

# **ECONOMICAL RECIPES**

By LaDonna Gast

March, 2020

## ECONOMICAL RECIPES

I'm using old imperial measurements in these recipes as I'm old and so are my recipes. These are my recipes I've used and modified over the years. I will be compiling and typing old recipes from old cook books dated around the 1940's, but will indicate those recipes later on as some I have not tested.

### Measurements:

Tbl	tablespoon
tsp	teaspoon
lb	pound
c	cup

### Imperial to Metric conversions:

<u>Imperial</u>		<u>Metric</u>
One Tbl	(tablespoon)	15 ml
One tsp	(teaspoon)	5 ml
¼ tsp		1 ml
½ tsp		2 ml
One c	(cup) (16 tablespoons)	250 ml
¼ c	(4 tablespoons)	50 ml
1/3 c	(5 1/3 tablespoons)	75 ml
½ c	(8 tablespoons)	125 ml
2/3 c	(10 2/3 tablespoons)	150 ml
¾ c	(12 tablespoons)	175 ml
½ inch		1.3 cm

\* \* \* \* \*

## TIPS

If you want to stock up on milk, you can freeze 1% & 2% milk. The higher the fat/butter content in whole milk will separate into butter granules when defrosted and doesn't work well in drinking. All is not lost though when you unthaw frozen whole milk, you may be able to make it into buttermilk and butter as the butter molecules have already started to separate. See instructions below for "**butter**" for cream and whole milk.

If the recipe calls for eggs and cream and you just have eggs and milk, you can add another egg or two and margarine to thicken it up as in pumpkin pie filling. Amount of egg depends on whether you have small or large eggs. For one cup of cream called for in a recipe you can mix:

\*For heavy cream -  $\frac{3}{4}$  cup milk with  $\frac{1}{3}$  cup melted butter/margarine--whisk until blended;

\*For light cream -  $\frac{3}{4}$  cup milk with  $\frac{1}{4}$  cup melted butter/margarine and whisk;

\*For Half and half –  $\frac{7}{8}$  cup milk with 1.5 Tablespoons melted butter/margarine and whisk.

---

\*I would use the whole beaten egg for the heavy cream and portions thereof for the light and half and half cream substitutes.

If you don't have any brown sugar, it is always helpful to have a small pint of molasses in your fridge. It will keep for up to a year in your fridge. White sugar is really brown sugar with the molasses removed. Molasses is inexpensive in the grocery store and you never know when you're going to need some brown sugar. Don't add too much molasses though – just add a little at a time tasting it as you go otherwise your baked goods will taste like molasses as it is quite strong tasting.

You can use whole kernel wheat that's been simmered to soften it instead of beans for chili and hamburger dishes that required beans. You can use your slow cooker to cook the wheat. It takes an hour or two to soften it plus it swells to about twice its original size when cooked. Just drain and freeze portions of it. To make your white flour from the store last longer, you can buy whole kernel wheat from the Hutterites or farmers and grind the wheat yourself and mix it with your white flour to extend it. Whole kernel wheat is so much more nutritious than white flour, but it is heavier and stronger in flavor.

You can also simmer the wheat in water on the stove until softened, drain and mix it with milk and brown or white sugar as porridge for a nutritious breakfast. This porridge is also a mild laxative and helps to get things moving if constipation is a problem.

If you don't have sugar, you can use honey or apple sauce. Add amounts according to taste where sugar is called for in a recipe.

You can use old softened apples to make apple sauce, apple juice, apple fruit leather or apple pies. Apple sauce can be made in your blender – remove skins first. If you have a juice extractor, you can save the pulp left over from making apple juice. Just dry the pulp in a low temperature setting (225<sup>o</sup> F) in your oven to make apple leather. The oven door has to be left open a bit to let the air circulate so it dries the fruit pulp not cook it. This takes a couple of hours. You can ask a grocery store for their old apples that they want to throw out for no cost. You can also ask them for their old bananas to make banana bread and their expired milk.

Used coffee grounds make excellent fertilizer for lawns. It works well for flowers in your yard too. I don't know about your garden though, you would have to try it first.

