to 425°. Puree the 10 oz. of frozen blueberries with juices in blender until smooth and set aside. Puree the 6 oz. of frozen strawberries with juices in blender until smooth. Completely scrape from blender and push through a mesh strainer to remove the seeds. Add to pureed blueberries until it reaches at 1¼ cups. Put combined mixture back in the blender and add the sugar, pectin, cornstarch, salt & Tapioca flour. Blend thoroughly, scraping the sides during the process – *this step is key to getting proper thickening and a smooth filling/glaze*. Move blended contents to a med-large saucepan and bring to a boil over medium heat, whisking constantly. Once it has come to a boil, the Tapioca flour thickens very quickly, so remove from heat and vigorously whisk in the lemon juice. (It may seem too thick at first, but the lemon juice loosens it up). Once the glaze is smooth again, fold all of the berries into the glaze, turning several times to coat thoroughly. Transfer the whole mixture into the pie shell, getting the surface fairly smooth. Bake at 10-15 minutes, just long enough for the crust to be light brown. Cool on racks for 30-60 minutes and then transfer to fridge and keep pie there 4-6 hours, minimum. Serve with whipped cream.

Quick Baked Key Lime Pie in Whole Wheat Shortbread Crust (Makes 1 deep 9" pie)

Crust

1/3 c (3 oz.) light cream cheese, softened	1/3 c white sugar
½ c butter, softened	1 c wheat flour

Cream butter, cream cheese & sugar. Add in most of flour and slowly work in the rest 1 Tbsp at a time until it is still wet and not too sticky. Freeze for 10 minutes then roll between 2 slices of wax paper to get it close to the size of the pan. Remove the top sheet, overturn the pie pan onto the crust, carefully flip it and remove the, now, top layer of wax paper. Work dough to look as a typical pie, making sure to push any over-thickness from the base corners. Refrigerate until filling (below) is ready.

Filling

4 egg yolks	5/8 c (5 oz.) light cream cheese
1 14-oz. can sweetened condensed milk	¼ t salt
1 c fresh Key Lime juice (from 1-1 ¼ lbs.)	2 t Key Lime zest

Preheat oven to 350° F. Cream egg yolks, cream cheese and salt, then add in sweetened condensed milk in a steady stream and whisk until smooth. Slowly add in Key lime juice and zest, whisking only until combined. Pour the lime custard into the raw, chilled crust (above). Bake for 15-20 minutes until crust is just starting to brown. Remove from oven and slowly cool until it is room temperature then refrigerate for several hours. Place the Key lime pie in the freezer about 15 to 20 minutes before serving time. Serve with whipped cream.

Fast Coconut Custard Pie – Kraft Foods

2 c milk
4 eggs
6 T butter
½ t salt

1 c sugar
½ c flour
1 t vanilla extract
1 c coconut

In a blender combine milk, sugar, eggs, flour, and butter, vanilla & salt. Cover & blend for 10 seconds. Scrape the sides & blend for another 10 seconds. Add coconut & blend for 2 min. Pour into pie pan & bake at 350° for 50-55 min. When cooked, it forms its own crust! Serve warm.

Pear Batter Pie – Peggy Temple

2 T butter
¾ c milk
1/3 c flour
3 large eggs

4 pears
1/3 c white sugar
2 t vanilla extract
¼ t salt

Preheat oven to 350°. Spray a 9-inch pie plate; set aside. Peel, halve, and core the pears. Slice the pears lengthwise 1/4-inch-thick. Arrange pear slices in baking dish in a slightly overlapping circular pattern; set aside. In a blender, process, butter, milk, granulated sugar, flour, vanilla, eggs, and salt, until smooth. Pour batter over pears and bake until golden, and firm to the touch, 40 to 45 minutes. Serve warm or room temperature dusted with confectioners' sugar.