

CHAPTER XIV

Pastry

IDEAL pastry is not only tender, but flaky, for each particle of fat is surrounded by tiny grains of flour and when baked the melting fat leaves these grains in layers or flakes.

GENERAL DIRECTIONS

To insure flaky pastry, cut in the fat to the size of peas with a fork or knife. The hard fats take a little longer to cut in, while oils are easier, tho a flaky pastry is difficult to obtain with these.

Pastry or cake flour is better to use instead of bread flour.

Much handling of the dough and the addition of even a little too much cold water makes the pastry tough. The water is better ice cold. If pastry is allowed to stand a few moments after water is added, it is easier to handle. Keep on ice if possible.

When little fat is used, a small amount of water (carefully measured) must be used to insure a tender crust.

In rolling out, allow larger piece for bottom crust. Roll 1-8 inch thick. The upper crust must have vents to allow steam to escape.

Pastry should all be baked in a hot oven (450° F.) unless raw fruit is used for filling, then heat ought to be reduced after the first 10 minutes to allow fruit to cook.

PLAIN PASTRY I

1½ c. flour

⅔ tsp. salt

⅓ c. shortening

2⅔ tbsp. or one-sixth c. water

Makes a 2 crust pie.

PLAIN PASTRY II

1 c. flour

⅔ tsp. salt

⅓ c. fat

¼ c. water

Makes a large one crust pie.

HOT WATER PASTRY

1½ c. flour	⅔ tsp. salt
½ c. lard (scant)	¼ c. boiling water

Makes 2 crust pie.

TARTS

Line muffin rings with pastry and bake in quick oven. Fill tarts with jams or conserves and garnish with whipped cream.

FRUIT PIES

Line pie pan with pastry, sprinkle over the bottom of the pan, if the fruit is very juicy, 1 tbsp. flour and 1 tbsp. sugar, well mixed. Sprinkle remaining sugar over the top. The amount of sugar varies from 1 c. for gooseberries and cherries to ½ c. for apples, berries, etc.

In apple pie seasoning, either ½ tsp. cinnamon, nutmeg or ¼ tsp. cloves is used. Apple pie is better with the addition of 1 tbsp. of butter dotted over it. A cup of sour cream poured over the apples before upper crust is put on makes a delicious pie.

Combinations for fruit pies:

Elderberries and green or wild grapes.

Mulberries and cherries.

Cranberries and raisins.

Rhubarb and raisins.

Gooseberries and raisins.

RAISIN PIE

1 c. raisins chopped fine	6 tbsp. flour
1 c. sugar	1 tsp. butter
1 lemon	Pinch of salt
1 c. boiling water	Nutmeg

Mix raisins, sugar, lemon juice and water and let come to a boil. Add the flour, mixed with a little cold water. After it has boiled, put in the butter, salt and nutmeg. Bake between crusts.

RHUBARB PIE, TWO CRUSTS

Line a pie plate with pastry. To 2 large cups of rhubarb, in inch lengths, add 1 c. of sugar, the juice of half a lemon and the well-beaten yolks of 2 eggs, with half a tsp. of salt. Turn the mixture into the lined plate, brush the edges of the pastry with cold water, cover with a layer of pastry and let bake until done. Half a cup of fine cracker crumbs may replace the eggs.

MINCE MEAT

1 lb cooked lean beef	2 c. sugar
1 c. suet	1 tsp. cinnamon, mace, nutmeg
8 tart apples	½ tsp. cloves
1 lb raisins cut in halves	1 tsp. salt
1 lb currants	Liquid from meat, fruit juices or
Juice of 1 lemon	cider

Put beef, suet and apples thru meat chopper. Add the other ingredients and mix thoroly, being sure liquid is sufficient to moisten well. Cook slowly until apples are tender. Seal in sterilized jars and keep in a cold place.

MINCE MEAT PIES

Line a pan with pastry, fill with mince meat. If mince meat is dry, add a little water or fruit juice. Cover with upper crust and bake in quick oven (450° F.).

VIENNESE TARTS

Take equal weights of butter, cottage cheese and flour as $\frac{1}{4}$ pound of butter ($\frac{1}{2}$ cup), $\frac{1}{4}$ pound of cottage cheese and $\frac{1}{4}$ pound of flour (1 c.). Add to the flour 1 tsp. of salt and cut in the butter. When butter is cut in, mix thoroly with the cottage cheese. Roll out as pie crust and cut in 3 inch squares. Place on each square a teaspoon of jam, fold so as to be three-cornered and bake in a quick oven.