If you are just microwaving some frozen vegetables as a separate dish, add some chicken soup powder (1 tsp) to maybe a cup of frozen veggies with a teaspoon of butter and salt and pepper. Mix it together after microwaving for a nice taste treat.

Now (Spring) is the time to think about planting some fresh strawberries, tomatoes and/or herbs in your own flower pots on your balcony. You can grow strawberries from hanging pots. You can start the seedlings inside. Another alternative is to have a community garden in a vacant lot with the land developer's permission of course. Everyone could have their own scheduled time to work their individual plot to limit exposure to the coronavirus. People would have to take turns at night to watch so none of the produce is stolen.

## SOUPS

If you like homemade chicken soup, it might be a little cheaper to buy a whole chicken and roast it and freeze the leftover carcass to make soup in a slow cooker from it. It is also sometimes cheaper to cut up a whole chicken yourself. Prices vary so you'll have to compare them. You can also buy chicken backs that have little meat on them, but are perfect for making soup.

For any soup you need to have a basic broth which you can freeze in different portions in plastic bags. Only put enough broth in the bag so it fits into your soup pot. If you use too big a bag, the frozen broth runs down the sides of your pot while it's thawing or it won't fit in your pot and you have to break it in chunks to fit. From this basic broth you can make any soup you want. Save the bones from a roasted chicken, turkey or a roast to make this broth.

If you buy beef bones from the store they are usually expensive and have to be roasted in your oven first to bring out the flavor in your soups. When you use your own bones from a chicken, turkey or roast, you have already cooked them and they are ready to be made into soups.

Always save your water after cooking your vegetables instead of draining it down the sink. This water is added to your soup stock to make lovely tasting and nutritious soups. Just pour it into a small zip-lock bag and freeze it until you want to make some soup. Labeling the contents of the bag always helps.

If you don't have any noodles just make your own with the below recipe – it is so much better than store bought noodles. You can add it to your soup and cook your soup for an additional 25 minutes.

Save and freeze your bacon grease to fry your homemade noodles in instead of butter and add some dry bread crumbs to it. You can also fry fresh green beans in the bacon drippings after they have been steamed a bit for an extra tasty flavor.

For the bread crumbs, you can buy day old bread for a reduced price in a grocery store and just lay it out to dry a couple of days or put it in the oven while you are roasting or cooking something else. You just have to stand and watch it get a little brown and then remove it. Once it is cool and dry, put it in a plastic bag and freeze it to make stuffing or use it in a recipe calling for bread crumbs. When you want bread crumbs, keep it in the plastic bag you stored it in and take your rolling pin and roll it over the plastic bag crushing the bread into crumbs.

Don't throw the ends of broccoli or asparagus away, they can be frozen and used in creamed broccoli or asparagus or other vegetable soups.

## CHICKEN VEGETABLE SOUP

**Real chicken soup is good for a cold and fever.** This isn't just a wives' tale or folk lore, but it has to be made from real chicken for it to work. I've tried this many times for my family and myself when we were sick.

Left over turkey or chicken carcass or chicken backs

Water – If you have strained and frozen the water from your previous boiled vegetables, use this water instead. It adds such a nice flavor and nutrients to your soup.

Seasoning salt

### Instructions:

Cover chicken bones with water or previous frozen vegetable water. Add a little salt. Cover and simmer 2-3 hours on stove top or use pressure cooker for quicker cooking. After cooking, strain to remove bones. Strip off any left over meat and put back into soup broth. Discard bones.

To soup broth add:

1 – 2 handfuls	of <b><u>ONE</u></b> of the following: rice, soup barley, homemade noodles or macaroni
1c	carrots (diced)
1 c	celery (diced)
½ c	onions (diced)
1 Tbl	chicken soup powder
1 tsp	seasoning salt
½ tsp	pepper
1 tsp	garlic (fresh) (or powdered if you don't have fresh)
2 Tbl	Worcestershire sauce
1	bay leaf
½ tsp	tarragon
½ tsp	chili pepper (optional)
½ tsp	curry (optional)

On stove top cook all ingredients together in broth for about 35 minutes and remove bay leaf. If you make chicken broth before hand and freeze it in small bags so the frozen broth fits into your soup pot, you can have your soup made in under an hour – this includes dicing your veggies.

