

# Pie Recipes

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# Pizza Recipes

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## Broccoli Deep Dish Pizza

From: Dan Griscom

Date: 7 Jul 93 00:00:59 CDT (Wed)

(from The Victory Garden Cookbook by Marian Morash)

1 pkg dry yeast  
1 1/3 c warm water (110 to 115 degrees)  
1 t sugar  
3 1/2 c unbleached flour  
1 c cake flour  
1 1/2 t salt  
1 c plus 2 T olive oil  
3 t minced garlic  
(1) 15-oz can tomato sauce  
(1) 12-oz can tomato paste  
2 t oregano  
2 t basil  
2 c sliced mushrooms  
Salt and pepper  
1 lb Italian sausage (hot or sweet)  
1/2 t crushed fennel seeds  
2 T butter  
8 c blanched, roughly chopped broccoli  
1 T shortening  
3 1/2 c grated mozzarella cheese  
1/2 c grated Parmesan cheese

Dissolve yeast in warm water; stir in sugar. Combine flours and salt, and gradually add the dissolved yeast and 1/4 cup of the oil. Knead until the texture is smooth. Put in a large bowl, cover with plastic wrap, and let rise until triple in bulk (2-3 hours).

Meanwhile, prepare the fillings. Heat 1/4 cup of the oil in a saute pan, add 2 t garlic, and cook for 30 seconds (without browning.) Stir in the tomato sauce and paste, simmer until thickened. Stir in basil and oregano, set aside to cool.

Heat 2 T of the oil and saute the mushrooms until lightly browned and the liquid is evaporated. Season to taste, and set aside to cool. Remove and discard the casings from sausage, crumble and add the sausage to the pan along with fennel. Cook thoroughly, remove and cool. Heat the butter and 2 T of the oil; at 1 t of garlic and stir for 30 seconds. Stir in the broccoli until coated well and any liquid is evaporated. Season to taste; set aside.

When the dough has risen, punch down. Cut off about 2/5 of it and set aside. Grease a 14 x 1 1/2" deep-dish pizza pan with the shortening. On a floured board, roll out 3/5 of the dough to a 20" circle. Fit to the pan, letting the excess dough hang over the side. Brush the dough with 1 T of the oil; sprinkle with salt. Sprinkle 1 c of the mozzarella over the dough. Spread the tomato sauce across the cheese, spread the mushrooms over the tomatoes, and cover with 1 c of mozzarella. Roll out the remaining dough to approximately a 14" circle. Brush the sides of the dough inside the pan with water. Fit the 14" round into the pan. Press edges (pull if necessary) against the moistened dough to seal it. Trim the overhanging dough to 1/2" and wet it again. Fold inward and crimp to form a raised rim around the pan edge. Cut a steam vent in the top layer of the dough, and brush with 1 T of the oil. Spread the sausage across the dough and cover with the broccoli. Combine the remaining cheeses and sprinkle across the broccoli; drizzle with 1/4 c of oil. Bake in a preheated 425 degree oven for 30-40 minutes. Freezes well.

Ideas: put the broccoli and sausage on the lower layer, and the tomatoes and mushrooms on the top layer. This way the broccoli stays moist.

For a vegetarian pizza, replace the sausage with 4 c sliced onions, lightly browned in 2 T oil. Or, you can keep the sausage and add the onions anyway.

[mara](#)

# California Pizza

From: robert@nope.UCSD.EDU (Robert Serocki)

Date: Mon, 6 Sep 93 09:24:51 -0700

## Dough:

- 1 cup lukewarm water (110 degrees)
- 2 packages yeast
- 3 1/2 cups unbleached flour
- 1 teaspoon coarse salt
- 1 teaspoon sugar
- 1 tablespoon olive oil

## Pesto:

- 1 cup olive oil
- 2 cups fresh basil leaves
- 2 cloves garlic, chopped
- 3 tablespoons pine nuts
- 1/2 cup freshly grated Parmesan cheese

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- 1 onion, thinly sliced
- 1 sweet red pepper, seeded and sliced into strips
- 1 green peppers, seeded and sliced into strips
- 2 tablespoons olive oil
- 1 tablespoon water
- 1/2 pound garlic and fennel sausage or sweet Italian sausage
- 3 ounces goat cheese
- 10 ounces Mozzarella cheese, coarsely grated
- 2 tablespoons freshly grated Parmesan cheese
- 2 tablespoons cornmeal

Prepare dough: Dissolve yeast in water and set aside. Mix flour, salt, and sugar in a bowl. Make a "well" in the center, pour in yeast solution and olive oil. Blend in the flour using a fork, working towards the outside of the well. As dough becomes stiff, incorporate remaining flour by hand. Gather into a ball and knead eight to ten minutes on a floured board. Place in an oil-coated bowl, cover with

a damp cloth, and let rise in a warm, draft-free place until doubled in size, approximately two hours.

Prepare pesto sauce using a blender or food processor. Combine all ingredients exceptp cheese. Process but do not create a puree. Stir in cheese. Set side.

Saute onions and peppers in one tablespoon olive oil and water in a large skillet over medium heat. Stir frequently until peppers are soft. Drain and set aside. Brown sausage, breaking into pieces as it cooks. Drain off excess fat. Chop coarsely and set aside.

Preheat oven to 400 degrees. Spread remaining olive oil evently over a 12--inch pizza pan. Sprinkle with cornmeal. Punch down pizza dough, flatten lightly with a rolling pin, turn and flatten with fingers. Place dough in pan and spread to edges with finertips. Bake five minutes. Spread pesto sauce over dough. Crumble goat cheese evenly over pesto. Add onions and peppers, sausage, and cheeses. Bake 10 minutes or until crust is slightly brown and cheese is bubbly..

[amyl](#)

# Caramelized Onion Pizza

From: morrissey@stsci.edu (Mostly Harmless)

Date: Mon, 16 Aug 1993 00:35:34 GMT

Dough:

Basic White Dough

1 Tbs. sugar  
1 cup warm water  
1 pack (1/4 ounce) dry yeast  
3-1/4 cups flour  
1/4 cup olive oil (optional: excluding it makes a chewier dough)  
1 Tsp. salt (if excluding oil, use 1/2 Tsp. salt)

Whole Wheat Dough

1 Tbs. sugar  
1-1/4 cups warm water (110 - 115 degrees)  
1 pack (1/4 ounce) dry yeast  
1-1/4 cups white flour  
2 cups whole wheat flour  
1 teaspoon salt  
1/4 cup olive oil

Dissolve sugar in water and add yeast. Stir gently until dissolved (about 1 minute). Let stand until the yeast foams slightly (about 5 minutes) to insure that the yeast is effective. Combine 3 cups of the flour and salt in a large bowl. Pour in the yeast mixture and oil if you are using it. Begin kneading the mixture, gradually adding enough of the remaining 1/4 cup flour so that the dough is no longer sticky. Continue kneading until the dough is smooth and elastic (another 10-15 minutes by hand). Shape dough into a ball and put in an oiled bowl, turning the dough to coat it with the oil. Let rise until doubled in bulk (45 minutes to 1-1/2 hours, depending on the yeast and the temperature). Punch down the dough and shape into 1 or 2 pieces. The entire recipe will make one large (16") pizza or two small (12") pizzas. Shape the dough either by hand or with a rolling pin, stretching out as necessary to achieve a thin dough. For a lighter crust, let the dough sit for a half hour after shaping before constructing pizza and baking.

Topping:

1/4 cup olive oil for frying onions  
6 cups thinly sliced onions (approximately 3 pounds)

## Caramelized Onion Pizza

6 garlic cloves  
3 Tbs. fresh thyme or 1 Tbs. dried thyme  
1 bay leaf  
salt & pepper

2 Tbs. oil for dribbling on top of pizza (optional)  
1 Tbs. drained capers  
1-1/2 Tbs. pine nuts

Heat 1/4 cup of the olive oil and add the onions, garlic, thyme and bay leaf. Cook, stirring occasionally, until most of the moisture has evaporated and the onion mixture is very soft, almost smooth, and caramelized, about 45 minutes. Discard the bay leaf and season with salt and pepper.

Cover the dough with the onion mixture, sprinkle with capers and pine nuts, and drizzle with remaining olive oil if you are using it. Bake in pre-heated 500 degree oven for 10 minutes or until golden brown. The baking time will vary depending on whether you bake on a stone, a screen or in a pan. Be sure that your oven is well pre-heated before putting pizza in.

[mara](#)

# Pizza Dough

From: med@cltr.uq.oz.au (Marion Diamond)

Date: Sat, 14 Aug 1993 05:55:01 GMT

My recipe takes about 20 minutes to cook, at 425-450 degrees, but it does depend on the pan you're using - I find a ceramic pizza pan cooks the dough much better than a tin pan, which can leave a soft bit in the middle.

## Ingredients:

2 1/2 cups plain flour (or half and half white and wholemeal)  
2/3 - 3/4 cup warm water - add yeast (a packet, or 2 tsp), and a tsp of sugar.

Leave the yeast 5-10 min to bubble and add to the flour, with about 1 tablespoon of olive oil. Mix roughly in a bowl, then put in the food processor, and process, adding a LITTLE more water if it won't form a ball. Turn out in the bowl, which has had a teaspoon of olive oil put in it. Roll the ball in the oil, cover loosely, and leave until risen (depends on the weather, but I find an hour is enough).

Spread out in your pizza platter (ceramic if possible, see above), and it will begin to rise again while you potter around the kitchen, finding whatever ingredients are available to make fridge pizza.

Cook about 20 minutes - I've never had any problem with anything burning, except maybe the odd mushroom.

[mara](#)

# Pizza Dough

From: knabe@ecrc.de (Fritz Knabe)

Date: Fri, 6 Aug 1993 07:12:53 GMT

Here's my well-used pizza dough recipe (I've made four pizzas this week already).

flour (approx. 3 cups)  
1/2 tsp. salt  
1 packet fast-rising yeast  
1 C. water at 120-130F (use a thermometer; your hot water tap should probably be able to give you water this hot)  
2 tsp. olive oil

Blend the yeast with two cups of flour and the salt. Add the water and the oil and mix to form a dough. Add more flour as necessary until you can knead the dough. Knead for about 6 minutes (I use my KitchenAid).

Put the dough in a bowl and allow to rise for about 45 minutes. In the meantime, preheat the oven to 400F and prepare your toppings.

Split the dough into two pieces and roll into two medium size pizzas. In the U.S., you can use bread flour to make the pizzas. If so, the dough should be strong enough to handle spinning in the air. For that to work, though, \*do not knead the dough (or punch down) after it has risen!\* If you want to spin, it'll probably go easier if you just resort to using all the dough for one large pizza.

If you're rolling the dough, ideally you can roll it out on parchment paper, which can go directly into the oven with the pizza. Why not do it on a cookie sheet? Well, the secret of a good pizza crust (particularly a thin one) is that the pizza should bake directly on a hot surface. I have lined my oven with quarry tiles, and I bake my pizzas directly on that. A pizza stone can be had at a cooking store, or you might try baking directly on the floor of your oven. If you try to bake on a cookie sheet that you slide into the oven with the pizza on it, I think you'll find yourself frustrated in the quest of good crusty pizza.

So, after rolling out and preparing your pizza on top of parchment paper, slide the paper (with the pizza on it) onto a large cutting board held level with the counter. Then open the oven and gently shake the cutting board so that the pizza and the paper slide right off. Don't be

scared, it works!

If you don't have parchment paper... Well, in the U.S., parchment paper can be hard to find in some areas (why, I don't know -- it's the most useful baking tool I have). So, in this case, roll out (or spin) your pizza dough and then place it on a cutting board **\*\*liberally\*\*** dusted with cornmeal. Put the toppings on the pizza and then do the same sliding trick before (although it's good to check, just beforehand, that the pizza doesn't seem stuck anywhere to the board). I've made a lot of pizzas this way, too, and though it's not quite so easy to get the pizza from the board to the oven as with parchment paper, it certainly works (again, don't be scared!).

Finally, bake the pizza from anywhere between 12-18 minutes. The dough will be hard, so you won't have any trouble pulling the pizza out of the oven with a pot holder onto a cutting board.

And if you have a pizza peel instead of a cutting board, use that!

Fritz Knabe

[mara](#)

# Pizza Dough

From: [pn002b@uhura.cc.rochester.edu](mailto:pn002b@uhura.cc.rochester.edu) (Peter C. Norton)

Date: Fri, 12 Nov 93 02:43:24 GMT

Hmm. This is a bit tough, because when I worked at a pizzeria, the quantities were a bit daunting. I'm not going to do the conversions, and though it's a bit ridiculous, here's the recipe for about 55-60 medium (12") pizzas.

30.70 lb flour (a little less for dry days, a little more for humid days)  
1 gallon water (cold if you want to use the dough later)  
..25 lb yeast (I don't remember what type. It was in 1lb blocks, and it bore a resemblance to a cinnamon roll in that it looked like it was in layers)  
1/4 cup salt.

Mix it all until it looks like it's ready to be used.

Cut it into 1 lb portions, then roll it into a ball (there's a specific way of doing this, but it shouldn't matter, just make it into a ball) then put it into whatever you're using to hold it while it rises. Flatten it a bit with the palm of your hand.

let it rise once, then use it.

If it's done properly, then it'll stretch and whatnot so you can play with it the same way guys in pizzarias do. As opposed to the way that standard bread dough is fairly inflexible.

The reason that I put down this whole recipe is that when I make pizza dough for myself, I can do it by sight, so I've never bothered to do any measurements. Hope that this is useful. Someone please convert this. My primary stumbling block is that I've no notion about converting # of flour to cups.

---Peter

[amyl](#)

# Pizza Dough

From: "Stephen M. Lacy"

Date: Fri, 12 Nov 1993 02:05:51 -0500 (EST)

Here's what I've come up with after about a year of experimenting (and a large number of bad pizzas!)

Steve's Pizza Dough (with secret ingredient)

3 Cups flour.  
1 1/3 Cups water (warm, for the yeast)  
1 package quick-rising yeast.  
Salt (approx. 1/2 tsp)  
Sugar (approx. 1/2 tsp)  
Extra Virgin Olive Oil (approx 1 1/2 tbsp)  
....and the secret ingredient is:  
Grated Parmesan Cheese (approx 1/4 C)

Now, I'm not one to go with exact measurements unless I have to, so here's my best (and first) attempt to describe the amounts used in this recipe:

Mix yeast with warm water, in separate measuring cup, not in the mixing bowl. You want to do this first so that the yeast has time to "get going" before you add it to the rest of the ingredients.

Put flour, sugar, salt, cheese, and oil in bowl. There's no need to stir yet.

