



for keeps

Pie Chart

A handy guide to clip and save!

By Andrew Chase

RICH BUTTERY PIE PASTRY

- 3 cups / 750 mL all-purpose flour**
- 1/4 tsp / 1 mL salt**
- 3/4 cup / 175 mL chilled unsalted butter, cubed**
- 1/4 cup / 60 mL chilled lard or shortening, cubed**
- 2 egg yolks**
- 6 to 8 tbsp / 90 to 125 mL cold water**

● In food processor, pulse together flour and salt (or in bowl, whisk together); pulse in butter and shortening until mixture resembles coarse meal with some bigger chunks (or use 2 knives or pastry cutter). Pulse (or stir) in yolks until mixed; pulse (or stir) in just enough water so dough holds together when pressed. Transfer to work surface and divide into 2 portions; flatten into discs. Wrap and refrigerate for 30 minutes or up to 2 days. Makes one double crust for up to a 10-in/25 cm deep dish pie.

TYPE	FRUIT	SUGAR	THICKENER	FLAVOURINGS
Apple	8 cups / 2 L thinly sliced peeled tart apples (2 ² / ₃ lb/1.35 kg)	1/2 cup / 125 mL granulated or brown sugar	3 tbsp / 45 mL all-purpose flour	2 tbsp / 30 mL lemon juice 1/2 tsp / 2 mL cinnamon
Cherry	5 cups / 1.25 L sour or sweet cherries	1 1/4 cups / 300 mL granulated sugar (or 3/4 cup / 175 mL for sweet cherries)	1/4 cup / 60 mL cornstarch	1 tbsp / 15 mL lemon juice 1/4 tsp / 1 mL almond extract (optional)
Blueberry	5 cups / 1.25 L blueberries	2/3 cup / 150 mL granulated sugar	3 tbsp / 45 mL cornstarch	1 tsp / 5 mL grated lemon rind
Peach or nectarine	6 cups / 1.5 L peeled sliced peaches (3 lb/1.5 kg)	3/4 cup / 175 mL granulated sugar	2 tbsp / 30 mL cornstarch	2 tbsp / 30 mL lemon juice 1/4 tsp / 1 mL nutmeg and/or ginger
Rhubarb	5 cups / 1.25 L chopped rhubarb (2 lb/1 kg)	1 1/4 cups / 300 mL granulated sugar	1/4 cup / 60 mL cornstarch	Pinch salt
Gooseberry	4 cups / 1 L gooseberries	1 1/4 cups / 300 mL granulated sugar	3 tbsp / 45 mL cornstarch	Pinch each salt and cinnamon
Saskatoon berries	4 cups / 1 L Saskatoon berries	3/4 cup / 175 mL granulated sugar	2 tbsp / 30 mL all-purpose flour	2 tbsp / 30 mL lemon juice

BAKING A PIE Roll out dough into 2 rounds, 1/4-inch/5 mm thick; press 1 into pie plate. ● Toss fruit with remaining ingredients; scrape into pie shell. ● Dot with 2 tbsp/30 mL butter, if desired. ● Top with remaining dough; trim, crimp and flute edge. ● Cut steam vents. ● Brush with whipping cream or egg yolk beaten with a little water; sprinkle with sugar, if desired. ● Bake on rack in lower third of 425°F/220°C oven for 15 minutes; reduce heat to 350°F/180°C and bake until pastry is golden and filling is bubbly, about 40 minutes.