



B.C. ELECTRIC

Home Service Bulletin

HOME SERVICE DEPARTMENT, 1943

Pies and Tarts

Most people will agree that pies are "tops" as far as desserts are concerned. Not soggy, anaemic-looking pies with tough and watery meringues, but tender, flaky, golden brown crusts fairly bursting with fragrant fruit fillings. Here are a few simple rules to help inexperienced housewives to achieve happy results.

1. For a pie shell the pie plate may be made of tin, aluminum, oven glass or enamel. For a double crust or custard pie we think a crisper, browner crust is obtained when oven glass is used.

To insure a flat pie shell which does not shrink:

- (a) Do not stretch the paste when fitting it on the pie plate.
 - (b) Prick the shell all over with a fork before baking, and again after it has been in the oven 6 or 7 minutes, if you do not have a weight on top of the shell.
 - (c) Take a flat saucepan lid which will fit into the pie plate, or a second pie plate, and put it on top of the paste during the first eight minutes of the cooking. Remove for the last few minutes of the baking so that the shell may brown on top.
3. If you have difficulty browning a pie crust nicely, use ice cold milk instead of cold water in the paste.
 4. For tender and flaky pies:
 - (a) Cut the shortening in coarsely.
 - (b) Chill the paste for several hours or, better still, overnight, before baking.
 - (c) **BAKE A DOUBLE CRUST** pie at 450° F. for 15 minutes; then reduce temperature to between 400° F. and 425° F. to finish baking.
BAKE A CUSTARD pie at 450° F. for 15 minutes; then at 375° F. to finish. Bake a pie shell between 450° F. and 500° F. for 10 to 15 minutes.
 5. To avoid over-coloring the rim of your pie: Moisten the edge of your pie and press a strip of paste about 1/2-inch wide all around the edge. Flute the edges together with a fork or with the thumb and forefinger.

Meringues

Two egg whites will make a very nice meringue on an 8 or 9-inch pie. Have the eggs at room temperature. Add 1/4 teaspoon salt and beat till foamy. Gradually add 4 tablespoons of granulated sugar, continuing to beat till the mixture will hold a point. Flavor with 1 teaspoon lemon juice or 1/4 teaspoon vanilla. Put the meringue on the pie, making contact with the crust all the way round. Then work the meringue in to the centre to cover the pie. Do not smooth it down—it looks more attractive in swirls. Bake in a 300° F. oven for 20 minutes or 325° F. for 15 minutes.

HOME SERVICE NEWS

{ CJOR — Monday, Wednesday, Friday
CKWX — Tuesday, Thursday, Saturday }

8:15 a.m.

Flaky Pastry

This recipe will make one large double-crust pie and 1 shell or two small double-crust pies.

If you have a refrigerator save yourself time by mixing enough paste for several pies and wrapping it in wax paper and a tea towel and storing it in the refrigerator. It will keep nicely for one week to 10 days. If the paste is hard when taken from the refrigerator leave it at room temperature for ½ hour before rolling.

3 cups sifted pastry flour	1 cup vegetable shortening or 1 scant
1¼ teaspoons salt	cup animal shortening (ex. lard)
Ice cold water	

Sift the flour with the salt. Cut in the shortening till it is about the size of peas throughout the mixture. Reserve a cup of this crumbly mixture. Add ice cold water to the remainder, cutting it in with a knife. Take out bits of the paste as you judge it to be about the right consistency. Mold the paste lightly into a compact ball on your pastry cloth or board. Roll it out lightly into a rectangular sheet. Sprinkle the bottom half of the paste with half of the reserved crumbly mixture. Fold the top half of the paste over to enclose the crumbs. Press the edges together with your fingertips to enclose the crumbs and air. Now fold one-third of the paste over and one-third under. Turn paste one-quarter way round and roll out into another sheet. Repeat the above process, folding in the remaining crumbly mixture. Fold the paste, wrap in wax paper and a tea towel, and store in refrigerator or cooler for at least 2 hours before shaping and baking pie. If in a hurry for crust add ice cold water to all the crumbly mixture and omit the folding and rolling process.