Get yourself ready to mix, then add water and yeast to bowl. As soon as you add the water you want to try to get it well mixed as quickly as possible. Mix until all ingredients are blended. When ingredients are mixed, dough should be sticky to the touch, but not to runny. I then "cut" the dough at least a dozen times, with my mixing spoon. This is (I think) what takes the place of kneading the dough.

Let dough rise for 30-45 minutes. Remember that it needs to be both warm and moist to rise. What I usually do is turn the oven on bake for about 3-4 minutes (any temperature will do) then turn it OFF, open the door for a few seconds (to let it cool down slightly) then cover the bowl with a wet towel, and place in the oven, door closed.

After this first rising period, you should take the dough out, lightly sprinkle it with flour to keep it from sticking to your hands, and "punch" the dough down. This amounts to just pressing it a little

bit all around. Don't remove from bowl.

Let rise (same conditions) for another 20-35 minutes. Total rising time should be between 45 minutes and just over an hour. It's my opinion that the longer you let the dough rise, the better taste it will have, but I've let it rise for only 45 minutes and had it come out just fine. This is usually done with a 30/15 minute split between the two rising periods.

Now, grease your pizza pan using a small amount of olive oil or oil spray and put the dough on the pan. Dust dough with flour again (to keep it from sticking to your hands -- as needed while rolling) and spread it onto the pan. As long as you grease the pan, spreading the dough should be easy. It will be pretty thin all around. (I use a 12x24 (?) rectangular pan -- I think that two 12" rounds will work too, but have never tried it)

Baking times are usually about 10-12 minutes in a 450 degree oven, on the middle rack. It should be obvious when the pizza is done, by the look of the crust (turning light brown) and the look of the cheeze (just getting those brown cooked spots on it)

#### Suggested toppings:

Motzerella and pepperoni with pizza sauce.

Thinly sliced tomatoes, cheddar, onion, with a garlic & olive oil sauce.

Fresh mushrooms, motzerella, and cooked sausage, pizza sauce.

#### Pizza secrets:

What about thick crust pizza? Well, I'm not really fond of thick crust pizza, but from my experience, this is what I'd have to say: Use this recipe on a smaller pan. Use more pizza sauce, or a pizza sauce with more water. This will cause the top layer of the dough to cook less than the layer touching the pan. Cook at a lower temperature, with the pizza pan on a lower rack of the oven. All of these things will make your pizza more dough-ey. Experiment at your own risk!

What about even crispier crust? Use a little bit less water (but still more than 1 Cup water) in the recipe. This will give you a drier dough. Cook the pizza on a lower rack in the oven. Experiment at your own risk!

When rising the dough, make sure that you use a cloth towel, not a paper towel. Paper towels just don't hold enough water to stand up to the dryness of the oven.

If you have any great (or terrible) pizza experiences, I'd like to know about it! Send me some e-mail: [sl31@andrew.cmu.edu](mailto:sl31@andrew.cmu.edu)

Steve Lacy

[amyl](#)

# Pizza Dough

From: [jvbutera@grad04.math.ncsu.edu](mailto:jvbutera@grad04.math.ncsu.edu) (Jeffrey V. Butera)

Date: Mon, 15 Nov 1993 23:41:47 GMT

The following produces a rather crispy dough (see notes at bottom!):

1 envelope dry yeast (I like Fleishmann's Rapid Rise(tm))  
1/4 teaspoon sugar  
3/4 cup lukewarm water (75-80 degrees F. Too hot and you'll  
kil the yeast, too cold and the yeast won't activate.  
If anything, err towards the cooler side - the slower  
it rises, the better...)

Stir yeast and sugar into water, let sit for 8 minutes or so.  
It should become slightly foamy with a familiart "yeast" odor.  
No foam after 6 or so minutes and the yeast was bad or your  
water wrong temperature. I haven't had a yeast problem yet.

In a bowl (or food processor) mix

1 3/4 cups unbleached all-purpose flour or bread flour  
1/2 teaspoon salt

Add the yeast mixture. If using food processor, continue running  
until dough forms a ball, 10-20 seconds. By hand, just jump  
in and mix away. If you've never done dough before, it gets  
a little sticky.

If the dough is a little dry (ie: flour left on sides of bowl  
and you absolutely can't get it mixed) add 1/2 teaspoon water  
and try until you get it. If measured right, you shouldn't need any  
additional water.

On a floured surface pick up dough and throw it down HARD 8-10 times  
(really, you can't hurt it, think of your boss...) Continue  
kneading for 2 minutes or so. if dough is a little sticky, dust  
your finger and counter with flour, but as little as possible).

That it. Either rolls out by hand for an 11" pizza (14" thin  
or 7" thick).

Bake at 500F in pre-heated oven for 8-12 minutes, the edges will  
turn nice golden brown when done. Dough will be firm and cripy,

not soggy and soft like many other doughs.

[amyl](#)

# Sweet Pie Recipes

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# Almond-Plum Tart

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 30 Aug 1993 10:12:53 GMT

1 1/4 cups all-purpose flour  
2 teaspoons sugar  
1/2 teaspoon salt  
1/3 cup shortening  
3 to 4 tablespoons cold water  
8 to 10 plums  
1 cup finely ground almonds  
1/3 cup sugar  
1 egg  
1/2 teaspoon finely shredded lemon peel  
1/2 teaspoon ground cinnamon  
1/4 teaspoon almond extract  
2 tablespoons butter  
1/3 cup currant jelly, melted

For pastry, stir together the flour, the 2 teaspoons sugar, and salt. Cut in shortening till pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl; repeat till all is moistened. Form dough into a ball.

On a lightly floured surface roll dough into a 12 inch circle. Transfer to a 9 inch quiche dish. Trim edges of dough even with rim of pan.

Halve and pit plums. In a mixer bowl, combine almonds, the 1/2 cup sugar, egg, lemon peel, cinnamon, and almond extract. Beat with electric mixer on low speed till combined. Spread almond mixture evenly in pastry shell. Place plums, cut side down, atop almond mixture. Dot with butter.

Bake in a 375F oven 50 minutes or until crust is brown and juice from plums is nearly evaporated. Cool on wire rack. Brush top with melted jelly. Makes 6 to 8 servings.

[mara](#)

# Apple-Pear Tart

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 30 Aug 1993 02:30:23 GMT

## Basic Rich Pastry

Dry beans

5 very ripe medium cooking apples, peeled, cored and chopped (5 cups)

2/3 cup sugar

1/3 cup dry white wine

1/4 cup butter

1/8 teaspoon ground cinnamon

1 tablespoon quick-cooking farina

1/4 cup Kirsch or cherry liqueur

1/2 teaspoon vanilla

1/4 cup dry white wine

1/4 cup apricot preserves

1 teaspoon sugar

1/8 teaspoon ground cinnamon

2 medium cooking apples, cored and sliced

2 medium pears, peeled, cored and sliced

1 tablespoon cognac or brandy

For tart shell, prepare Basic Rich Pastry: On a lightly floured surface roll pastry dough to a circle 12 inches in diameter.

Fit dough into a 10 or 11 inch flan pan with a removable bottom; press bottom and sides gently to remove air bubbles. Turn the overlapping dough edges to inside; press against sides of pan. Prick sides with fork.

Line the bottom and sides of pan with heavy-duty foil and dry beans. Bake in a 400 oven for 20 minutes. Remove foil and beans. Bake 10 to 15 minutes more or till golden; set aside.

For filling, in a saucepan combine 5 cups apples, 2/3 cup sugar, 1/3 cup wine, butter, and 1/8 teaspoon cinnamon. Cook, covered, about 10 minutes or till apples are tender. Slowly sprinkle farina over apples; stir constantly. Bring to boiling; reduce heat. Simmer 5 minutes or till mixture is thickened; stir frequently. Remove from heat; stir in Kirsch and vanilla. Cool slightly. Spread in bottom of baked tart shell.

In a small saucepan combine the 1/4 cup wine, apricot preserves, 1 teaspoon sugar and 1/8 teaspoon cinnamon. Bring to boiling; add sliced apples and pears. Cook about 7 minutes or till apples are translucent. Drain, reserving liquid.

## Apple-Pear Tart

Arrange apple slices in a circle and pear slices in rows. Cook reserved liquid till reduced to 2 tablespoons; stir in cognac. Spoon over fruit. Serves 10.

## Basic Rich Pastry

1 cup all-purpose flour  
1/4 teaspoon salt  
1/4 cup cold butter  
1 tablespoon shortening  
1 egg yolk  
2 tablespoons cold water

Combine flour and salt. Cut in butter and shortening with a fork or pastry cutter until mixture resembles coarse crumbs. Make a well in the center. Beat together egg yolk and water. Add to flour mixture. Using a fork, stir just till dough forms a ball.

Turn onto a lightly floured surface and knead 3 or 4 times. Wrap in clear plastic wrap and chill 20 minutes in freezer or 2 1/2 hours in refrigerator before rolling. Makes one 10 inch shell.

# Apple Pie

From: v313mdm8@ubvmsb.cc.buffalo.edu (ROCHELLE NEWMAN)

Date: Fri, 29 Oct 1993 02:59:00 GMT

This recipe is a mixture of that from both sets of parents, and was partly based on the Betty Crocker cookbook. It has a top crumb crust, rather than a full crust.

pastry for 9 inch one-crust pie

1/2 cup sugar

1/4 cup flour

1 tsp ground cinnamon

dash of salt

8 cups thinly sliced pared tart apples (about 8 medium or 6 large)

ingreg. for crumb crust:

1/2 cup sugar

3/4 c. flour

1/3 c. butter or margarine

1 tsp cinnamon

1 tsp nutmeg

maybe a pinch of cloves and mace

Heat oven to 450 degrees. Mix sugar, flour, cinnamon & salt in large bowl. Stir in apples. Put apple-mixture into pastry-lined pie plate. (You may want to press apples down firmly -- they shrink a LOT!!! You need a real mound of apples to end up with a decent pie).

Mix sugar and flour for crumb crust in medium bowl.

Cut in margarine; add spices. Put crumbs on top of pie -- you'll probably need to press them onto apples to keep them from falling off.

Bake for 10 minutes; then lower to 350 and bake for 40 more. Check for doneness with fork.

[amyl](#)

## Banana Cream Pie

From: 00sgmoses@leo.bsuvc.bsu.edu

Date: 8 Jul 93 17:38:14 EST

3/4 cup sugar  
1/3 cup all purpose flour or  
    3 Tbs cornstarch (I use the cornstarch)  
1/4 tsp salt  
2 cups milk  
3 egg yolks, slightly beaten  
2 Tbs butter  
1 tsp vanilla  
1 9-inch baked pastry shell  
(meringue made from the leftover egg whites, optional)

Combine sugar, cornstarch, and salt in a saucepan. Add milk gradually. Cook, stirring constantly, over medium heat til bubbly. Cook and stir an additional 2 minutes and remove from burner.

Stir small amount of hot mixture into egg yolks, immediately add egg yolk mixture to hot mixture and cook for 2 minutes, stirring constantly. Remove from heat.

Add butter and vanilla and stir til smooth.

Slice 3-4 bananas into the cooled baked pastry shell. Top with pudding mixture and spread meringue (if desired) on top of the pie. Bake at 350 degrees for 12-15 minutes. Cool.

(Instead of meringue, I sometimes top with fresh whipped cream.)

[mara](#)

# Boston Cream Pie

From: [morrissey@stsci.edu](mailto:morrissey@stsci.edu) (Mostly Harmless)

Date: Fri, 29 Oct 1993 15:17:28 GMT

2 eggs (separated)  
1/2 cup sugar  
2 1/4 cups sifted cake flour  
1 cup sugar  
3 tsp baking powder  
1 tsp. salt  
1/3 cup salad oil  
1 cup milk (divided)  
1 1/2 tsp. vanilla

Beat egg whites until soft peaks form. Gradually add 1/2 cup sugar, beating until very stiff peaks form. Sift together remaining dry ingredients into another bowl. Add oil, 1/2 cup of milk, and vanilla. Beat 1 minute at medium. Add remaining milk and egg yolks. Beat 1 minute and scrape bowl. Gently fold egg white mixture in. Bake in greased and lightly floured 9-inch cake pans in moderate oven (350F) for about 20 minutes or till done. Cool 10 minutes and remove from pans. Cool completely. Fill with cream filling and frost with chocolate glaze.

Cream Filling -

1/3 cup sugar  
3 Tbsp. flour  
1/4 tsp. salt  
1 1/4 cups milk  
1 beaten egg  
1 Tbsp. butter  
1 tsp. vanilla

In saucepan, combine sugar, flour, and salt. Gradually add milk and mix well. Cook over medium heat til mixture thickens and boils, stirring constantly. Cook and stir 2 more minutes. Very gradually add the hot mixture into the egg and then return to saucepan. Cook and stir until mixture just boils again. Stir in butter and vanilla. Cover with waxed paper and cool.

Chocolate Glaze -

1 1/2 1-ounce squares unsweetened chocolate  
2 Tbsp. butter  
1 1/2 cups sifted powdered sugar

## Boston Cream Pie

1 tsp. vanilla  
3 Tbsp. boiling water  
2-3 tsp. water

Melt chocolate and butter over low heat, stirring constantly. Remove from heat. Stir in powdered sugar and vanilla until crumbly. Blend in 3 Tbsp. boiling water. Add additional water 1 tsp. at a time to form medium glaze of pouring consistency. Pour quickly over top of cake and spread evenly over top and sides.

Janet Morrissey

[amyl](#)

# Caramelized Pear Tart

From: "S. E. Henderson" sehender@reed.edu

Date: Thu, 29 Jul 1993 13:21:29 -0700 (PDT)

## Pastry:

14 Tbsp. butter, softened  
1/2 cup sugar  
3 egg yolks  
zest of 1 lemon, grated  
3/4 cup finely ground almonds  
1 3/4 cups flour

## Filling:

2 1/2 lbs. ripe, firm pears, peeled, cored, and cubed  
(or large can of pears drained/cubed, though not as good)  
8 Tbsp. butter  
3/4 cup sugar  
1/3 cup toasted almonds

Cream butter and sugar until smooth. Add egg yolks and zest, mix well. Add almonds and flour, mix well. Form into ball, wrap with plastic, and chill 1 hr.

Grease 10 inch tart pan with removable bottom. On lightly floured surface, roll out dough to 1/8 inch thickness. Transfer to pan and press to bottom and sides. Line dough with foil and fill with pie weights or dried beans. Bake at 400 degrees(F) for 20 minutes. Remove foil and weights, bake 3 minutes until golden.

While crust is baking, melt butter in large, heavy skillet. Over medium heat, saute pears until tender.\* Sprinkle with the sugar and cook until fruit is caramelized(golden brown.) Place filling in baked crust and sprinkle with toasted almonds. Serve warm or chilled.