If this soup is for a sick person strain it so it's easier to digest. It will still have the chicken and vegetable nutrients in the broth.

## POTATO SOUP

- ½ lb potatoes (peeled and chopped) about 2 cups chopped or 3 potatoes
- 1 small onion (diced)
- 1 small carrot (grated) (optional)
- 2 c water
- 2 ½ c milk
- \*2 vegetable bouillon cubes (this can be chicken soup powder or ichiban soup flavoring)
- ¼ tsp pepper
- 2 Tbl margarine
- 2 Tbl flour
- ¼ tsp celery salt
- 1/8 tsp pepper
- 1 Tbl parsley
- \*\*2 slices of bacon strips (cut into chunks with scissors - easier than cutting with a knife) (optional)
- ¼ tsp dried hot peppers or chilli (optional)

---

\*2 tsp salt can be used instead of vegetable bouillon cubes or soup powdered flavoring

\*\*If you don't have any bacon, use some of the bacon drippings you saved and froze.

Cook potatoes, carrots, bacon and onions in 2 cups of boiling water with either salt or soup powdered flavoring until potatoes are just barley cooked (potatoes still firm but cooked throughout). Don't throw water out! Add milk – mix a little milk in a small jar with the flour and shake so the flour doesn't go lumpy when you add it to the hot potato water, then add the remaining ingredients and cook for about 7 – 10 minutes.

### **HOMEMADE NOODLES**

2 c flour  
 2 eggs (beaten)  
 1 tsp oil  
 ½ tsp salt  
 ½ c water (enough to make dough stiffer than bread dough)

Have your pot of soup or water on the stove to boil as you are making your noodles to drop into. Knead the above together into a stiff ball. Sprinkle flour on counter top and roll dough out flat and thin. Then sprinkle flour on top of flat dough and roll into a loose roll. If you don't sprinkle flour on top when you roll it onto itself, it will stick together. Cut off ½ inch sections of the tube of dough and unwind your noodle. Don't lay your succeeding noodles on top of each other or they will stick together. Drop one at a time into your boiling soup or water. Boil for about 20 – 25 minutes until they rise to the top of the water or soup in your pot and are cooked inside.

### **HOMEMADE NOODLE DISH**

If you want to make a separate tasty homemade noodle dish, drain the cooked noodles from your boiling water and sprinkle oil over them to coat them so they don't stick together. Make some dry bread crumbs. You can microwave fresh bread, let it cool - making sure it is dry enough and put it into a plastic bag and roll a rolling pin or a bottle over it to crush it into crumbs. Drop your noodles into the plastic bag of crumbs and shake to coat. Pour all the crumbs and noodles in the bag into a large frying pan and fry until a little brown with butter, salt and pepper or with chunks of bacon and drippings and a few chopped onions. This is a nice dish with sour cream or cottage cheese on top.

### **ASPARAGUS SOUP**

4 c Chicken broth (you can use chicken oxo cubes or chicken Ichiban soup pouch flavoring)  
 Better tasting to use your chicken bones left over from your roasted chicken and cook in a slow cooker for four hours. After cooking, strain to remove bones.  
 2 c milk  
 Salt & pepper to taste  
 1 c asparagus stems (cut in very small pieces)  
 1 Tbl flour (stirred into a little milk)  
 1 Tbl margarine  
 1 Tbl celery (finely diced) or 1 tsp celery salt  
 ½ c cream (optional)

Cook asparagus stems until tender in chicken broth, remove and set aside. Cook celery in chicken/asparagus broth until soft, strain and discard celery - keeping broth. To broth, add milk, asparagus, thickening (flour & milk), cream (optional) and cook until heated (about 10 minutes) add margarine.

