

Foolproof Pie Crust

Flaky pie crust that complements any kind of pie

Yield:

3 pies with tops*

Ingredients:

2 1/4 cups all-purpose flour

1 3/4 cups whole wheat flour**

1 3/4 cup butter or shortening (shortening will make the flakiest crust)

1 tablespoon sugar

2 teaspoons salt

1 tablespoon vinegar

1 egg

1/2 cup cold water

Instructions:

1. In a mixing bowl, mix flour, salt and sugar. Cut in butter until pea-sized lumps remain.

2. In a separate bowl, beat vinegar, egg, and water. Add to flour/butter mixture and stir/mix just enough to make a dough. Mixture

will be sticky still. Cover with plastic wrap and refrigerate for at

least 15 minutes. (I usually refrigerate for an hour or more.)

3. Roll into shape (on floured surface) and use with fruit, pumpkin,

or any pie requiring an unbaked crust. For pies requiring a pre-baked

crust, bake at 425 degrees until slightly browned.

Additional Notes:

*This

recipe will make three medium-thickness 9-inch pie crusts

(including
tops). If you like a thicker crust, it will do 2 pies with
tops. If you
roll really thin, you can get 4!

**Pastry flour works best; now that we have a wheat grinder, I
like
to use 100% whole wheat pastry flour in this recipe for a
flaky, tender
crust. The pastry flour is made with soft wheat (rather than
hard wheat)
and ground extra fine.Â

Dough can be refrigerated up to three days or frozen until
ready to use.

I use butter instead of shortening, but only for health
reasons, not culinary reasons! Shortening will make the
flakiest, most tender crust!!



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This recipe is from Tammy's Recipes.