\* If using canned pears, don't cook the pears first--add sugar with pears.

A confirmed chocolate lover says this is as good as chocolate. I agree.

---Sarah Henderson

[mara](#)

# Caramelized Upside-Down Plum Tart

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 19 Aug 1993 08:06:54 GMT

4 tablespoons butter  
3/4 cup sugar  
1 pound dark Italian prune plums, halved and pitted  
Pate Brisee  
2 tablespoons heavy cream  
1 cup creme fraiche or sour cream  
1 teaspoon kirsch

In a 9 inch skillet with an ovenproof handle, melt the butter over moderate heat. Stir in the 1/2 cup of the sugar. Arrange the plums, cut-side up, in concentric circles and cook until the sugar begins to caramelize, 15 to 20 minutes. Let stand until completely cool.

On a generously floured surface, roll the Pate Brisee into a 12 inch circle. Drape the dough over a rolling pin and flip it over the caramelized plums. Trim off the excess dough. Roll the edges down so that the crust lies flat on top of the fruit but reaches the edges of the pan. Refrigerate, covered, for 30 minutes.

Prheat the oven to 425F. In a small bowl, combine the heavy cream with 1 tablespoon of the sugar. Brush this glaze over the dough. Using a fork, prick the dough in several places and bake for 20 to 25 minutes or until golden brown.

In a small bowl, combine the creme fraiche, kirsch and remaining 3 tablespoons sugar.

Immediatly invert the tart onto a large platter. Serve warm or cold with the flavoured creme fraiche.

Pate Brisee

1 cup all-purpose flour  
1 stick (4 ounces) cold butter, cut into small pieces  
2 tablespoons sugar  
pinch of salt  
2 to 3 tablespoons cold water

In a food processor, combine the flour, butter, sugar and salt. Process until the mixture resembles coarse meal, about 8 seconds. Add the water

and process, turning the machine on and off, until the mixture resembles small peas, about 5 seconds.

Turn the dough out onto a lightly floured surface and knead lightly, just until the dough holds together. Flatten the pastry into a 6 inch disk. Wrap in plastic wrap and refrigerate for at least 15 minutes.

[mara](#)

# Cranberry Crumb Tart

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 19 Aug 1993 01:17:23 GMT

From The Best of Food & Wine

## Cranberry Crumb Tart

1 1/4 cups all-purpose flour  
2 1/2 cups sugar  
1 1/2 sticks (6 ounces) cold butter, cut into 1 inch cubes  
1/2 teaspoon salt  
6 cups fresh cranberries (about two 12-ounce bags)  
Prebaked Tart Shell

Preheat the oven to 375F. In a large bowl, combine the flour and 1 3/4 cups of the sugar. Cut in the butter until the mixture resembles coarse meal. Continue cutting until the mixture forms nickel sized clumps that crumble easily.

In a medium bowl, combine the remaining 1/4 cup sugar with the salt. Add the cranberries and toss to coat well.

Spoon the cranberries into the Prebaked Tart Shell, mounding them slightly in the center. Using your fingers, lightly squeeze pieces of the crumb topping and drop them gently over the berries (do not press the topping into the fruit).

Bake until the topping is golden brown and the fruit is bubbling around the edge, about 40 minutes. Serve at room temperature.

## Prebaked Tart Shell

1 cup plus 2 tablespoons all-purpose flour  
1 stick (4 ounces) cold butter, cut into 1/2 inch pieces  
1 1/2 teaspoons sugar  
1/8 teaspoon salt  
1/4 cup ice water

Put the flour in a medium bowl. Cut in the butter until the mixture resembles coarse meal. In a small bowl, dissolve the sugar and salt in the water. Sprinkle over the flour mixture, tossing until the dough begins to mass together.

Turn the dough out onto a floured surface and form it into a ball. Wrap in plastic wrap and flatten into a 6 inch disk. Refrigerate for at least 30 minutes.

On a lightly floured surface, roll out the dough into a large round, 1/8 to 1/4 inch thick. Trim to a 15 inch circle. Dust the dough lightly with the flour and fold into quarters. Place it, with the point in the center, in a 9 1/2 or 10 inch tart pan, about 1 inch high, with a removable bottom. Open up the pastry and fit into the pan, folding down the excess to reinforce the sides. Press the pastry against the fluted sides of the pan; trim off any excess dough. Cover with plastic wrap and refrigerate for at least 1 hour, or overnight.

Preheat the oven to 425F. Line the pastry with foil and fill with pie weights or dried beans. Bake for 20 to 25 minutes, or until the pastry is almost dry. Remove the foil and weights, prick the bottom and sides all over with a fork, and continue baking for 5 to 8 minutes, or until the crust is golden brown.

[mara](#)

# Dirt Pie

From: "Neer Carol" Neer\_Carol.Grand\_Central@pyramid.com

Date: 4 Aug 1993 08:47:03 -0800

1 cup cold milk  
1 pkg (4 oz. serving) Chocolate flavor Instant Pudding  
1 (8 oz) container Cool Whip  
20 chocolate sandwich cookies, crushed  
1-1/2 cups "rocks"\*  
1 graham cracker pie crust

\* Rocks = Granola chunks, chocolate chips, peanut butter chips,  
chopped peanuts, or any combination thereof

Pour milk into medium bowl. Add pudding mix. Beat with wire whisk until well blended. Let stand 5 mins. Fold in whipped topping. Stir 1 cup of the cookies and "rocks" into pudding mix. Spoon into pie crust. sprinkle with remaining cookies. Freeze until firm, about 4 hours.

Carol Neer

[mara](#)

# Eggnog Chiffon Pie

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 9 Aug 1993 07:26:16 GMT

## Baked Pastry Shell

1/4 cup sugar  
1 envelope unflavored gelatin  
1 1/2 cups dairy eggnog  
2 slightly beaten egg yolks  
1/4 cup rum  
2 egg whites  
2 tablespoons sugar  
3/4 cup whipping cream  
Caramel Filigree

For filling, in a medium saucepan combine the sugar and gelatin. Add eggnog and egg yolks. Cook and stir till sugar and gelatin dissolve and mixture thickens slightly and bubbles. Cool 10 minutes; stir in rum. Chill till consistency of corn syrup; stir occasionally. Remove from refrigerator; let stand till partially set (consistency of unbeaten egg whites).

Meanwhile, in a large mixer bowl beat egg whites till soft peaks form (tips curl). Gradually add the remaining 2 tablespoons sugar, beating till stiff peaks form (tips stand straight). Fold egg whites into gelatin mixture.

Beat whipping cream till soft peaks form. Fold cream into eggnog mixture. Chill till the mixture mounds when spooned; pile into baked pastry shell. Chill several hours or until set.

About 1 hour before serving, prepare Caramel Filigree and drizzle atop pie. Pipe additional whipped cream around pie, if desired.

Caramel Filigree: In a heavy 1-quart saucepan heat 1/2 cup sugar over medium-low heat without stirring. When sugar begins to melt, heat and stir constantly till mixture is almost a medium caramel color (syrup will darken after removed from heat). Stir in a few drops of hot water. Let stand for 1 minute. Using a spoon quickly drizzle the caramelized sugar over the top of the pie till a web of caramel is built up.

[mara](#)

# Kentucky Style Pie

*This recipe has been renamed because it was alleged to violate a trademark of one "Kern's Kitchen".*

*From: Joma Roe joma@physics.purdue.edu*

*Date: Tue, 12 Oct 93 11:52:13 -0500*

*1/2 cup margarine, melted*

*1 cup sugar*

*1/2 cup flour*

*2 eggs, slightly beaten*

*1 tsp vanilla*

*3/4 cup pecan halves/pieces*

*3/4 cup chocolate chips*

*Mix ingredients in order given. Pour into \*unbaked\* 9" pie crust. Bake at 350 for 30 minutes.*

[\*amyl\*](#)

# Key Lime Pie : COLLECTION

From: [clindenm@tc1018.pto.ford.com](mailto:clindenm@tc1018.pto.ford.com) (Cher Lindenmuth)

Date: 11 Nov 1993 20:07:31 GMT

I've read that the "key" to Key Lime Pie is the lime juice. I think it said regular limes are too sweet. I ordered Key Lime Juice direct from Key West -- I think the place is called Nellie & Joe's (or Joe & Nellie's). This first one I've made before -- it's really more like a "lime" lemon meringue pie -- but very good.

1 1/4 cups Graham Cracker Crumbs	1/4 cup Key Lime Juice
1/4 cup unsalted Butter, melted	1 tsp grated Lime Zest
1 1/4 cups +6 tbsp Sugar	3 large Eggs, separated
1/4 cup Cornstarch	1 1/2 cups Boiling Water

In bowl, combine crumbs and butter. Mix well; press over bottom and sides of 9" pie plate. Bake at 350 for 8 minutes; cool. In saucepan, combine 1 1/4 cups sugar, cornstarch, lime juice and zest; mix well. Whisk in egg yolks. Gradually stir in the boiling water until blended. Over medium-high heat, bring to boiling, whisking. Cook, whisking, 4 minutes, until thick. Pour into bowl; stand bowl in larger bowl of ice and water to cool mixture. Pour filling into crust.

Raise oven temperature to 425. With electric mixer, at high speed, beat egg whites, adding remaining sugar 1 tbsp at a time, until stiff. Spread over filling to cover completely. Bake 4 minutes or until golden. Chill at least 8 hours.

This next recipe I've never tried. It's from a popular restaurant around here called Key Largo! It's probably more like what you had in Florida.

Key Largo's Key Lime Pie

1 Graham Cracker Crust	2 oz. Key Lime Juice
2 Eggs, separated	1/3 oz. Natural Gelatin
16 oz. Condensed Milk	1/3 oz. Very Hot Water

Add yolks to mixer bowl. Using the whites, brush them lightly over the graham cracker crust shell. Bake crust at 350 for 2 minutes or until golden brown. Set aside to cool.

Whip yolks until they are light and lemon in color. In a separate bowl, dissolve gelatin in the hot water. When dissolved, very slowly add to mixing bowl. Then slowly add condensed milk. Stir well, blending in lime juice. Pour filling into cooled crust and refrigerate for 4-6 hours. Serve chilled garnished with whipped cream and thin fresh lime slices.

[amyl](#)

# Key Lime Pie - COLLECTION

From: r.gagnaux@chnet.ch (Rene Gagnaux)  
Date: Thu, 11 Nov 1993 11:00:00 +0100

Here some recipes from INTERCOOK (Fido):

/INTERCOOK D. Pileggi @ 1:106/5  
Date : 23.09.93, 09:20

## KEY LIME PIE

Qty	Measurement	Ingredient
xxxx	-----	-----
3		egg yolks
3	ozs	cream cheese, softened
1	can (14 oz)	sweetened condensed milk
4	ozs	key lime juice *
1	crust (8 to 9-in)	graham cracker crust
		Whipped cream with lime zest (thinnest green peel; no white), for garnish
		lime cartwheels, for garnish

\* you substitute regular limes if you can't find key limes.

Preheat the oven to 300 degrees F.

In a food processor or blender, combine the egg yolks, cream cheese, condensed milk, and lime juice and process until smooth. Pour into the prepared graham cracker crust.

Bake in the preheated oven for 10 minutes. Remove and allow to cool at room temperature for about 10 minutes, then refrigerate until chilled. Garnish with the whipped cream and lime zest or lime cartwheels before serving. Makes one, 8 to 9-inch pie.

Recipe: Chef Javier Mondragon of Marisco's Bar & Grill, 2411 S. Shepherd, Houston, Texas

xxx

/INTERCOOK Earl Shelsby @ 1:261/1165 (Glen Burnie Windows BBS)  
Date : 27.10.93, 09:01

[...]

Try this one. If you can find Key lime juice, use it, but it is good with regular lime.

-Begin Recipe Export- QuikBook version 0.96 Beta A

Title: KEY LIME PIE

Keywords: pie, key lime, dessertp

Ingredients:

1 pkg. (3 oz) lime gelatin	1 cup boiling water
1 to 2 t. grated lime rind	1/2 cup lime juice
1 egg, separated	1 1/3 cup sweetened
condensed milk	
1 t. aromatic bitters	1 cup sour cream
Few drops green food coloring	(optional)
1 baked 9-inch pie shell (cooled)	

Directions:

Dissolve gelatin in boiling water. Add lime rind and juice. Beat egg yolk slightly, slowly add gelatin stirring constantly. Add milk, bitters and sour cream, stirring until blended. Chill until slightly thickened. Beat egg white until soft peaks will form; fold into gelatin mixture. Add coloring. Pour into pastry shell. Chill until firm. Garnish with whipped cream or whipped topping and lime slices.

-End Recipe Export-

/INTERCOOK Rich Harper @ 1:102/125 (Salata, Redondo Beach CA)

Date : Do 28.10.93, 00:22

[...]

Well, this is the recipe that you asked for, but you might be disappointed in the results. Then again you might not. Not knowing where you had the pie will tell what it was like. The true Key Lime pie, uses Key Lime juice and it is very hard to get outside of Florida.

MMMMM----- Recipe via Meal-Master (tm) v7.02

Title: Americana Key Lime Pie

Categories: Desserts, Pies

Servings: 6

1 tb	Unflavored gelatin (1 env.)
1/2 c	Sugar
1/4 ts	Salt
4	Egg yolks
1/2 c	Lime juice
1/4 c	Water
1 ts	Grated lime peel
	Few drops green food color
4	Egg whites
1/2 c	Sugar
1 c	Heavy cream, whipped

- 1 9-in baked pastry shell  
Pistachio nuts, chopped  
Lime slices for garnish  
Heavy cream, whipped, to top

Thoroughly mix gelatin, 1/2 cup sugar, and salt in saucepan. Beat together egg yolks, lime juice, and water; stir into gelatin mixture. Cook and stir over medium heat just till mixture comes to boiling. Remove from heat; stir in grated peel. Add food coloring sparingly to tint pale green. Chill, stirring occasionally, until the mixture mounds slightly when dropped from a spoon. Beat egg whites till soft peaks form; gradually add 1/2 c sugar, beating to stiff peaks. Fold gelatin mixture into egg whites. Fold in whipped cream. Pile into cooled baked pastry shell. Chill till firm. Spread with more whipped cream; edge with grated lime peel. Sprinkle chopped pistachio nuts in center. Garnish with thinly sliced lime placed in whipped cream mounds around edge of pie.

Source: Better Homes & Gardens Dessert Cookbook. "A spectacular from the famous Miami hotel!"

MMMMM

/INTERCOOK Carl Savickas @ 1:261/1100 (Broadwater Rbbs, Arnold MD)

Date : 30.10.93, 01:15

[...]

Real Key Lime Pie.