## MEAT DISHES

Cheaper cuts of meats can be just as nice as more expensive cuts; you just have to brown it first to seal in the flavor and then cook it slower over a low heat with maybe  $\frac{3}{4}$  cup of water in a pot with a lid. If you have a slow cooker, use it. When the water has evaporated, if you're cooking it on your stove top, you can remove the meat and fry it or make stew, etc. with it, but the water has to be absorbed into the meat to give it flavor.

### MEATLOAF

3 – 4 lbs	ground beef (hamburger)
$\frac{1}{2}$ c	celery (finely chopped)
$\frac{1}{2}$ c	carrots (grated)
$\frac{1}{2}$ c	onions (chopped)
3 Tbls	parsley
3 tsp	seasoning salt
1 – 2 tsp	powdered garlic
$\frac{1}{2}$ tsp	chili pepper
$\frac{1}{2}$ tsp	pepper
1 tsp	oregano
4 tsp	Worchestershire sauce
4	eggs ( <u>slightly</u> beaten)
3 c.	bread crumbs

#### Top Sauce:

$\frac{1}{2}$ c	tomato sauce
2 Tbl	prepared mustard
2 Tbl	brown sugar
2 Tbl	vinegar
$\frac{1}{3}$ c	water
$\frac{1}{3}$ c	ketchup

Lightly fry onions and celery. Cool a bit and add to beaten eggs, worcestershire sauce, oregano, pepper, chili pepper, garlic, seasoning salt and parsley. Then mix in carrots and ground beef. Lastly, mix in bread crumbs. The batter will be thick at this point and needs to be mixed with your hands. Before you press into two loaf pans and pour the top sauce over the top, you may want to line the loaf pan with tin foil. When finished baking you just have to grab the corners and lift the foil with the meatloaf out of the pan. This prevents not having to try to work the meatloaf out of the pan in one piece and then scrubbing the pan. Bake at 350<sup>0</sup> F for 1 – 1  $\frac{1}{4}$  hrs.

## MISCELLANEOUS

### PANCAKES

1 ½ cups	flour	)	
3 tsp	baking powder	)	Mix these 4 ingredients in a bowl
½ tsp	salt	)	
2 Tbl	sugar	)	

In another separate bowl add:

1 egg		)	
1 ½ cups	milk	)	Whisk or beat together with a fork.
3 Tbl	melted margarine or oil	)	

Variations: add an old, soft chopped apple or blueberries for an extra flavor treat. If you add frozen blueberries, coat them in flour first and then add to the batter. Due to the frozen blueberry juice melting around the blueberry while cooking, the pancake batter does not cook as quickly as the rest of the batter – the flour coating helps absorb the moisture.

Mix the dry and wet ingredients together (gently) with a large spoon. Don't try to stir until the lumps are absorbed. Once it's cooked the lumps will disappear. Heat frying pan until water drops break into small beads and evaporate (a little lower than medium heat). Lightly grease or oil pan and drop two large spoonfuls for each pancake. Fry until topside is full of air bubbles and underside is golden brown then flip and brown other side.

### Syrup:

If you don't have any syrup, you can make your own syrup substitute by adding a little hot water to sugar and stir until sugar is clear and dissolved. Be careful to add just a little hot water at a time until you get the right syrupy consistency. You can add a couple of drops of maple syrup flavoring to make your own homemade maple syrup for pancakes. The above pancake recipe and syrup make a delicious low-cost breakfast for your family

### DUMPLINGS

This is great on top of stews or with oven dishes such as chicken and gravy and canned mushrooms or mushroom soup with pork chops cooked in the oven plus it also extends the dish.

1 c	flour
2 tsp	baking powder
½ tsp	salt
¼ c	parsley (optional)
½ c	milk
2 Tb	melted butter or oil

Sift dry ingredients together (without parsley) then combine with wet ingredients and parsley and drop onto top of stew, etc. Cook covered about 25 minutes or more.

## **BUTTER**

Expired “**best before dates**” for cream (and maybe whole milk) is good for making butter. You need a blender to blend it until it separates the buttermilk from the butter. If you add cold water at intervals it will separate quicker, but will dilute the buttermilk. If you don’t have a blender you can shake the milk or cream in a jar for an hour or more to change the consistency until it separates. When you see clumps of butter forming together keep beating until all the butter sticks together.