Apple Pie

Sprinkle ¼ cup sugar on lower crust. Fill the pie with thinly sliced apples. Sweeten with an extra ¼ cup sugar mixed with 2 tablespoons flour. Flavor with a dash of cinnamon or 3 or 4 whole cloves and a little grated orange rind. Dot with butter. Put on top crust and bake according to general directions.

Pumpkin or Squash Pie

1½ cups cooked pumpkin or squash	1 teaspoon vanilla
1 cup milk	½ teaspoon cinnamon
2 eggs	1 teaspoon each salt and ginger
½ cup sugar	1 tablespoon flour

Beat the eggs, then add the sugar and vanilla and continue beating. Add other ingredients, then pour into a pastry-lined pie plate and bake according to general directions.

Variation: Substitute for the sugar ¾ cup corn syrup and fill the cup up to the half way mark with molasses. Increase the flour to 2 tablespoons and use a scant cup milk.

Pumpkin Chiffon Pie

1 cup brown sugar	1 tablespoon gelatin soaked in
1½ cups pumpkin	¼ cup cold water
½ cup milk	2 teaspoons cinnamon
3 eggs	½ teaspoon ginger and salt
2 tablespoons white sugar	¼ teaspoon allspice

Combine brown sugar, pumpkin, milk and slightly beaten egg yolks, spice and salt. Cook in a double boiler till mixture begins to thicken—about 5 minutes. Dissolve the soaked gelatine in the hot mixture and cool. Beat the whites stiff; beat in the white sugar and fold into the first mixture when cooled and partly set. Pour into a baked pie shell. Chill for 1 hour. Top with sweetened and flavored whipped cream if desired.

Blueberry Tarts

1 No. 2 can blueberries packed in syrup	⅛ teaspoon salt
3 tablespoons sugar	1 tablespoon lemon juice
2 tablespoons cornstarch	1 tablespoon butter
	8 large tart shells

Drain blueberries. Mix sugar, salt and cornstarch in a saucepan. Add blueberry juice. Cook till there is no taste of raw starch, stirring at first until the mixture thickens. Remove from range and add blueberries, lemon juice and butter. When cold fill tart shells. Serve plain or with whipped cream.

Butterscotch Pie

4 tablespoons cornstarch	½ cup brown sugar
⅛ teaspoon salt	¼ cup corn syrup
2¼ cups milk	2 egg yolks
¼ cup butter	1 teaspoon vanilla

Mix corn starch and salt with a little of the cold milk. Scald the remaining milk and add the corn starch mixture, stir constantly until thick. Cover and cook for 10 minutes. Melt butter in a frying pan; add sugar and stir until brown and bubbly. Add corn syrup and blend well. Pour caramel mixture into hot cornstarch and blend well. Add some of this hot mixture to the beaten egg yolks; mix well and return to the range and cook for 3 minutes longer. Cool and add vanilla. Fill baked pie shell and top with meringue and bake.

Lemon Chiffon Pie

½ cup lemon juice	3 eggs separated
2 tablespoons orange juice	1 tablespoon gelatine soaked in
Grated rind of 1 lemon and 1 orange	¼ cup cold water
1 cup sugar	¼ teaspoon salt

Combine fruit juices, rind, salt and ¾ cup of the sugar and the beaten yolks and cook in the top part of a double boiler until mixture thickens. Add the soaked gelatine to the hot mixture and stir until dissolved. Cool. Beat egg whites and add remaining sugar. Fold gently into first mixture. Pour into baked pie shell and chill.

Lemon Pie

1¼ cups sugar	6 tablespoons lemon juice
6 tablespoons cornstarch	3 tablespoons orange juice
¼ teaspoon salt	1½ teaspoons each orange and lemon rind
2⅓ cups boiling water	1 tablespoon butter
3 egg yolks	

Combine sugar, salt and cornstarch, add boiling water. Cook until there is no taste of raw starch, stirring constantly until the mixture thickens. Add hot sauce to the beaten yolks; mix and return to the heat for 2 minutes. Remove from range and add fruit juices, rind and butter. Fill baked pie shell and top with meringue and bake.