Key West Lime Juice Company 1-800-848-3711

1- 14 oz. can sweetned condensed milk

4- Egg yolks

3 or 4 oz.- Key Lime Juice

1 - 9" Graham cracker pie shell

In a mixing bowl on low speed:

Blend condensed milk and egg yolks.

Slowly, SLOWLY, add Key Lime juice.

After all ingredience are mixed together well,

Pour ingredience into the pie shell.

Put the pie in an oven at 350 for about 15 min.

Chill and serve.

You can heat the mixture in a sauce pan and pour it into the pie shell:

BE CAREFUL! Once the mixture heats up, it will set up, and you better not dilly dally in getting it into the pie shell.

/INTERCOOK Bud Cloyd @ 1:105/81 (Mike's Mansion, Portland OR)

Date : 30.10.93, 07:13

[...]

I have several more if you are interested.

Here comes one:

MMMMM----- Recipe via Meal-Master (tm) v7.01

Title: Key Lime Shamrock Torte

Categories: Desserts, Vegetarian, Cakes

Servings: 6

2 pk Firm silken tofu  
3/4 c Brown rice syrup  
1/2 c Honey  
3/4 c Lime juice  
1 tb Agar powder  
4 tb Arrowroot  
2 tb Corn oil  
1 ea Carob cake, see recipe  
2 ea Kiwi fruits

MMMMM-----GLAZE-----

1 ts Agar powder  
1/2 c Water  
1/2 c Brown rice syrup  
2 dr Mint extract

Blend the tofu, brown rice syrup, honey, lime juice, agar, arrowroot & corn oil until smooth. Transfer to a double boiler & heat till the mixture thickens. It should reach the consistency of heavy cream. Set aside to cool.

Split the carob cake into 2 layers (you'll need only 1 layer). Line a 9-inch cake pan with a sheet of plastic wrap. Place one layer of cake in the bottom of the pan & refrigerate while the filling is cooling.

When the filling is cool, pour it into the cake & refrigerate until the filling sets completely (about 2 hours).

Peel the kiwi fruit, cut it into thin slices & fan out the slices over the entire torte. Glaze if desired by pouring a thin layer of still warm glaze over the cool cake. Refrigerate the cake again for 10 minutes before cutting it.

To serve, remove the cake from the pan by lifting out on the plastic wrap.

GLAZE: In a small pot, dissolve the agar in the water. Add brown rice syrup & mint extract. Bring to a simmer & remove from heat. Allow to cool slightly.

Ron Pickarski, "Friendly Foods"

MMMMM

/INTERCOOK Art Barron @ 1:106/114 (The Fireside, Houston TX)

Date : 06.11.93, 06:37

MMMMM----- Recipe via Meal-Master (tm) v7.01

Title: Delicious Key Lime Pie

Categories: Pies, Desserts

Servings: 6

1 tb Plain gelatin  
 1 c Sugar  
 1/4 ts Salt  
 4 Eggs, separated  
 1/2 c Key Lime juice; strained  
 1/4 c Water  
 1 ts Grated Key lime peel  
 1 c Heavy cream; whipped  
 1 Baked graham cracker crust

Mix the gelatin, half of the sugar and the salt in a saucepan. In another pan, beat the egg yolks well. Add the lime juice and water to the egg yolk mixture. Stir the egg yolk mixture into the gelatin mixture. Cook over low heat, stirring constantly, just until the mixture comes to a boil. Remove from heat; stir in grated peel. Chill, stirring occasionally, until the mixture mounds slightly when dropped from a spoon. Beat the egg whites until soft peaks form. Gradually, add the remaining sugar, beating until stiff. Fold into the chilled gelatin mixture. Fold in whipped cream (reserve some for topping, if desired). Pour into the baked crust. Chill until firm.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v7.01

Title: Pier House Key Lime Pie

Categories: Pies, Desserts

Servings: 8

4 Eggs; separated  
 14 oz Sweetened condensed milk  
 1/2 c Key or Persian lime juice  
 1/2 ts Cream of tartar  
 1 9" graham cracker crust  
 MERINGUE  
 4 Egg whites  
 4 tb Sugar

Preheat oven to 325 degrees. With an electric mixer, beat the egg yolks on high speed until thick and light in color. Turn off mixer and add the condensed milk, mix on low speed. Still on low speed, add half the lime juice, cream of tartar and then the remaining lime juice. Mix until blended.

Pour into prepared crust and bake for 10 to 15 minutes or until the center is firm and dry to the touch. Freeze for at least 3 hours before topping with meringue. To make meringue, heat the egg whites and sugar in the top of a double boiler, stirring frequently, to 110 degrees. Beat on high speed until stiff peaks are formed. Top the frozen pie and return it to the freezer until ready to serve. It keeps for several days.

MMMMM

/INTERCOOK Art Barron @ 1:106/114 (The Fireside, Houston TX)  
Date : 06.11.93, 06:43

MMMMM----- Recipe via Meal-Master (tm) v7.01

Title: Florida Key Lime Pie  
Categories: Pies, Desserts  
Servings: 8

CRUST

- 1 1/4 c Graham cracker crumbs
- 2 tb Sugar
- 1/3 c Butter; melted

FILLING

- 5 Large egg yolks
- 1/2 c Freshly squeezed lime juice
- 1/3 c Sugar
- 1/8 ts Salt
- 2 tb Coarsely grated lime peel
- 2 1/2 c Heavy cream
- 1 Small lime, sliced, optional

Prepare crust: Heat oven to 375 degrees. In 9" pie plate combine graham cracker crumbs and 2 tbsp. sugar; stir in butter until blended. Press mixture firmly and evenly over bottom and sides of pie plate; bake 10 minutes until browned. Cool completely on wire rack. Prepare filling: In top of double boiler using wire whisk, beat egg yolks, lime juice, 1/3 cup sugar and salt until well blended. Set over simmering water; cook about 5 minutes, stirring constantly until mixture is thick enough to coat back of metal spoon. Remove from heat; stir in 1 tbsp. grated lime peel. Refrigerate mixture about 45 minutes until cool. Meanwhile, in large bowl with electric mixer at medium speed, beat cream until soft peaks form. Set 1 cup whipped cream aside for garnish; fold cooled lime mixture into remaining cream. Spoon filling into prepared crust; refrigerate at least 2 hours until set. To serve: Spoon remaining whipped cream decoratively over top of pie; sprinkle cream with remaining 1 tbsp. lime peel. Garnish with lime slices, if desired.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v7.01

Title: Key Lime Pie

Categories: Desserts, Pies, Londontowne

Servings: 8

3/4 c Key Lime juice  
2 t Key Lime juice  
2 1/4 c Sweetened condensed milk  
1 t Grated Key lime rind  
3 Egg yolks  
1 9" graham cracker pie crust  
Sweetened whipped cream

Squeeze juice from 4 lg or 6 small Key Limes and grate rind; set aside. Using a whisk beat egg yolks until buttercup yellow. Add about half the condensed milk, using whisk. Blend well and add remaining milk. Add half the lime juice and blend slowly. Add remaining juice and blend. Add grated rind; mix and pour into chilled pie crust.

Refrigerate 4 hours. May be frozen. To serve, slice while still frozen and let stand about 10 minutes. Top with whipped cream.

Mrs. Harold T. Cook

[amyl](#)

# Key Lime Pie

From:

Date: Fri, 12 Nov 1993 21:57:34 -0800 (PST)

This recipe for Key Lime Pie is from "The Elegant But Easy Cookbook" by Marian Fox Burros and Lois Levine, 1967.

Crust

Combine:

1 1/4 cups vanilla wafer crumbs  
1 1/2 teaspoons lime rind  
1 tablespoon sugar  
1/2 cup melted butter or margarine

Press into bottom and sides of 9-inch pie plate.  
Bake at 375 degrees fahrenheit for 8 minutes. Cool

Filling:

Thoroughly mix in saucepan:

1 envelope gelatin  
1/2 cup sugar  
1/4 teaspoon salt

Beat together:

4 egg yolks  
1/2 cup lime juice  
1/4 cup water

Stir into gelatin mixture. Cook over medium heat, stirring, just until mixture comes to a boil. Remove from heat.

Stir in:

1 teaspoon grated lime peel  
green food coloring--only enough to give PALE green color (2-3 drops)

Chill, stirring occasionally until mixture mounds slightly when dropped from spoon.

Beat until soft peaks form:

4 egg whites

Gradually add:

1/2 cup sugar  
beating until stiff. Fold in gelatin mixture.

Fold in:

1 cup heavy cream, whipped

Pile into shell. Chill until firm. Before serving top with additional whipped cream, trim with grated lime peel.

[amyl](#)

# Lemon Meringue Pie

From: morrissey@stsci.edu (Mostly Harmless)

Date: Sat, 24 Jul 1993 16:00:04 GMT

1 1/2 cups sugar  
3 Tbsp cornstarch  
3 Tbsp. all purpose flour  
1 1/2 cups hot water  
3 slightly beaten egg yolks  
2 Tbsp. butter or margerine  
1/2 tsp. grated lemon peel  
1/3 cup lemon juice

1 9-inch pastry shell, cooked  
Meringue (see below)

In saucepan, mix sugar, cornstarch, and flour. Gradually add hot water, stirring constantly.  
Cook and stir over high heat til mixture comes to boiling. Reduce heat; cook and stir 2 minutes longer. Remove form heat.  
Stir small amount of hot mixture into egg yolks, then return to hot mixture. Bring back to boiling and cook 2 minutes, stirring constantly. Add butter and lemon peel. Slowly add lemonb juice, mixing well. Pour into pastry shell. Spread meringue over filling and seal the edges. Bake at 350 F for 12 to 15 minutes. Cool before cutting. (Before cutting, dip knife in water.)

Meringue:

3 egg whites  
1/2 tsp. vanilla  
1/4 tsp. cream of tartar  
6 Tbsp. sugar

Beat egg whites with vanilla and cream of tartar til soft peaks form. Gradually add sugar, beating til stiff and glossy peaks have formed and all sugar is dissolved.

[mara](#)

# Lemon tarts : COLLECTION

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sun, 12 Sep 1993 12:00:00 +0200

Title: Sweet flan pastry

Categories: Pastry

Servings: 1

300 g	Unsalted butter	1 ds	Salt
500 g	Plain flour	1 x	Egg yolk
150 g	Sugar	1 x	Egg

Put the butter, cut into pieces, with the flour, sugar and salt, into a mixer. Work it until the mixture resembles coarse semolina.

Add the egg yolk and the whole egg and do not work the machine for a moment longer than necessary (VERY IMPORTANT) to amalgamate the eggs with the flour mixture. Form it into a ball and leave it to rest in the refrigerator for several hours before using it.

(The pastry will keep very well in the refrigerator for a few days, wrapped in transparent film)

Title: Lemon tart

Categories: Desserts

Servings: 6

250 g	Sweet flan pastry	-	tart tin
	Butter and flour for the		

3 x	Eggs	1 x	Juice of 1 orange
1 x	Egg yolk	1 1/2 dl	Double cream
1 x	Juice of 3 lemons	150 g	Sugar

Pre-heat the oven to 260 oC (500 oF).

Butter and lightly flour a 20 cm tart tin with a removable base. Line it with the pastry and blind-bake it for 10-15 minutes. Take care to protect the pastry with a disc of aluminium foil, which should be pressed up to and over the edges before it is weighted down. When it is cooked, let it cool without taking it out of the tin. Lower the oven temperature to 180

oC (350 oF).

Whisk all the ingredients for the tart filling together - the eggs, orange and lemon juice, cream and sugar.

When the mixture is nice and frothy, pour most of it into the tart shell. The mixture needs to come right to the top, but to avoid spilling it put the partly filled tart into the oven (with the temperature now reduced) and finish filling it with a spoon.

Bake the tart with the oven door ajar, and wait until the filling has become firm. This should take about 35 minutes. Check the firmness of the filling by giving the tin a little shake.

Take the tart out of the tin when it is lukewarm and leave it on a cake rack to cool.

(From: Fredy Girardet, Cuisine spontanee)

[amyl](#)

# Meringue Angel Pie

From: agonzale@wam.umd.edu (Annette Gonzales)

Date: 16 Aug 1993 15:32:04 GMT

6-8 servings  
prep time: 30 - 40 minutes  
Baking time: 40 minutes  
Chilling time: 2-4 hours  
Oven temp: 300 F

## Meringue:

4 egg whites	1/2 tsp. cream of tartar
pinch of salt	1 Cup granulated sugar

## Filling:

4 egg yolks  
1/2 cup granulated sugar  
2 Tbsp. grated lemon rind  
3 Tbsp. lemon juice  
1 cup whipping cream, whipped  
Fresh minth for garnish, optional  
Fresh strawberries, slided or whole  
raspberries, for garnish, optional

1. Whip egg whites with cream of tartar and pinch of salt until frothy.
2. Slowly beat in the 1 cup sugar, 1 tablespoon at a time, beating until meringue is stiff and glossy.
3. Spread meringue into a well-buttered and floured 9-inch pie plate but reserve some for piping around edges.
4. Bake at 300 F for 40 - 45 minutes or until meringue is dry and crisp and top is slightly brown.
5. Meanwhile, beat egg yolks in a bow with the 1/2 cup sugar, lemon rind and lemon juice until fluffy.

6. Place bowl over boiling water. Beat while cooking until thick and creamy. Consistency should be about that of softly whipped cream. Chill.
7. Fold whipped cream into lemon mixture. Turn into meringue shell. Cover.
8. Chill 2 - 4 hours. Garnish with fresh mint and strawberries.
9. Or fill crust with fresh berries. Serve with whipped cream.

[mara](#)

# Mississippi Mud Pie

From: [motyer@med.und.ac.za](mailto:motyer@med.und.ac.za) (Rod Motyer)

Date: Wed, 17 Nov 1993 12:11:11 GMT

Needs a 22cm springform tin, greased and lined

- (1) Crush 200 g digestive biscuits in a plastic bag/food processor.  
Melt 100 - 125 g unsalted butter, add to biscuit, add 100 g plain  
grated chocolate.  
Line base and sides of the tin, refrigerate for 30 minutes.
- (2) In dish 1 melt and mix  
200 g marshmallow with 4 tablespoons milk (microwave Hi 2 mins)  
300 g chocolate
- (3) In dish 2 melt and mix  
100 g marsmallow (microwave Hi 2 mins)  
4 teaspoons instant coffee in 20 ml hot water
- (4) In a bowl whip together  
500 ml thick cream  
30 ml/ 2 tablespoons soft light brown sugar
- (5) Add three quarters of the cream (4) to dish 1 and whisk
- (6) Add one quarter of the cream (4) to dish 2 and whisk
- (7) Pour the chocolate marshmallow mix (5) into the biscuit tin (1),  
then pour the coffee marshmallow mix (6) on top. Swirl the top.
- (8) Chill for 4 hours in the fridge, then serve with cream or ice cream.