My job as a child living on a farm was to churn and make the butter, but at this point after removing the chunks of butter it’s a bit hazy – I can’t remember. I know I would have strained the buttermilk from the remaining butter through a cloth, but I also know no one in my family liked buttermilk, so I think I just fed it to the pigs once I had hand removed the butter from it. Once you have removed all the butter, then immerse and knead it in cold water to remove the remaining buttermilk – you have to do this a couple of times. Squish/knead the water out and add a bit of salt to taste – maybe a ½ teaspoon of salt to a pound of butter. Wrap it in wax paper and freeze it as it will spoil if kept in the fridge as with any real butter you buy from the store.

## **COTTAGE CHEESE**

Get some expired “best before date” skim milk from your grocery store. Let the skim milk sour until thick. Simmer on low heat until curds separate – about ½ hour. Drain overnight in muslin bag.

## **CROUTONS**

You can also make your own croutons from old bread. Cut into ½ inch chunks. Over moderate heat, pour olive oil or regular oil and garlic in a large frying pan and insert bread chunks stirring constantly until bread chunks are light brown and crisp. Remove the bread chunks and place on paper towels to drain oil. If you like, you can add herbs and spices and cook in the oil to obtain the flavor. Remove fresh herbs. Garlic and onions before frying bread chunks.

## **CHILDREN'S RECIPES**

### **PLAY DOUGH FOR CHILDREN**

Children can eat this play dough without getting sick, but it's not very tasty.

1c salt  
 ½ c cornstarch  
 ¾ c water  
 (food coloring optional)

Cook over medium heat stirring constantly until it forms a ball. When it's cooled, divide into sections and add different food colorings. Don't add too much food coloring as it will come off on the children's hands and has to be washed off with soap and water. Keep in a plastic bag in the fridge when the children are not playing with it as it will dry out.

### **ANOTHER PLAY DOUGH**

This recipe is also edible, but not tasty.

1.5 c flour  
 2 Tbl oil  
 ½ c salt  
 ½ c water  
 (food coloring optional – Kool-aid can also be used for coloring)

Cook over medium heat stirring constantly until it forms a ball. When it's cooled, divide into sections and add different food colorings. Don't add too much food coloring or Kool Aid as it will come off on the children's hands and has to be washed off with soap and water. Keep in a plastic bag in the fridge when the children are not playing with it as it will dry out.

### **POP SICKLES**

1 small package Jello (85 g.)  
 1 envelope Kool-Aid (same flavor as Jello or one that tastes good with the Jello flavor)  
 1 c sugar  
 2 c boiling water  
 1 c cold water

Dissolve Jello, Kool-aid and sugar in boiling water. Add cold water. Pour into small plastic molds with small pop sickle sticks and freeze. Small plastic cups or a plastic ice tray with plastic spoons in them for the children to hold while eating the pop sickle will work too.

## DESSERTS

### BANANA BREAD

Use ripe bananas and sour milk. You can ask your grocery store for their over-ripe bananas and old milk that they just throw out. Vary the recipe according to how much smashed bananas you have. Peel the bananas and mash with your potato masher. You can let the peels dry out in your garage for fertilizer for your flowers or garden – they love them.

For **2 cups of mashed bananas** use these following quantities:

3 ¾ cups	flour (sifted)
2 ½ cups	brown sugar*
2 tsp	baking powder
2 tsp	baking soda
2 tsp	salt
2/3 cup	oil
1 ¼ cup	sour milk**
2 cups	bananas (mashed)
4	eggs (beaten)
1 ¼ cup	nuts (optional)
2 ½ tsp	vanilla

Sift the dry ingredients together (flour, baking powder, baking soda and salt). Using a large mixing bowl, mix the wet ingredients (oil, sour milk, bananas, eggs and vanilla) together with the brown sugar and nuts. Hand stir the dry ingredients into the wet ingredients. Only stir until they are mixed – you will still have lumps – but the less you stir it the better the baking powder and baking soda can raise the batter as it is cooking. All the batter fits nicely into a bundt pan or angel-food pan otherwise, you will have to use two small bread loaf pans. Just remember to grease and flour the pan before adding the batter. Bake at 350<sup>o</sup> F for about ¾ - 1 ¼ hour. You will have to watch it. When the cracks on top cook or when you insert a toothpick into the centre and it comes out dry – it is done. Note: if you freeze it solid after it's cooled, it is sweeter and moister when you cut off a slice and place it in the microwave to thaw. It's like what happens to a banana when you freeze it.