Baked Lemon Chiffon Pie

Juice and rind of 1 large lemon	3 eggs
1 cup white sugar	⅛ teaspoon salt

To the beaten yolks add the salt, lemon and half the sugar. Cook in a double boiler till thickened. Beat egg whites well; then add remaining sugar. Remove first mixture from the heat and fold in the beaten whites at once. Pour into a baked pie shell and bake in a 325° F. oven for 17 minutes.

Cream Filling

6 tablespoons flour
¼ teaspoon salt
⅓ cup sugar
2¼ cups scalded milk

1 egg
½ teaspoon vanilla
1 teaspoon butter

Mix flour, sugar and salt. Add to milk gradually and cook over hot water, stirring constantly until thickened. Cover and cook for 10 minutes. Add a little of this mixture to the beaten egg, mix and return to the heat to cook for 2 minutes longer. Add butter and vanilla.

Chocolate Pie

Add ¼ cup cocoa to the cream pie filling. Top with a meringue or sweetened and flavored whipped cream if desired.

Strawberry Pie

1 quart strawberries
¾ cup sugar
3 tablespoons cornstarch

⅛ teaspoon salt
1 teaspoon lemon juice
1 teaspoon butter

Arrange half the berries in a baked pie shell. Mash the other pint of berries. Thoroughly mix the sugar, salt and cornstarch. Add to the mashed berries and cook till there is no taste of raw starch, stirring until the mixture thickens. Remove from range and add butter and lemon juice. Cool and fill baked pie shell.

Rhubarb Pie

Rhubarb cut in small pieces
1 scant cup sugar

⅛ teaspoon salt
2 tablespoons cornstarch

Put some of the sugar on bottom crust. Mix the remaining sugar with the cornstarch and salt. Fill pie with rhubarb, adding the sugar mixture. Cover with a top crust and bake according to general directions.

Rhubarb and Raisin Pie

2½ cups rhubarb
1 cup raisins
Grated rind of 1 lemon
2 tablespoons lemon juice

⅔ cup sugar
1 egg (beaten)
⅓ teaspoon salt

Mix ingredients and bake between two crusts.

Raisin and Apple Pie Filling

1 cup raisins
1½ cups diced apple
1 lemon or orange juice and rind

¾ cup water
½ cup sugar

Boil all together until jam-like in consistency. Cool and use as a filling for a double-crust pie.

Raisin Pie Filling

2 cups seeded raisins
2 cups water
2 tablespoons butter
1 teaspoon grated lemon rind

¼ teaspoon salt
½ cup sugar
2 tablespoons cornstarch
3 tablespoons lemon juice

Cook raisins, water, butter and rind for 5 minutes. Mix sugar and cornstarch and add to hot mixture. Cook for 5 minutes longer. Cool, add lemon juice and use as filling for a double-crust pie.

Butter Tarts

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| 1 egg beaten | 2 tablespoons melted butter |
| ½ cup brown sugar | ⅛ teaspoon salt |
| 1 cup raisins or currants | |

Mix all ingredients. Fill tiny tarts and bake at 400° F. for about 20 minutes. Nice for lunch boxes.

Concord Grape Pie

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| 1½ quarts concord grapes | Few grains salt |
| ½ cup sugar | 1 tablespoon lemon juice |
| ½ cup flour | 1½ tablespoons butter |

Wash the grapes and separate the pulp from the skins. Cook the pulp till soft and strain through a sieve. Mix the pulp with the skins and reheat in a double boiler. Mix sugar, flour and salt and add to grapes. Cook, stirring constantly, until thickened. Add lemon juice and butter and cool. Pour into baked shell.