[amyl](#)

# Nectarine Pie

From: arielle@bonkers.taronga.com (Stephanie da Silva)

Date: Mon, 20 Mar 1995 17:46:41 GMT

1 9" unbaked pie shell  
4 medium nectarines  
2/3 cup sugar  
4 tablespoons flour  
1/2 teaspoon cinnamon  
1/4 teaspoon almond extract  
1 cup heavy cream  
1/4 teaspoon salt

Combine sugar, flour, salt, cinnamon, cream and almond extract. Set aside. Preheat oven to 400F. Place nectarines in boiling water for 30 to 45 seconds. then plunge into cold water and remove skins. Cut in half and remove pits. Place halves flat side down in pie shell. Pour cream mixture around nectarines and bake 35 to 40 minutes. Serve warm with ice cream.

[amyl](#)

# Orange Freeze Pie

From: cherry@issi.com (Barbara Cherry)

Date: 1 Sep 1993 14:55:05 GMT

A little something to help cool down those last few dog days...

1 deep dish pie shell, baked  
1 pkg (3 oz) orange flavored gelatin  
2/3 cup boiling orange juice (OJ)  
1 cup vanilla ice cream softened  
1 can (11 oz) mandarin oranges, drained  
1 cup La Creme Whipped Topping, thawed

Dissolve gelatin in boiling OJ. Add ice cream by spoonfuls, blending until dissolved. Chill until slightly thickened. Stir in mandarin oranges. Fold in whipped topping. Pour into pie shell. Freeze until firm, about 2 hours. Remove from freezer 15 minutes before serving.

[amyl](#)

# Pecan Delight Pie

From: dhtucker@digilonestar.org (Doug Tucker)

Date: Mon, 19 Jul 93 16:13:16 -0500

3 egg whites, room temperature, beaten stiff  
1 cup sugar  
1 1/4 tsp baking powder  
1 cup crushed (not pulverized) soda crackers  
3/4 cup chopped pecans  
1/2 cup finely chopped dates  
1 tsp vanilla  
whipped topping to cover (preferably real whipped cream)  
optional toasted pecans for garnish

Beat egg whites until stiff peaks form, then combine sugar and baking powder.

Fold in crackers, pecans, dates and vanilla; pour into greased 9-inch pie pan.

Bake at 300deg for roughly 25 minutes or until a toothpick inserted into the center of the pie comes out clean. Beware overcooking!

Allow pie to cool then top with whipped cream and remaining pecans.

Serve in small slices with lots of coffee -- this is REALLY rich.

ENJOY!!!

[mara](#)

# Pecan Pie

From: [patter@hardy.u.washington.edu](mailto:patter@hardy.u.washington.edu) (Brooke Patterson)

Date: 19 Nov 1993 07:39:15 GMT

This recipe is from the kitchen of a wonderful lady named Adair Howell. I got the recipe because I bought her pie at a pie auction during an interesting annual festival in Conway, Arkansas--Toad Suck Daze!!

- 3 eggs
- 2/3 cup sugar
- 1/2 tsp salt
- 1/3 cup melted butter
- 1 cup light corn syrup
- 1 cup pecan halves (or a little more than a cup of crushed pecans)
- 1 9" pie crust, baked

Beat eggs, sugar, salt, butter, and syrup with rotary beater. Stir in nuts. Pour all in crust. Bake 40-50 minutes at 375 F. (Note: It may need to cook longer--bake until the center doesn't "jiggle". It is not a bad idea to cover the pie with aluminum foil to keep the crust from burning--many times it will brown nicely even with the foil; if not, remove the foil for the last 5-10 minutes.)

[amyl](#)

# Pumpkin Pie

From: hammond@odin.scd.ucar.edu (Steve Hammond)

Date: Thu, 14 Oct 1993 19:43:40 GMT

From: richman@uxe.cso.uiuc.edu

Having just watched 40 lbs of pumpkin get stewed down to 32 cups of puree, enjoying a homemade pumpkin pie, and watching a pumpkin cheesecake bake in the oven (yet uneaten), can I interest anyone in trading pumpkin recipes? I'll start off with one pumpkin pie slightly altered from The Little House Cookbook:

## Homemade Pumpkin Pie

-----

### Ingredients:

2 cups stewed pumpkin (slightly drier consistency than applesauce)  
2 eggs  
2/3 cup brown sugar  
1 1/4 cups of whole milk or half-and-half  
pinch salt  
pinch pepper  
2 Tablespoons butter  
2 teaspoons maple syrup  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground ginger

9 inch pie pan filled with your favorite crust  
(We usually cheat and use Pillsbury All-Ready)

### Preparation:

-----

Cut pumpkin into slices 2 inches thick and pare off the skin. Dice the skinned pumpkin into 2 inch cubes, add to a skillet, and add enough water to steam. For a 10 pound pumpkin in a 12 inch skillet, we used 1 cup of water. Cover the skillet and steam on a medium heat for several hours. Keep an eye on the amount of water remaining and when it becomes soft mash it down. Remove the cover from skillet and then when

## Pumpkin Pie

it reaches the texture of applesauce, let it dry out another 10 minutes on a low heat. Measure out 2 cups and put into a bowl. Add 2 T butter to warm pumpkin puree and let it melt.

Preheat oven to 425 degrees (F).

In another bowl, beat the eggs well and beat in brown sugar, milk, salt, pepper, maple syrup, spices and finally the pumpkin mixture. Pour this into the pie shell and place in center oven rack at 425 degrees for 10 minutes. Reduce heat to 350 degrees and continue to bake until the custard is firm. This should take a total of forty minutes in all. Cool and serve.

[amyl](#)

# Pumpkin Pie

From: [arielle@taronga.com](mailto:arielle@taronga.com) (Stephanie da Silva)

Date: Thu, 4 Nov 1993 12:32:27 GMT

	6" Tarts	9" Pie	10" Pie
pumpkin	1/2 cup	1 cup	1 1/2 cups
eggs	1	2	3
milk	1/2 cup	2/3 cup	1 cup
sugar	1/3 cup	2/3 cup	1 cup
salt	1/8 teaspoon	1/4 teaspoon	3/8 teaspoon
ginger	1/8 teaspoon	1/4 teaspoon	3/8 teaspoon
nutmeg	1/8 teaspoon	1/4 teaspoon	3/8 teaspoon
cinnamon	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons
cloves	dash	1/8 teaspoon	1/4 teaspoon
baking time	25 minutes	50 minutes	65 minutes

Evenly brush sides and bottom of a graham cracker crust with one beaten egg yolk. Bake crust for 5 minutes at 375F and remove from oven (put leftover yolk and any egg white into pie filling).

Use any firm pumpkin flesh scraped from a pumpkin. Boil until soft. Drain and mash. Firmly pack pumpkin when measuring and drain off any excess liquid.

Combine eggs, pumpkin, milk (regular, condensed or evaporated), sugar, salt, ginger, nutmet, cinnamon, and cloves. Blend until smooth. Pour into prepared crust and bake at 375F.

[amyl](#)

# Raisin Pie : COLLECTION

From: Charlotte Heath

Date: 18 Mar 1995 05:11:23 -0700

My grandfather used to love raisin pie, but I could not find the recipe in the collection that my grandmother had given me. These recipes came >from Better Homes and Gardens and Betty Crocker, and sound very similar to what I remember.

## Raisin Crisscross Pie - Better Homes and Gardens

1 Cup Packed Brown Sugar  
2 Tbsp. Corn Starch  
2 Cups Raisins  
1/2 Tsp Finely Shredded Orange Peel  
1/2 Cup Orange Juice  
1/2 Tsp Finely Shredded Lemon Peel  
2 Tbsp. Lemon Juice  
1 1/3 Cups Cold Water  
1/2 Cup Chopped Walnuts  
Pastry for Lattice Top Pie

In a sauce pan, combine brown sugar and corn starch. Stir in raisins, orange peel, orange juice, lemon peel, lemon juice, and water. Cook and stir over medium heat until thick and bubbly. Cook and stir 1 minute more. remove from heat, stir in walnuts. Fill a pastry-lined 9 inch pie plate with raisin mixture. Adjust lattice crust; flute edge. Cover edge of pie with foil. Bake at 375 degrees for 20 minutes. Remove foil and bake about 20 more minutes or until crust is golden. Makes 8 servings.

## Pastry for Lattice Top Pie

2 Cups All-Purpose Flour  
1 Tsp Salt  
2/3 Cup Shortening  
6 to 7 Tbsp. Cold Water

In a mixing bowl stir together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of water over part of the mixture, gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into a ball. Divide dough in half. Take half, on a lightly floured surface, flatten dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9 inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to 1/2 inch beyond edge of pie. When pie shell is full with

filling, roll out other half of pie pastry. Cut pastry into 1/2 inch wide strips. Weave strips on top of filling to make a lattice crust. Press ends of strips into rim of crust. Fold bottom pastry over the lattice strips, seal and flute. Bake as directed in individual recipe.

### Raisin Sour Cream Pie - Betty Crocker

9 inch baked pie shell

- follow directions for pie pastry above, except

use 1 1/4 Cups Flour, 1/2 Tsp Salt, 1/3 Cup Shortening, 3 to 4 Tbsp. Cold Water - When shell is rolled out and placed in pie plate, flute edges, and prick the shell (bottom and sides) with the tines of a fork. Bake at 450 degrees for 10 to 12 minutes or until golden. Cool (leave in pie plate) on a wire rack.

1 1/2 Tbsp. Cornstarch

1 Cup plus 2 Tbsp. Sugar

3/4 Tsp Ground Nutmeg

1/4 Tsp Salt

1 1/2 Cups Sour Cream

1 1/2 Cups Raisins

1 Tbsp. Lemon Juice

3 Egg Yolks - Save whites for Meringue

Brown Sugar Meringue

Mix corn starch, sugar, nutmeg, and salt in a 2 quart saucepan. Stir in sour cream. Stir in raisins, lemon juice, and egg yolks. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour into baked pie shell. Prepare meringue

3 Egg Whites

1/4 Tsp Cream of Tartar

6 Tbsp. Packed Brown Sugar

1/2 Tsp Vanilla

Beat egg whites and cream of tartar in a 2 1/2 quart bowl until foamy.

Beat in sugar, 1 Tbsp. at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla.

Spread meringue over filling, carefully sealing meringue to edge of crust to prevent shrinkage or weeping. Bake at 400 degrees until delicate brown, about 10 minutes. Refrigerate any remaining pie immediately. 8 servings, 515 calories per serving.

[amyl](#)

# Raspberry tart

From: r.gagnaux@chnet.ch (Rene Gagnaux)  
Date: Mon, 20 Sep 1993 12:00:00 +0200

Servings: 4

250 g	Sweet flan pastry (9 oz),see	-	Lemon tart
200 g	Raspberries (7 oz)	70 g	Sugar (2 1/2 oz)
1 x	Egg	100 ml	Double cream (scant 1/4 pint)
2 x	Egg yolks		

It is particularly important not to allow the filling of this tart to boil ~ it might do so towards the end of its cooking time.

Pre-heat the oven to 260 oC/500 oF.

Lightly butter and flour an 18 cm ( 7 in) tart tin with a removable base.

Line the prepared tart tin. Blind-bake it for about 10 ... 15 minutes, protecting the edges with aluminium foil. Leave it to cool in its tin.

Reduce the oven temperature to 190 oC/375 oF.

Whisk the egg, egg yolks, sugar and cream together, making sure the sugar dissolves.

Arrange the raspberries on the bottom of the pre-cooked pastry shell, pointed ends facing upwards, in concentric circles. Cover them with the egg mixture.

Bake the tart for about 40 minutes in the bottom of the oven. WATCH VERY CAREFULLY TO SEE THAT THE FILLING NEVER REACHES BOILING POINT.

When the tart has cooled completely, take it out of the tin.

(From: Fredy Girardet, Cuisine Spontanee, M Papermac, ISBN 0 333 40957 4)

[amyl](#)

# Rhubarb Custard Pie

From: RJL@biosci.umtri.umich.edu

Date: 13 Aug 93 13:21:15 EST

Pastry: (see below)

Fruit:

2 1/2 cups rhubarb, diced (3/8" or 1 cm)

Custard:

4 eggs (US large)

1 2/3 cups milk

3/4 cup sugar

1/2 tsp salt

1 tsp vanilla

- 
1. Preheat oven to 450 F.
  2. Prepare your favorite pie crust in sufficient quantity for a 9-inch, one crust pie.
  3. Put the pastry in a 9" pie pan and bake for 10 minutes, then remove from the oven. (This helps assure a fully baked crust under all of the liquid.)
  4. Reduce oven to 325 F.
  5. While crust is baking, prepare fruit. Wash and dice rhubarb. (I think any really tart fruit will work here. I'm looking forward to making this pie with cranberries, gooseberries, and crabapples.)
  6. Prepare custard: In a large bowl, beat eggs together, then add milk, sugar, salt and vanilla. Mix well.
  7. Put fruit in (partially) pre-baked pie shell. Spread evenly. Pour custard over fruit. There should be enough custard that the fruit floats, but not little fruit that pieces of fruit will float

apart.

8. Bake an hour (or more), until custard is set.

9. Serve cool. Refrigerate for storage (this \*is  
milk and eggs, after all.)

[mara](#)

# Shaker Lemon Pie

From: **Pat Dennis**

Date: Wed, 3 Nov 1993 11:58:40 -0500

2 large lemons  
2 cups sugar  
4 eggs, well beaten  
pastry for a 2 crust 9" pie

Slice lemons (unpeeled) paper thin. Add sugar, mix well and let stand at least 2 hours. Add beaten eggs and combine well. Roll half the pastry out and place in pie plate. Fill with lemon mixture, cover with top crust. Cut slits and seal edges. Bake in preheated 450 oven for 15 minutes, then reduce heat to 375 and bake 20 more minutes. Serve at room temperature.

[amyl](#)

# Shoo-fly pie

From: ahd@sunquest.sunquest.com

Date: Fri, 10 Sep 93 08:56:19 PDT

Important note: Traditional Pennsylvania Dutch Shoo-fly pie is made with molasses, but this means a lighter, sweeter sort than what can be found in most modern grocery stores. Unless you have a source for the old-fashioned stuff (I don't), you'll do best to sacrifice authenticity for the sake of flavor and substitute dark corn syrup (such as Karo).

## Wet-Bottom Shoo-Fly Pie

1 deep-dish ten-inch or 2 nine-inch pie crusts, unbaked.

1 cup flour  
2/3 cup dark brown sugar  
2 Tbsp. butter  
1/2 tsp. salt  
1 egg  
1 cup molasses or dark corn syrup  
3/4 cup boiling water  
1/2 tsp. baking soda

Preheat oven to 425' F.