---

\*Substitute: if you don't have any brown sugar, use the same amount of white sugar called for in the recipe and add about one tablespoon molasses (1 cup white sugar & 1 Tbl molasses = 1 cup brown sugar). If you don't like the taste of molasses you can just use plain white sugar or honey.

\*\*Substitute: If you don't have sour milk, use 1 cup of milk and ¼ cup of vinegar to make 1 ¼ cups sour milk.

## CHOCOLATE WAR-TIME CAKE

This is an actual war-time recipe and requires no eggs nor milk. It shouldn't work, but it does and tastes beautiful and moist

3 cups	flour
2 cups	sugar
½ cup	cocoa
2 tsp	baking soda
2 tsp	baking powder
1 tsp	salt
1 1/2 tsp	vanilla
1 1/2 Tbl	vinegar
½ cup	margarine
2 cup	water

Mix sugar, cocoa and butter together and then add warm water, vinegar and vanilla. Add dry ingredients and gently stir just until mixed so as not to destroy the raising power of the baking soda and baking powder. Pour into two greased and floured round or square baking pans. Bake at 350° F for 30 – 40 minutes. Check if toothpick comes out dry in the middle. Don't open oven while cooking as the cake will drop or cave-in. The batter usually shrinks from the sides of the pan when it's done if you check from the oven window to prevent opening the oven prematurely.

### Homemade Icing without icing sugar

5 tbl	flour	)	Whisk and cook in a saucepan until it forms a thick ball.
1 c	milk	)	
¾ c	sugar	)	

Cool completely then add;

¾ c	butter/margarine
1 tsp	vanilla
½ tsp	almond flavoring*

With a mix master beat everything together for about 15 minutes; until it resembles whip cream. If you don't cook it enough or beat it enough it'll be too runny and drip down off your cake.

---

\*If you're icing a chocolate cake add about 2 - 3 tablespoons cocoa instead of almond flavoring.

### Chocolate Icing made with icing sugar:

Mix together about 3 cups icing sugar to about 3 tablespoons cocoa and ¼ cup margarine and maybe ¼ cup milk and one teaspoon vanilla. The icing has to be really thick to stop it from running down and off the cake so add milk gradually until it is just thick enough to stir all ingredients together.

### Tip:

If you don't have icing sugar and have a coffee bean grinder you can grind plain sugar into a fine powder and add cornstarch. To one cup finely ground white sugar add ½ cup cornstarch.

### PUMPKIN PIE FILLING

¾ c	homemade pumpkin (see tips)	)	If you haven't made any homemade pumpkin just add 1 ½ cups canned pumpkin.
¾ c	canned pumpkin	)	
1 c	white sugar		
½ tsp	salt		
1 ½ tsp	cinnamon		
½ tsp	cloves		
½ tsp	nutmeg		
½ tsp	ginger		
½ tsp	allspice		
1 ¾ c	cream*		
2	eggs		
9 inch single crust, unbaked pie shell			

Mix all ingredients together and pour in unbaked pie shell. Bake at 425<sup>0</sup> F for 15 minutes then lower temperature to 350<sup>0</sup> F for 35 minutes. If you use the homemade pumpkin, it has more moisture in it and requires more cooking time. If you insert a knife in the centre and it comes out clean, it's done.

---

\*If you don't have cream, use milk and one or two more eggs.

