

Pastry for a Single-Crust Pie

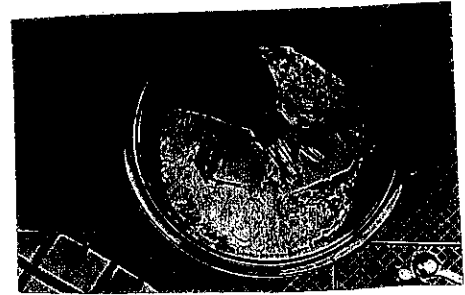
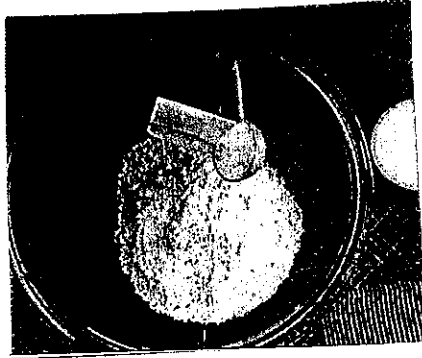
Techniques: Mixing, rolling, and baking pastry for a single-crust pie

- 1¼ cups all-purpose flour
- ½ teaspoon salt
- ⅓ cup shortening or lard
- 3 to 4 tablespoons cold water

1 Stir together the flour and the salt. Cut shortening into flour mixture till pieces are the size of small peas, as shown.

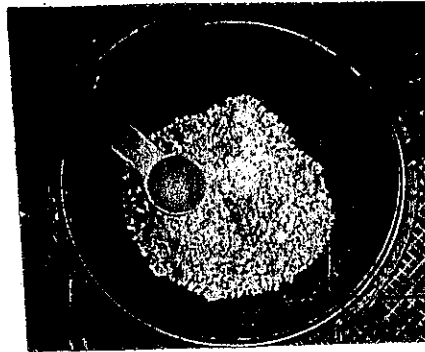
Use a pastry blender or blending fork for cutting in shortening. Mixing by hand tends to soften the shortening, making a sticky, hard-to-handle dough.

Avoid blending the fat completely with the flour. This produces pastry that's mealy, rather than flaky.



2 Sprinkle 1 tablespoon water over part of mixture; gently toss with a fork. Push to side of bowl. Repeat this procedure with the remaining water till all the flour mixture is moistened.

The dough should be stiff, but not crumbly. If too much water is used, the pastry will be tough and may shrink; if too little is used, it will be crumbly.

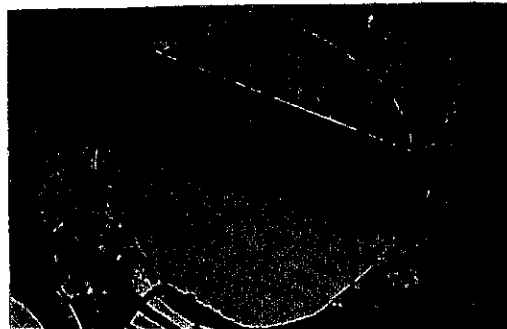


3 Once all the flour is moistened, form dough into a ball with a fork.

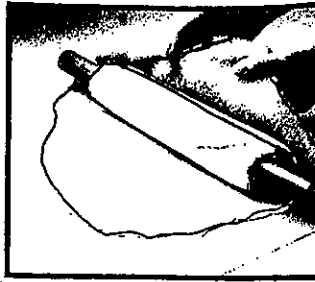


4 Turn pastry onto lightly floured surface (a pastry cloth is ideal to prevent sticking). Flatten dough and smooth edges with hands.

Roll from center to edge with light, even strokes, forming a circle about 12 inches in diameter (about ⅛ inch thick).

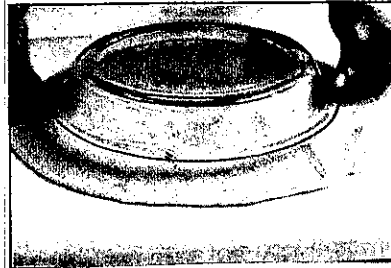


5 For easy transfer to the pie plate, wrap pastry around rolling pin. To do this, lift pastry cloth with pastry on it so that pastry slides onto rolling pin and rolls around the pin.

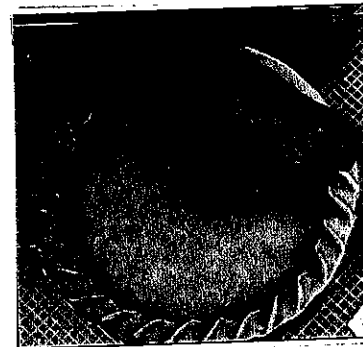


6 Loosely unroll pastry onto a 9-inch pie plate. Do not stretch the dough. To repair tears, moisten edges with a little water and press together.

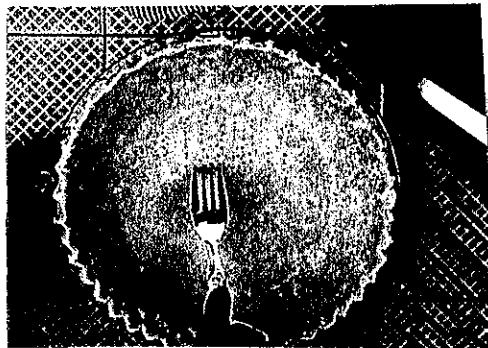
Use glass, ceramic, or dull metal pans for baking pies and pie shells. These absorb heat to brown the crusts. Shiny metal pans should not be used, since they reflect heat and may cause the crust to become soggy.



7 Ease pastry into the pie plate, being careful to avoid stretching the pastry. If pastry is stretched, it will shrink when baked.



8 Use kitchen shears or a sharp knife to trim the edge of the pastry $\frac{1}{2}$ to 1 inch beyond the edge of the pie plate. Fold under the extra pastry to build up the edge, as shown.



9 Flute edge of pastry. One good method is to press dough with the forefinger (from outside the pie plate) against the thumb and forefinger of the other hand (placed inside the pie plate), as shown. Continue around the dish till entire edge is fluted.

Hook the fluted edge over the side of the plate all the way around, or press it firmly against rim of pie plate.

10 If pastry is to be baked without a filling, prick bottom and sides of pastry all over with a fork. This helps prevent the crust from puffing up by allowing air and steam to escape.

Do not prick if the filling is to be baked along with the crust.

Bake the pricked pastry in 450° oven for 10 to 12 minutes or till it is golden brown.