In a small bowl, crumb together the flour, dark brown sugar, butter and salt. Set aside.

In a medium bowl, beat the egg and then gradually stir in the molasses or dark corn syrup until mixed well. In a measuring cup or small bowl, add the baking soda to the boiling water and stir to dissolve. Then add the water to the molasses mixture and stir until well mixed.

Pour the liquid mixture into the pie crust(s). Distribute crumbs by hand, gently and evenly, on top of the liquid (crumbs will partly sink and partly float).

Bake 10 minutes at 425, then reduce heat to 375 and bake another 35 minutes.

This pie is best served at room temperature.

[mara](#)

# Shoofly Pie

From: **Pat Dennis**

Date: Wed, 3 Nov 1993 11:59:03 -0500

1 cup flour  
1 egg, beaten  
1/2 cup brown sugar  
3/4 cup cold water  
2 Tablespoons butter  
1 teaspoon baking soda dissolved in 1/4 cup hot water  
1 cup molasses  
9" unbaked pie shell

Cut flour, sugar, and butter together with a pastry blender until mixture resembles crumbs. Combine other ingredients, and add 1/2 of crumb mixture. Pour into pie shell and sprinkle remaining crumbs on top. Bake at 375 for 35 minutes.

[amyl](#)

# Snickers Pie Recipe

From: skthom@ccmail.monsanto.com ("Sheri K. Thomasson")

Date: Mon, 20 Mar 1995 03:16:56 +0000

This recipe was posted by Betsy Couch:

Snicker's Pie-Bon Appetit June 1993

12 servings

## CRUST

1 1/2 c graham cracker crumbs

1 TBS sugar

6 TBS unsalted butter melted

Heat oven to 350. Combine ingredients and press into a buttered 9" glass pie pan. Bake about 5 min. Cool on rack. Maintain oven temp.

## FUDGE LAYER

6 TBS flour

1/2 tsp baking powder

1/8 tsp salt

1/2 c unsalted butter (cut in pieces)

4 oz semisweet choc. chopped

1 oz unsweetened choc. chopped

1/2 cup sugar

1 lg egg

1 lg egg yolk

1 tps vanilla extract

Sift flour, baking powder and salt into medium bowl. Combine butter and chocolates in a double boiler and stir until melted and smooth. Cool slightly. Using an electric mixer beat sugar, egg and egg yolk in a medium bowl until slightly thickened. Add vanilla and cooled chocolate mixture and mix until well blended. Add dry ingredients and mix until just combined. Pour into crust and bake until almost set (about 17 min.) Cool on rack for 10 min.

Cut up about 8 1/2 oz Snicker's bars and place on fudge layer.

## CREAM CHEESE LAYER

Snickers Pie Recipe

10 oz cream cheese, room temp.  
1/3 c sugar  
1 lg egg  
1 tsp vanilla extract

With an electric mixer, combine cheese and sugar, add egg and vanilla and beat until smooth. Spread mixture over Snicker's and bake for about 15 min. or until set. Cool on rack.

Melt 2 oz milk chocolate and 2 TBS whipping cream to drizzle on top. Ref. and serve chilled.

Enjoy!

This reminds me of a pie called Mud Slide that I had in a Friday's restaurant here, only they used chunks of fudge over a chocolate crusted layer of cheesecake and drizzled caramel sauce over the top! Can you imagine the calories!!

Hope this helps,

Betsy Couch  
couchb@delphi.com

--

Sheri Thomasson

skthom@ccmail.monsanto.com

[amyl](#)

## Sour Cream Raisin Pie

From: howard@cs.uiuc.edu

Date: Wed, 14 Jul 1993 14:12:42 GMT

Reprinted without permission from the Target

2c Sour Cream  
4 Egg Yolks  
1 3/4c Sugar  
4tsp Flour(heaping)  
1 1/2c Raisins

1 baked 10-inch single-crust pie shell

Meringue

Yields 1 (10-inch) pie

"Stir the sour cream and yolks in a heavy medium saucepan. Add the sugar. Dump in the flour, then raisins, and mix using a wooden spoon. Cook over medium heat until the raisins are plump and the filling is glossy (about 5 minutes after a full boil, or just a little longer, depending on your burner).

"Cool the filling slightly, then pour into the cool crust. Preheat oven to 400. Prepare meringue and spread onto pie. Put the pie in the oven. Watch closely for 15 to 20 minutes, then take it out when the peaks are golden brown. Let it cool. Eat immediately or keep in a cool room. Do not refrigerate unless keeping it overnight."

Meringue: Place 12 medium egg whites in bowl. Add 1/4 heaping teaspoon cream of tartar. Beat until stiff, using an electric mixer on high speed. Add 2 cups powdered sugar and beat until meringue forms soft peaks. Using a "licker" (a rubber spatula), spread onto pie filling, making a good seal with the edge of the crust. The person who does this recipe says that large eggs don't do well with this - she uses small eggs...

I hope this is the recipe that the person on rec.food.cooking was looking for. I can't say how this recipe works - as I haven't used it - however, this recipe is from the cookbook written by Helen Myhre who owns the Norske Nook in Osseo, Wisconsin... Apparently this cafe came into national recognition a while back - Willard Scott ate there as well as Charles Kuralt... She claims that her recipes are just plain farm cooking.

Enjoy :}

bonnie - I love to bake cookies

[mara](#)

# COLLECTION: Sweet Potato Pie

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 9 Aug 1993 07:31:39 GMT

## Lucille's Sweet Potato Pie

6 medium Sweet potatoes (use the rounder ones)  
3 sticks of butter  
1.5 cup sugar (2 cups if you want)  
3 eggs (beaten)  
1 tsp cinnamon  
1 tsp allspice  
1/4 tsp salt

2 - 9" pie crusts

Boil sweet potatoes in their jackets until cooked. - thin knife goes through. Beat the eggs. Put butter & sugar in a large bowl. Peel hot potatoes - with knife cut top and peel down, removing any stringiness from the potato with the skin, cut bottoms. Place hot peeled potatoes on the butter in the bowl with sugar, CRUSH together. Add beaten eggs. Stir in spices (to taste).

Pour into two unbaked pie crusts. (consistency of pumpkin pie mix)  
Bake at 350F until brown

## Sweet Potato Pie

### INGREDIENTS (Serves 3-8)

1 1/2 lb sweet potatoes  
1 cup granulated sugar  
12 Tbsp unsalted butter (or use corn-oil margarine)  
2 eggs  
1 tsp vanilla  
1/2 tsp nutmeg  
1 pie crust, unbaked

Boil potatoes until tender (20-30 minutes). Drain and peel.

In a blender, put the potatoes, sugar and butter. Mix up a little, then add eggs, vanilla and nutmeg.

Blend ingredients together well, until mixture is very smooth.

Pour into unbaked pie shell and bake at 375 deg. F for 45-55 minutes

until filling is set.

Gateau de Patate  
((Sweet Potato Pie))

Preheat oven to 425F degrees

For the crust:

1-1/2 cups flour  
3 Tbs. sugar  
1/2 tsp. salt  
1/8 tsp. cinnamon, ground ginger, ground  
allspice, nutmeg (each)  
pinch ground cloves, white pepper (each)  
1/2 cup shortening  
3-4 Tbs. orange juice, chilled  
1/4 cup unsweetened grated coconut, lightly  
toasted

For the filling:

2/3 cup raisins  
1/2 cup dark rum  
4 eggs  
1/2 cup sugar  
1 cup dark brown sugar, packed  
3 Tbs. butter, melted  
2-1/2 cups cooked sweet potatoes, mashed  
1/2 tsp. salt  
1/4 tsp. nutmeg, ground allspice (each)  
pinch ground cloves  
1 cup heavy cream, scalded  
3 ripe bananas, mashed

For the topping:

1 cup unsalted cashews, halved  
3 Tbs. butter  
1/4 cup light brown sugar, packed

To make crust: Sift together the flour and other dry ingredients into a bowl. Add the shortening, cut into bits, and blend until the mixture resembles meal. Add the orange juice, toss until it is incorporated, and form the dough into a ball. Dust it with flour, wrap in wax paper, and chill for 2 hours. Then roll out dough 1/8 inch thick on a lightly floured surface and fit it into a deep 10-inch pie plate. Trim off excess leaving a 1-inch overhang and fold the overhang to make a decorative edge. Sprinkle the shell with the coconut, pressing it lightly into the dough, and chill, covered, for at least 15 minutes.

To make filling: Macerate the raisins in the rum. Beat the eggs with the white sugar until very thick, then beat in the dark brown sugar and melted butter and beat until well combined. Stir in the

remaining ingredients and the rum raisin mixture.

Pour the filling into the pie shell and bake in the lower third of the oven for 30 minutes, then reduce heat to 375F, transfer the pie to the middle of the oven, and bake 15 minutes more, or until a knife inserted in the center comes out clean.

To make the topping: In a skillet saute the nuts in the butter for 2 minutes, stirring constantly. Transfer them to a bowl with a slotted spoon and toss with the brown sugar until they are coated. Spread on a plate to cool. Arrange the nuts close together on top of the pie and run under a preheated broiler for 1-2 minutes or until the nuts are glazed. Cool the pie on a rack.

Serve with whipped cream.

Shortening: The recipe called for lard, but I used butter and it worked fine. I also used the food processor (on pulse) to make the dough, and it worked beautifully. But after 2 hours in the fridge the dough was like a rock; so either don't chill it that long or allow for plenty of time for it to get soft enough to roll out. (I did the latter perforce.)

I cut down the amount of dark brown sugar to about 2/3 cup and this was about right for my taste; you may want to do likewise (or contrariwise) for yours. And I substituted pecans for the cashews: good.

Also remember that if you use a pyrex pie plate the oven temperatures should be 25F lower than specified here (I forgot and it cost me the decorative edge of the crust).

Title: Sweet Potato Pie

3 ea large sweet potatoes  
 2 ea Eggs, separated  
 1/4 t nutmeg  
 1/4 t salt  
 2 T brown sugar  
 1 ea Prepared pie crust  
 2 T powdered sugar

Boil sweet potatoes until tender. Peel and mash. Preheat oven to 300 degrees. Beat in egg yolks, nutmeg, salt, and brown sugar, then stir until potatoes are creamy. Spoon sweet potatoes into pie crust and bake for 25 minutes, until crust is golden. Cool. Beat egg whites with powdered sugar until stiff. Spread meringue over top of pie, and bake at 300 degrees until meringue is lightly browned. Serve hot.

## Sweet Potato Pie

3/4 c. lightly packed light brown sugar  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
2 Tb. molasses  
1 1/2 c. mashed cooked sweet potatoes (3-4 large potatoes)  
2/3 c. half and half  
2 eggs, separated  
6 Tb. dry sherry  
1 partially baked 9" pie shell

Mix sugar, salt, cinnamon and nutmeg. Add molasses and sweet potatoes; beat well. Stir in half and half, egg yolks, and sherry. Beat the whites till stiff, fold in, and pour into partially baked pie shell. Put in a preheated 425 degree oven. Reduce heat to 375 and bake about 35 min., until pie is browned and set in the middle. Serve warm or cold with whipped cream.

[mara](#)

# Tarte Tatin : COLLECTION

From: **Iain G Liddell**

Date: Fri, 5 Nov 93 11:41:43 GMT

I now find that even my conventional TT is not traditional, since the apples are not cooked on top of the hob.

However, here are my two TT recipes if you want to use them - the micro-TT is very useful since it is "a deux".

-----  
(serves 6)

(oven preheated 200C/400F)

Pate brisee  
-----

2 cups      all-purpose flour  
1            egg  
0.5 tsp     salt  
3 Tbs       heavy cream  
0.75 cup    unsalted butter

Place flour in large bowl: place other ingredients in well in centre.

Gradually blend ingredients into pastry.

Chill 2 hrs before rolling out 5mm thick to 25cm diameter.

Keep pastry cool.

Fruit topping  
-----

0.5 cup     unsalted butter (softened)  
0.33 cup    brown sugar  
0.33 cup    white sugar  
4-5         tart firm cooking apples

Mix sugars together.

Butter thickly a 22cm tart pan: cover with 0.5 cup sugars.

Peel, core and slice apples: lay on sugar in neat pattern.

Dot with remaining butter.

Cover pan with pastry (to overhang).

Bake @ 200C/400F for 25 mins.

Turn pan upside-down onto plate: lift off pan to reveal tart.

If necessary, broil until apples are caramelised.

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Based on: Jules Bond: The French Cooking I Love (Amiel, NY, 1970s).  
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Micro Tarte Tatin (serves 2)

=====

One-third portion of Pate Brisee as above, rolled 3mm thick  
to diameter of 15cm.

- 4 tart eating apples
- 50g unsalted butter
- 80g dusting sugar

Heat microwave browning plate @ 100% for 8 mins.

Peel and core apples: cut each into 12 wedges.

Melt one-third of butter on browning plate: place apples  
on plate and dust with sugar.

Cook uncovered @ 100% for 2 mins.

Transfer apples to 15cm diameter Corning dish: dot with  
remaining butter.

Cook @ 70% for 3 mins and turn over apples.

Cover (carefully - hot!) with pastry: pierce holes in pastry.

Cook @ 70% for 3 mins, ignoring pastry 'bubble-up'.

Turn dish upside-down onto serving plate: allow 5-6 mins to  
cool before lifting off dish.

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My own translation/interpretation from

Celine Vence: 'Le micro-ondes au quotidien' (1988)

Guides Marabout, Alleur (Belg.). ISBN 2-501-01005-1.

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[amyl](#)

# Tart Tatin

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Wed, 3 Nov 1993 11:00:00 +0100

The 'tarte tatin', a 'reversed' french apple pie ... I apologize for my english, because the 'tarte tatin' is difficult to describe without pictures :-)

Categories: Pies

Servings: 6

300 g Puff pastry (2/3 lb)  
200 g Sugar (7 oz)  
100 g Butter (3 1/2 oz)  
2 kg Apples (4 3/8 lb), peeled,  
-- cored, cuted in halves

For a 26 cm (10.2 in) diameter pie form

Roll out the pastry ( 2 mm, 1/10 in, thick) to a 30 cm (11.8 in) disc and leave it to rest in the refrigerator.

Pre-heat the oven to 220 oC (435 oF).

Butter a 26cm-diameter disc of baking parchment and carefully line the base of the tin with it. Spread the sugar over the paper, shaking it evenly over the surface, place in the middle of the oven and bake for some 8 minutes to caramelize the sugar. Keep care !! Caramelize to light golden brown !! Then add the butter, let it melt, tttotoo and leave to cool a little.

(You can try without baking parchment: it's difficult to unmold !!)