After Halloween, you can usually buy cheap pumpkins so you can make pumpkin pie filling. Clean out the pumpkin (save the seeds) and cut off the tough outer shell (not so fun). Cut the remaining soft pumpkin into chunks and place in a roaster with a lid. Bake it in the oven for about an hour at 350<sup>0</sup> F, then mash with a potato masher. When cooled, put into small plastic bags and freeze. I find that if I mix half canned pumpkin from the store with the other half of my homemade pumpkin, it tastes wonderful. My pumpkin pie recipe in this book calls for 1.5 cups pumpkin, so put ¾ cup homemade pumpkin in each plastic bag with ¾ c canned pumpkin before freezing it. Just pull it out of the freezer when you want to make a pumpkin pie. One fresh pumpkin will yield enough pumpkin for about a dozen pies. If you don't have any store-bought canned pumpkin, you can cook more of the moisture out of the fresh pumpkin, but it requires more heat. You need the moisture to be reabsorbed back into the pumpkin sauce for the extra flavor.

With the pumpkin seeds, just wash off the stringy insides of the pumpkin and place on a cookie sheet. Sprinkle a bit of salt over it and bake it in the oven while baking your fresh pumpkin chunks. Only bake the seeds until they start to lightly brown (maybe 10 - 15 minutes at 350<sup>0</sup> F). The seeds are a nice snack food.

## PIE CRUST

I receive a lot of compliments on my flaky pie crust so follow the instructions precisely.

This recipe is for a single pie crust.

1 c	flour
½ c	lard or shortening
1	egg (beaten)
1/4 tsp	salt
1 tsp	vinegar
1/8 c	water

For a flakier crust cut back a bit on the flour (maybe ¼ c). You will have to double the amounts for a top and bottom pie crust. Blend flour and lard with a pastry cutter or fork – just until blended. Into the beaten egg bowl add and mix the remaining ingredients (salt, vinegar and water). Add this to the flour and lard. Another secret of a flaky crust is not stirring or kneading it too much. You will have to knead it in the bowl at this point but just until blended. **It will be soft and sticky, but do not add more flour.**

Sprinkle about ½ cup flour onto counter top and rolling pin. Sprinkle a little flour on top of the dough before rolling it flat so it doesn't stick to rolling pin. Roll into a circle about ½ inch thick and gently flip it over the rolling pin to transfer it over the pie pan. Gently lift the edges until it drops fully into the pan and trim to about 1 inch overhang. Fold the remaining overhang under the dough so the fold is even with the edge of the pie pan and using the length of your finger make a finger impression all around the edge. You should have about 20+ finger impressions along the edge. This edging is decorative. When you don't have a top pie crust you need a raised edging to stop the filling from running over the edge of the dough while it's cooking because the edging shrinks. If you go online it will show you different methods on how to edge your pie crust. This is too difficult to try to explain here.

### **APPLE PIE FILLING**

This recipe makes one big apple pie or two 8 inch diameter smaller ones.

11	small apples (about 3 inches in diameter)
1 ½ c	sugar
¾ c	flour
1 Tbl	pineapple (crushed) (optional)
1 tsp	nutmeg
1 ½ tsp	cinnamon
¼ tsp	salt
2 ½ tsp	lemon juice
1 ½ tsp	butter or margarine

Peel, remove core and slice and dice apples. In separate bowl mix sugar, flour, nutmeg, cinnamon, salt, lemon juice and pineapple. Add to apples and mix. Place apple filling in an unbaked pie shell. Dot (5 dots) with ½ tsp butter for each dot around top of apple filling. Put top pie crust on and seal edges. Cut slits in top crust for venting. Cover edge with 2 – 3 inch wide strip of tin foil to prevent edges from burning before centre of pie is cooked. Remove tin foil about 15 – 20 minutes before pie is done. Bake at 350<sup>0</sup> F for about one hour or until crust is a little brown and juice begins to bubble through the vents.

### **BERRY & FRUIT PIE FILLINGS**

3 c	berries (includes all berries) (Saskatoon and peaches add ½ tsp almond flavoring)
¾ c	sugar
3 Tbl	flour (rounded TBls)
1 Tbl	lemon juice
¼ tsp	salt

Mash a few berries in the filling so the juice permeates the filling. Dot with butter before putting on top pie crust and bake the same as the above apple pie baking instructions.