Orange Cream Pie

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| 1 tablespoon each orange and lemon rind | 3 tablespoons cornstarch |
| 3 tablespoons orange juice | ¾ cup sugar |
| 2 tablespoons lemon juice | ¼ teaspoon salt |
| 2 eggs separated | 2 cups milk |

Pour the fruit juices over the rind and allow to stand. Mix the sugar, salt and cornstarch and add to the milk. Cook in the top part of a double boiler till there is no taste of raw starch—about 15 minutes. Pour a little of the hot mixture on the egg yolks. Mix well and return to the saucepan to cook for 2 minutes longer. Remove from the heat and add the strained fruit juice. When lukewarm fold in the stiffly beaten whites. Turn into a baked pie shell and place in a 325° F. oven till filling is set—about 30 minutes.

Lemon Curd

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| 2 large eggs | 1 tablespoon butter |
| Pinch salt | 4 tablespoons lemon juice |
| 1 scant cup sugar | Rind of 2 lemons |

Put all ingredients in a glass jar. Place jar on a cloth in a saucepan of cold water. Bring the water to the boiling point and cook till the filling is thick—about 25 to 35 minutes. Stir frequently. This filling thickens a little more on standing.

Mock Mince Meat

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| 2½ to 3 pounds green tomatoes (about 3 pints) | 1 pound brown sugar |
| 3 pints chopped apple (3 pounds) | ¼ cup vinegar |
| 1 pound mixed fruit | ½ teaspoon each salt and cloves |
| 1 cup mixed peel | 1 teaspoon each ginger and allspice |
| Juice and rind of 2 lemons | 2 teaspoons cinnamon |
| and 2 oranges | ½ cup butter |

Pare the tomatoes with a sharp knife. Chop. Pour hot water over them and drain. Repeat twice. Add all the other ingredients except the butter and simmer till tender and jam-like in consistency. Add butter. Pour into sterilized jars and seal for future use.

Mock Cherry Pie

Cook 1 cup cranberries and ¾ cup raisins and ¾ cup water together till soft. Add ¾ cup white sugar and stir until dissolved. Mix 1 tablespoon cornstarch with ¼ cup cold water and add to first mixture with ¼ teaspoon (scant) almond extract and ⅛ teaspoon salt. Cool and use as a filling for a double-crust pie.

Graham Pastry

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| 20 graham crackers | ½ cup butter |
| ¼ cup sugar | 1 tablespoon water |

Roll crackers very fine and gradually add to softened butter, mixing thoroughly. Stir in water. Press over bottom and sides of pie plate and bake in a 325° F. oven for 10 minutes. Cool before filling pie.

Hot Water Pastry

Beat 1 cup shortening to a cream in ½ cup boiling water, adding water gradually. Then stir in 3 cups pastry flour which has been sifted with 1¼ teaspoons salt. Use enough flour (whether slightly more or less than the amount given) so that the mixture may be formed into a compact ball. Roll in wax paper and chill before shaping and baking. This makes a tender but not a flaky pastry.

House of Wonder Tarts

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| 1 cup general purpose flour | 1 egg |
| 1 teaspoon baking powder | 1 tablespoon milk |
| ½ teaspoon salt | ½ teaspoon vanilla |
| ½ cup shortening | 1 tablespoon sugar |

Roll out and cut in small squares. Put a small teaspoon of jam in the centre of each square. Fold up corners and bake in small muffin tins. Bake in a 400° F. oven about 10 to 15 minutes. Makes 1 dozen large or 2 dozen small tarts.

Custard Pie

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| 1 8-inch pie shell (unbaked) | ⅛ teaspoon salt |
| 3 eggs beaten | Few grains nutmeg or |
| ⅓ cup sugar | 1 teaspoon vanilla |
| 2¼ cups scalded milk | |

Line pie plate with pastry. Combine sugar, eggs and salt. Add scalded milk. Pour into unbaked shell. Bake at 450° F. for 15 minutes; then reduce heat to 375° F. till custard is set—about 25 minutes longer.

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