Place the halved apples vertically side by side (i.e. they MUST be higher than the rim of the tin !). Bake for some 25 minutes (at the same temperature), tttotoo.

'Line' (i.e. cover) the apples with the pastry disc . Bake for 20 ... 25 minutes (at the same temperature), tttotoo.

Let cool 5 minutes on a rack, then turn over and unmold the 'tarte tatin' on a plate, remove the baking parchment.

The 'tarte tatin' look now like an apple pie :-)

Serving: warm or lukewarm with 'creme chantilly'

(tttooto = take the tin out of the oven !!)

MMMMM

[index](#)

# Triple-Tier Chocolate Pie

Subject: Triple-Tier Chocolate Pie

Date: Mon, 9 Aug 1993 07:27:12 GMT

Baked Pastry Shell

3 egg whites

1/2 teaspoon vinegar

1/4 teaspoon ground cinnamon

1/2 cup sugar

1/2 of a 16 ounce package marshmallows (about 30)

1 cup milk

1 cup whipping cream

2 squares (2 ounces) unsweetened chocolate, coarsely chopped

1/8 teaspoon salt

1 teaspoon vanilla

1/2 cup chopped walnuts

For meringue shells, in a small mixer bowl combine egg whites, vinegar, and cinnamon. Beat with electric mixer on medium speed till soft peaks form. Gradually add sugar. Spread over the bottom and up the sides of baked pastry shell. Bake in a 325 oven for 15 minutes. Remove from oven; cool on wire rack.

Meanwhile, for filling heat marshmallows, milk, 1/4 cup of the whipping cream, chocolate, and salt till marshmallows and chocolate are just melted. Stir in vanilla; cool without stirring. Beat remaining whipping cream to soft peaks. Fold the whipped cream and nuts into the chocolate mixture. Chill till the mixture mounds when spooned. Turn into the baked meringue shell. Chill till firm. Cover and chill to store.

--

[mara](#)

# Wine Tart

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sat, 18 Sep 1993 12:00:00 +0200

Categories: Desserts, Pastry

Servings: 6

140 g Plain flour (5 oz)	1/2 ts Sugar
1 ts Baking powder	3 tb Milk
60 g Unsalted butter (2 1/4 oz)	Butter and flour for the
1 ds Salt	- tart tin

120 g Caster sugar (4 oz)	100 ml Good dry white wine (scant
1 ts Ground cinnamon	- 1/4 pint)
10 g Plain flour (1/4 oz)	15 g Butter (approx. 1/2 oz)

This a recipe from the Swiss district "Vaud": both the pastry and the filling are local specialities.

Pre-heat the oven to 260 oC/500 oF. Lightly butter a tart tin with a removable base 20 cm (8 in) in diameter.

Pastry: put the flour, baking powder and softened butter together in a large bowl. Add the salt and sugar. Rub all the ingredients together with your fingertips until the mixture resembles coarse semolina. Add the milk and mix it in lightly and rapidly with your fingers, without exerting any pressure. Form the pastry into a ball, using it to collect all the loose flour. If need be, add another drop or two of milk.

Do not let the pastry rest, but roll it out straight away to fit the prepared tart tin. The pastry should be only 3 mm (1/8 in) thick and should extend well beyond the rim. Ease the pastry into the base of the tin by pressing gently into the corners with a small ball of dough, but arrange for the spare pastry at the top of the tin to project as a little horizontal fold or lip about 1 cm (3/8 in) wide and 1 cm deep inside the tin. There is now much less spare pastry all round the outside of the tin. Press the pastry down on top of the rim with your thumb and trim it off neatly by rolling the pin across the tin.

Press the fold of pastry inside the tin upwards (the rolling pin should have passed over it without touching it at all). Work fast, with your fingers inside the rim. You now have a border standing up all round the top of the tin, with the lower, outside edge firmly attached to the rim. Pinch this border between your finger and thumb with tweaking movements, at intervals of 1 cm (3/8 in) to make a little fluted edge all round the

top of the tart.

Mix the sugar, cinnamon and flour together. Strew this mixture all over the bottom of the tart. (This is a liquid filling so the bottom of the tart is not pricked with a fork). Pour the wine over the sugar mixture and mix it with your fingertips. Dot the surface with the butter, in flakes.

Cook the tart in the bottom of the pre-heated oven for 15 ... 20 minutes, turning it from time to time to equalise the heat and to prevent bubbles forming.

Leave the tart to cool before taking it out of the tin.

(From: Fredy Girardet, Cuisine spontanee)

[amyl](#)

# Savory Pie Recipes

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- [Leftover Turkey Pie](#)
- [Quiche \(1\)](#)
- [Quiche with Crab and Fennel](#)

[amyl](#)

# Alsatian Tart Flambe'

From: jsvrc@rc.rit.edu (J A Stephen Viggiano)

Date: Wed, 11 Aug 1993 19:43:07 -0400 (EDT)

Doctor FORTRAN's Alsatian Tart Flambe'

Per serving:

- 1 Wheat Tortilla
- 1/4 cup Swiss Cheese, grated fine
- 2 Tablespoons minced onion
- 1 Tablespoon cooked bacon bits (or 2 Tablespoons minced ham)

Distribute the last three ingredients on top of the tortilla. Brown under the broiler until the cheese starts to bubble. The "flambe'" in the name is there because the dish is traditionally "licked by the flames." How close the flames get to your version is a matter of personal taste.

[mara](#)

# Chicken Broccoli Cheese Quiche

From: [sandyv@ux1.cso.uiuc.edu](mailto:sandyv@ux1.cso.uiuc.edu) (Sandy Vavrinek Seehusen)

Date: 2 Nov 1993 14:50:14 GMT

I had a craving for quiche this weekend and concocted this recipe from the Betty Crocker basic quiche recipe. It turned out rather well, in fact well enough that I wanted to share.

1 pie crust, single  
1 med onion, chopped  
3-4 oz chicken, (one breast filet) cubed  
1 cup broccoli, (1 bunch) chopped  
1 1/2+ cups cheese, havarti/swiss, shredded  
4 eggs  
1 cup milk  
1 T flour  
1/2 t nutmeg  
dash tabasco  
salt/pepper to taste

This recipe seemed to work best if you prepared all the ingredients first, like stir fry. I used the food processor for everything except the chicken. Worked great even on the cheese, which came out like little tiny droplets. I used a mixture of 1/2 havarti and 1/2 swiss.

deflower broccoli, reserve smaller flowerettes, put the rest in the food processor and chop coarsely. Ditto for the onion. Cut the chicken into cubes. (The only reason for the broccoli flowerettes is personal preference. I like my quiche chunky. You can process the whole thing if you want.)

Sautee the onion and chicken in a pinch of butter or drop of oil until chicken is done, (about 6 minutes depending on how small you cut your chicken). Whisk eggs and milk together. Add flour. Add nutmeg liberally, this is a key ingredient. Stir in tabasco, broccoli, and cheese.

Line pie plate or quiche dish with pie crust. Bake at 450 for about 4 minutes, just until it starts to brown. You have to be careful here, to make sure the crust doesn't bubble up. either prick the crust before baking or line with tin foil for the first couple minutes to help it keep it's shape. (reduce heat to 325)

While crust is still hot, place broccoli flowerettes in dish and pour the egg mixture over the top. Continue baking at 325 for 45-50 minutes

until you have a nice golden crust and a knife inserted near the center comes out clean. Let stand 10 minutes. Serve. Feeds 4-6.

Favor: if you try this and like it, please send me a little email and let me know what you think. If you have suggestions for improvement or variations, send those too. Even better, if you'd like to mail me your favorite Italian beef recipe in exchange, I'd be ever so grateful!

Enjoy!

sandyv

[amyl](#)

# German Onion Pie

From: blazekm@a.cs.okstate.edu (Blazek Michael W)

Date: Thu, 9 Sep 93 23:21:56 GMT

Cross Indexed - Savory Pies and German

(Zweibelkuchen)

Copied without permission from Jeff Smith's The Frugal Gourmet on our Immigrant Ancesters.

4 thick slices of bacon, diced  
2 cups peeled and chopped yellow onion  
2 eggs, beaten  
1 cup sour cream  
1 tblsp flour  
1/2 tsp salt  
1/4 tsp fresh ground black pepper  
1 9-inch pie shell, unbaked

Preheat oven to 400 degrees f

Saute bacon. Drain most of the fat from the pan. Add the onions and saute until clear. Do not brown. Set aside to cool.

Beat the eggs and sour cream together in a medium-sized bowl. Sprinkle the flour over the top and beat it in. Stir in the salt and pepper.

Prick the bottom of the pie shell several times with a fork. Spread the onions and bacon over the bottom of the pie shell. Pour the sour cream mixture over the top.

Bake for 15 minutes. Reduce heat to 350 degrees f and bake for another 15 minutes or until pie is nicely browned. Serve hot!

Try it! It's GREAT!

[amyl](#)

# Leftover Turkey Pie

From: laurah@ac.dal.ca

Date: 12 Oct 93 13:05:45 -0300

An old friend managed to find this recipe for me. It is simple but extremely tasty.

1.5 cups cooked turkey (cubed)  
1 cup cooked potatoes (cubed)  
1 cup cooked vegetables (try peas & carrots mix)  
1 10 oz. can of cream of chicken soup  
1/2 cup milk  
1 tbsp. minced onion  
1/2 tsp. poultry seasoning

CRUST: 1 cup Bisquick mix  
1/4 cup milk

Combine the first seven ingredients in a medium casserole dish. Bake uncovered at 450 F for 15 minutes then stir.

Meanwhile prepare biscuit crust using milk and Bisquick. It should be firm enough to knead and roll - not too sticky. Cut out biscuits in circles or decorative shapes and lay on top of hot turkey and vegetables.

Bake uncovered at 450 F for another 15 minutes.

For a thinner pie, use a larger dish and double the biscuit recipe.

[amyl](#)

# Quiche (1)

From: Julie Wright julie@cucbs.chem.columbia.edu

Date: Mon, 30 Aug 1993 02:36:00 -0400

Here's an all-purpose quiche recipe. I put it together from the suggestions in various cookbooks.

a pie crust (9- or 10-in pan)

1 egg white

1/4 - 1/3 pound grated cheese (Gruyere is best; cheddar is good too)

3 eggs

1/2 cup light cream (or half and half)

1 cup heavy cream

1/4 teaspoon nutmeg

1/2 teaspoon salt

1/4 teaspoon white pepper (black is OK too)

One or more of the following fillings:

5 or 6 bacon strips, cut into 1-inch pieces and cooked

1/4 pound sliced ham, fried slightly (brings out flavor)

scallions (about 1 bunch), chopped and sauteed in butter

mushrooms (about 10 ounces), sliced and sauteed in butter

spinach (one bunch), chopped, steamed, and drained

Beat egg white slightly, and spread a thin layer of egg white over uncooked pie crust. Prebake the pie crust at 425 F (400 for a glass pan) for 10-15 minutes. Let cool.

Place cheese in crust. Add one or more of the fillings (about 1 - 1 1/2 cups filling(s) total).

Mix eggs, both kinds of cream, and spices. Pour gently on top of cheese and filling(s).

Bake at 375 F (350 for glass pan) for 45 minutes, or until a knife inserted in the middle comes out clean.

(I use the Basic pie crust from the New York Times Cookbook.)

[mara](#)

# Quiche with Crab and Fennel

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Wed, 15 Sep 1993 12:00:00 +0200

Servings: 4

175 g Plain flour  
1/4 ts Salt

40 g Lard  
40 g Butter

175 g Cooked crab meat, flaked  
1 tb Fennel leaves, chopped  
150 ml Milk  
150 ml Cream

2 Eggs (large)  
Anchovy essence (or paste)  
1 ts Tomato puree  
Salt and pepper

Heat the oven to 200 oC (400 oF).

Make the pastry in the usual way, roll out thinly and use to line a greased 18cm flan ring.

Spread the flaked crabe meat over the base of the pastry case and sprinkle with chopped fennel leaves. Lightly whisk together the milk, cream, eggs, a few drops of anchovy essence, salt, pepper and tomato puree. Pour this mixture over the crab and fennel.

Bake in the centre of the oven for 15 minutes. Reduce the heat to 180 oC (350 oF) for further 25 minutes (or until the quiche is golden and set).

(From: A feast of Scotland, Janet Warren)

[amy](#)

# Baked Pastry Shell

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 9 Aug 1993 07:27:54 GMT

1 1/4 cups all purpose flour  
1/2 teaspoon salt  
1/3 cup shortening or lard  
3 to 4 tablespoons cold water

In a mixing bowl combine flour and salt. Cut in shortening or lard till pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to sides of bowl. Repeat till all is moistened. Form dough into a ball.

On a lightly floured surface flatten dough with hands; roll from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9-inch pie plate. Ease the pastry into pie plate, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate; fold under extra pastry. Make a fluted edge. Prick bottom and sides of pastry with a fork.

Bake in a 450 oven for 10 to 12 minutes or till golden.

[mara](#)

# Phyllo Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 2 Sep 93 13:29:29 +0200

## Contents

- [Fillo Pastry \(Michael S. Schechter\)](#)
- [Phyllo Cheese Pastries \(Stephanie da Silva\)](#)
- [Plum Tomato Tart \(Brett Jones\)](#)
- [Poppy And Sesame Seed Straws \(Brett Jones\)](#)
- [Smoked Trout Tartlets \(Brett Jones\)](#)
- [Spiced Lamb Triangles \(Brett Jones\)](#)
- [Spicy Phyllo Cups \(Stephanie da Silva\)](#)
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- [Tips For Handling Phyllo \(Brett Jones\)](#)
- [Yummy Fillo Filling \(1\) \(Michael S. Schechter\)](#)
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- [Yummy Fillo Filling \(3\) \(Michael S. Schechter\)](#)

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From: isr@rodan.acs.syr.EDU (Michael S. Schechter)

FILLO PASTRY  
=====

To Make Pastry:  
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Open package, cut roll of pastry into thirds. Unroll one of them, lay out flat so you can easily take the 1/3-sheets of it.

Take one, lay out flat on wax paper. Brush both ends with melted butter, brush middle area sparingly with butter. Put 1 to 2T of filling at an end. roll over it once.

Now fold it up like a flag gets olded, into triangles. When you reach 1 fold away from other end, slide the whole thing down your paper, and put another sheet on the end. Brush 'meeting area', brush other end, brush middle sparingly. Continue folding. At end, stick still a third sheet on. that's the last one. When it's all folded, brush some butter on

outside. Put on wire rack off to side.

For cooking, put wire rack over pan or cookie sheet, cook at 400 for 15-20 min.. (check 'em after 12 or so, they're done when they look golden-brown)

You can also use only 2 sheets per pastry, but they're more fragile. Trying to avoid butter, I've tried olive oil, corn oil, water, beer, and rice flour/water mix. Nothing else works.