PIES WITH MADE FILLINGS

Some pies, as custard and pumpkin, are cooked in pastry shell. Rub the lower crust with white of egg before baking, to prevent its getting soggy.

Many fillings are added after crust is baked. The crust may be baked on the outside of pie pan as well as inside. In either case, prick with fork to allow air to escape as it expands.

CUSTARD PIE WITH MERINGUE

$\frac{1}{2}$ c. sugar	3 egg yolks or 1 egg and 1 egg
$\frac{1}{4}$ tsp. salt	yolk
$\frac{1}{2}$ tsp. vanilla	$1\frac{1}{2}$ c. milk

Mix in the order given and bake in one crust. When custard is firm, top with a meringue made from 2 egg whites, beaten with 2 tbsp. of sugar, and return to the oven to brown very slowly.

LEMON FILLING

$\frac{3}{4}$ c. sugar	1 c. water
3 tbsp. flour	1 tbsp. butter
4 tbsp. lemon juice	$\frac{1}{2}$ tsp. salt
2 eggs	

Mix sugar and flour. Add hot water and cook until thick. Beat yolks of eggs and stir in. Then add lemon juice, butter and salt. Reserve whites for meringue. A little grated yellow of lemon rind improves the flavor. Fill pastry shell and cover with meringue. Brown in oven very slowly.

CREAM FILLING

1 c. sugar	1 pt. thin cream (or top milk)
3 tbsp. flour	$\frac{1}{2}$ tsp. salt
2 eggs	Flavoring

Mix sugar, flour and salt. Add scalded milk or cream and cook until thick. Then stir in beaten yolks of eggs, reserving whites for meringue. Add flavoring. Fill pastry shell, cover with meringue and brown in oven very slowly.

COCOANUT FILLING

$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. cocoanut
2 tbsp. cornstarch	1 tsp. butter
1 egg	Pinch of salt
$1\frac{1}{2}$ c. milk	Flavoring

Scald the milk and add the cocoanut. Mix sugar, cornstarch and salt. Turn the mixture into the milk and stir until it begins to thicken. Add the butter and beaten egg. Flavor with vanilla. Fill a baked pastry shell with the mixture. Sprinkle with cocoanut and brown in oven or cover with meringue and then sprinkle with cocoanut.

BUTTERSCOTCH FILLING

Cream 4 tbsp. of butter and add, gradually, 6 tbsp. of flour; then add $\frac{3}{4}$ c. of brown sugar, mixed with 2 eggs, slightly beaten, and $\frac{1}{2}$ tsp. of salt. Scald 2 c. of milk; add 3 tsp. of caramel syrup and pour over mixture. Return this mixture to double boiler and cook 15 minutes, stirring constantly until it thickens, and afterward occasionally. Caramel syrup is made by caramelizing $\frac{1}{2}$ c. of sugar, adding $\frac{1}{3}$ c. of boiling water and letting boil until a thick syrup is formed.

CHOCOLATE FILLING

To the cream filling allow 2 sq. of unsweetened chocolate. Decrease flour to 2 tbsp. as chocolate thickens the filling, also.

FRUIT CREAM PIES

1 c. of chopped dates, bananas or cooked prunes may be added to cream filling.

PUMPKIN PIE

1 c. cooked pumpkin	$\frac{1}{2}$ tsp. salt
2 egg yolks or 1 egg	$\frac{1}{2}$ tsp. ginger
$\frac{1}{3}$ c. sugar	$\frac{1}{4}$ tsp. cinnamon
1 c. milk	

Mix in order given and pour into unbaked crust. Bake in hot oven (450° F.) for 10 minutes, then in moderate oven (350° F.) until custard is done. Serve with ~~or without~~ whipped cream.

MERINGUE

Beat whites of 2 eggs until stiff after adding pinch of salt and then add gradually 1 tbsp. of sugar to each egg. Flavor if desired and spread over filled pies. Return to a slow oven (250° F.) to set. If necessary, it may be either put in broiler or the heat of the oven increased during the last 3 minutes to

brown. Meringues must be cooked slowly in order to set evenly and not separate in cooking. The meringue ought to dry out in baking. Too hot an oven toughens it. More sugar makes a drier meringue.

MERINGUE AS KISSES

Make meringue as above, using 3 tbsp. sugar to each egg, and drop on an oiled pan or wax paper in uniform size (2 in.). Bake in very slow oven (250° F.) about 1 hour. Serve on a lace paper doiley. Hollow out top slightly. Put in ball of ice cream and garnish with whipped cream.