They seem like they should refrigerate very well.. the skin gets firm after sitting 15 min on a counter as the butter hardens.. The non-meat ones should last a while if in a freezer bag I the fridge.

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From: arielle@taronga.com (Stephanie da Silva)

PHYLLO CHEESE PASTRIES

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Ingredients:

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- 1 lb muenster cheese
- 2 eggs, lightly beaten
- 1 TB chopped parsley
- 1 lb frozen phyllo dough
- 2 sticks melted butter

Instructions:

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Grate the muenster cheese finely in a food processor or with a hand grater. Add eggs and parsley and blend well.

Remove the phyllo dough from the freezer and gently unroll. With a sharp knife, slice dough into thirds, lengthwise, so that each is approximately 4" x 12". Re-wrap two thirds of the dough in plastic and return to the freezer.

Tear a large piece of wax paper and place on counter. Working quickly, take one sheet of phyllo dough and brush liberally with butter. Top with two more sheets of phyllo, brushing each with butter. Place approximately 1 TB of cheese mixture at one end of the buttered sheets, 1 inch from the edge. With your fingers, roll the dough over the cheese mixture twice. Fold in the edges of the dough and continue rolling tightly until the end. (Be careful not to tear the dough or roll too loosely, otherwise the cheese will spill out when baking). Place seam side down on a cookie sheet and brush tops with butter. Repeat with

remaining phyllo sheets. Bake at 400 degrees for approximately 15 minutes or until golden and crispy.

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From: bcj@cyberspace.com (Brett Jones)

Source: Eating Well, May/June 1993.

PLUM TOMATO TART  
=====  
(Servings: 40)

Ingredients:

- 
- 1 large Egg white
- 3 tblsp Olive oil
- 6 Phyllo dough sheets (14x18")
- 5 tsp Breadcrumbs; dry
- 1/3 cup Dijon mustard
- 1/4 cup Parmesan cheese; freshly grated
- 1 lb Plum tomatoes (about 8)
- 2 tblsp Parsley; fresh (chopped)
- 1 tsp Thyme; fresh, or 1/2 tsp drier

Instructions:

-----  
Set oven rack on the upper level; preheat to 400 degrees F. Lightly coat a baking sheet with nonstick cooking spray or line with parchment paper. In a small bowl, whisk together the egg white and 2 tablespoons olive oil.

Lay a sheet of phyllo on the prepared baking sheet, and with a pastry brush, lightly coat the surface with the egg-white mixture. Sprinkle with 1 tsp breadcrumbs. Repeat this step, layering 4 more sheets of phyllo on top and brush with egg-white mixture. To form an edge to the tart, carefully roll over the edges toward the center, using the blade of a knife to help you get started.

With a rubber spatula, spread mustard over the surface of the dough and sprinkle with cheese. (The tart can be prepared ahead to this point. Wrap and freeze for up to 2 months. Do not thaw before continuing.) Arrange tomato slices on top in 5 rows of 8 slices each. Bake for 15 to 20 minutes, or until the pastry is golden brown. Let cool in the pan for 5 minutes. In a small bowl, combine the remaining 1 tablespoon olive oil, parsley, garlic and thyme. With your fingers or a fork, dab some of the herb mixture onto each tomato slice. Slide the tart onto a serving platter or, if you wish to serve bite-sized appetizers, slide it

onto a cutting board and with a sharp knife or pizza cutter, cut the tart into squares between the tomato slices. Serve warm or at room temperature.

32 calories per piece: 1 g protein, 1 g fat, 4 g carbohydrate; 40 mg sodium; 1 mg cholesterol.

\*\*"The tangy mustard is a pleasing accent to the sweet tomatoes in this easy-to-prepare appetizer."

Submitted by Carole Furuya

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From: bcj@cyberspace.com (Brett Jones)

Source: Eating Well, May/June 1993.

POPPY AND SESAME SEED STRAWS

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(Servings: 60)

Ingredients:

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- 2 tblsp Poppy seeds
- 2 tblsp Sesame seeds
- 1 large Egg white
- 2 tblsp Olive oil
- 1/4 tsp Salt
- 6 Phyllo dough sheets (14x18")

Instructions:

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Preheat oven to 400 degrees F. Lightly coat 2 baking sheets with nonstick cooking spray or line with parchment paper. Heat a small heavy skillet over medium heat. Add the poppy and sesame seeds and cook, stirring until they are aromatic and toasted, 2 to 3 minutes. Turn out onto a plate to cool. In a small bowl, whisk together egg white, oil and salt.

Lay a sheet of phyllo on a work surface with a short side toward you. With a pastry brush, lightly coat the lower half of the sheet with the egg-white mixture and sprinkle with 1 tsp. seeds. Fold the upper half over to cover the lower half. Brush the right half of the folded sheet with egg-white mixture, sprinkle with 1/4 tsp. seeds and fold the left half over the seeds. Brush the bottom half of the folded sheet with the egg-white mixture, sprinkle with 1/4 tsp. seeds and fold the upper half

over. Finally, brush the top with the egg-white mixture and sprinkle with 1/4 tsp. seeds. Cut into 10 short strips using a knife or serrated pastry cutter. With a wide spatula, transfer the strips to the baking sheet, placing them about 1/2 inch apart. Repeat the procedure with the remaining 5 sheets of phyllo, egg-white mixture and seeds. Bake the straws for 8 to 10 minutes, until golden and crisp. Transfer to a rack to cool.

The straws may be stored in an airtight container at room temperature for 1 week or in the freezer for up to 2 months.

Makes about 5 dozen straws.

19 calories per straw: 1 g protein, 1 g fat, 3 g carbohydrate; 23 mg sodium; 9 mg cholesterol.

Submitted by Carole Furuya

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From: bcj@cyberspace.com (Brett Jones)

SMOKED TROUT TARTLETS

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(Servings: 48)

Ingredients:

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Phyllo Tart Shells:

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- 1 large Egg white
- 2 tblsp Olive oil
- 1/4 tsp Salt
- 8 Phyllo dough sheets (14x18"

Smoked Trout Filling:

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- 2 pkg Cream cheese, low-fat (8 oz)
- 1/2 lb Trout fillets; smoked, skin and pin bones removed
- 1/3 cup Scallions; chopped (2 scall
- 4 tsp Horseradish; well drained
- 1 cup Cucumber; shredded

Instructions:

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To make phyllo tartlet shells:

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Preheat oven to 325 degrees F. Lightly coat 2 mini-muffin pans with nonstick cooking spray. In a small bowl, whisk together egg white, oil and salt.

Lay a sheet of phyllo on a work surface and with a pastry brush, lightly coat it with the egg-white mixture. Lay a second sheet smoothly on top, taking care to line up the edges before setting the sheet down. (Once you set down the sheet, it cannot be moved.) Brush with the egg-white mixture and repeat with 1 more sheet. Lay a fourth sheet on top but do not brush it.

With a knife, cut the dough into 4 strips lengthwise and 5 strips crosswise, making 24 squares. Press squares into muffin cups and bake for 8 to 12 minutes, or until golden brown and crisp. Transfer the tartlets to a rack and let cool. Repeat the procedure with the remaining 4 sheets of phyllo and egg-white mixture. (The baked tartlet shells may be stored in a closed container at room temperature for 1 week or in the freezer for up to 2 months.)

To make smoked trout filling:  
-----

In a food processor, combine cream cheese and smoked trout; process until fairly smooth. Add scallions and horseradish and pulse until just combined. (Alternatively, finely mince the smoked trout with a knife and combine with the cream cheese, scallion and horseradish in a small bowl.) (The smoked filling may be made ahead and refrigerated for up to 2 days.) Shortly before serving, spoon or pipe about 1 heaping tsp. of filling into each tartlet shell and garnish with shredded cucumber.

50 calories per piece: 3 g protein, 2 g fat, 5 g carbohydrate; 94 mg sodium; 5 mg cholesterol.

\*\*"The rich, creamy filling contrasts with the pleasant crunch of the tartlet shell." --From Eating Well, May/June 1993.

Submitted by Carole Furuya

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From: bcj@cyberspace.com (Brett Jones)

Source: Eating Well, May/June 1993.

SPICED LAMB TRIANGLES  
=====  
(Servings: 24)

Ingredients:  
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Lamb Filling:  
-----

1/2 cup Raisins; golden (chopped)  
2 tblsp Pine nuts  
2 tsp Olive oil  
1 Onion, finely chopped  
2 Garlic cloves, finely choppd  
1/2 lb Ground lamb; lean  
2 tsp Cumin; ground  
1 tsp Cinnamon; ground  
3/4 tsp Allspice; ground  
1/4 cup Chicken stock (defatted, with reduced sodium)  
1/4 cup Parsley; chopped fresh  
1 1/2 tblsp Lemon juice; fresh  
Salt and pepper, to taste

Phyllo Pastry:  
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1 large Egg white  
2 tblsp Olive oil  
1/4 tsp Salt  
8 Phyllo dough sheets (14x18")  
1 tsp Poppy or sesame seeds or a combination

Instructions:  
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To make lamb filling:  
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In a small bowl, cover raisins with boiling water and let steep for 5 minutes; drain and set aside.

Set a large nonstick skillet over low heat and add the pine nuts. Cook, stirring, until well toasted, 3 to 4 minutes. Turn out onto a plat to cool. Chop pine nuts and reserve. Add oil to the skillet and heat over medium heat. Add onions and garlic; saute until softened and beginning to color, 3 to 5 minutes. Add lamb, cumin, cinnamon and all-spice; cook, stirring, until the lamb is no longer pink, 2 to 3 minutes. Transfer to a colander and drain off fat. Return the lamb mixture to the skillet and add chicken stock, reserved raisins and pine nuts, parsley and lemon juice; cook until liquid is absorbed, about 1 minute. Season with sal and pepper. Let cool. (The lamb filling can be prepared ahead and refrigerated for up to 2 days.)

To form phyllo triangles:  
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Set oven rack on the upper level; preheat to 350 degrees F. Lightly coat a baking sheet with nonstick cooking spray or line with parchment paper. In a small bowl, whisk together egg white, oil, and salt.

Lay a sheet of phyllo on the work surface with short side toward you. Cut lengthwise into thirds. Brush the lengthwise half of each strip lightly with the egg-white mixture. Place a tablespoon of filling at the bottom of the strip and fold one corner of the strip over the filling diagonally across to the opposite edge to form a triangle. Continue to fold the triangle onto itself, as you would fold a flag. Place on the prepared baking sheet. Repeat with the remaining phyllo, egg-white mixture and filling.

Brush the triangles lightly with the egg-white mixture and sprinkle with seeds, if desired. Bake for 20 to 25 minutes, or until dark, golden. Let cool for 5 minutes before serving hot. (The triangles may be baked up to 2 days in advance, then reheated in a 350 degree F oven for 10 to 12 minutes, or until heated through.)

95 calories per piece: 4 g protein, 4 g fat, 11g carbohydrate; 76 mg sodium; 7 mg cholesterol.

\*\*"Savory lamb and sweet golden raisins fill these delicious morsels."

Submitted by Carole Furuya

\*\*\*\*\*  
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From: arielle@taronga.com (Stephanie da Silva)

SPICY PHYLLO CUPS  
=====

Ingredients:  
-----

- 6 sheets phyllo pastry
- 1 T olive oil
- 1 onion, finely chopped
- 1/4 cup pine nuts
- 2 cloves of garlic, crushed
- 1 t ground cumin
- 1 t ground cardamom
- 1/8 t cayenne pepper
- 1/4 t ground cinnamon
- 1/4 pound mushrooms, chopped
- 1/3 cup raisins, chopped
- 1 T olive oil
- 1/2 pound rump steak, chopped (I used tenderloin)

black pepper  
chives

Instructions:  
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Stack three sheets of phyllo dough on a work surface. For cups, use a three inch round tart pan or mold to cut out circles, and then place the circles in 2 1/4" tart pans. For boats, use a 4 1/2 x 2" boat-shaped tart mold as a guide and place the phyllo into 3 1/2 x 1 1/2" boat-shaped molds. Cut out approximately 30 cups or boats.

Bake at 425 for 6-8 minutes. They should be golden brown. Remove carefully from the molds and cool on a wire rack.

Heat 1 T olive oil in a frying pan. Cook onion over medium-low heat until soft but not browned (5-6 minutes). Add the pine nuts the garlic, and the cumin, cardamom, cayenne, and cinammon.

Cook 2-3 minutes. Add mushrooms and cook until soft. Add raisins. Transfer to a plate.

Heat 1 T olive oil in the frying pan. Stir-fry the steak until it changes color. Add the mushroom mixture and combine. Season with pepper, and salt if desired. Spoon filling into cups or boats. Sprinkle with cut chives. Serve warm.

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From: bcj@cyberspace.com (Brett Jones)

Source: Eating Well, May/June 1993

SPINACH-FETA ROLLS  
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(Servings: 36)

Ingredients:  
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Spinach-Feta Filling:  
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- 1 1/4 lb Spinach; fresh, stemmed and washed
- 1 tblsp Olive oil
- 3 bunch Scallions, trimmed and chopped (1-1/2 c)
- 1/4 cup Feta cheese; crumbled
- 2 tblsp Parmesan cheese, freshly grated
- 2 tblsp Dill; fresh, chopped
- 1 tblsp Lemon juice

2 large Egg whites  
Salt & pepper, to taste

Phyllo Pastry:  
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8 Phyllo dough sheets (14x18")  
1 large Egg white  
2 tblsp Olive oil  
1/4 tsp Salt  
1 tsp Poppy or sesame seeds, or a combination

Instructions:  
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To make filling:  
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Put spinach with water still clinging to the leaves in a large pot. Cover and cook over medium heat until the spinach is wilted, about 5 minutes. Drain and refresh with cold water. Squeeze the spinach quite dry and chop. In nonstick skillet, heat oil over medium heat. Add scallions and saute until softened, 2 to 3 minutes. Transfer to a medium-sized bowl and stir in spinach, feta, Parmesan, dill and lemon juice. Season with salt and pepper. Beat egg whites lightly with a fork and stir into the spinach mixture.

To form phyllo rolls:  
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Set oven rack on the upper level; preheat to 350 degrees F. Coat a baking sheet lightly with nonstick cooking spray or line with parchment paper. In a small bowl, whisk together egg white, oil and salt. Lay one sheet of phyllo on a work surface with a short side toward you. Brush lower half of the sheet with the egg-white mixture. Repeat this step with a second sheet of phyllo and set on top of the first. Spoon one-quarter of the spinach filling along one long edge. Tuck in the side edges and roll up, jelly-roll fashion. Place on the prepared baking sheet. Repeat with the remaining phyllo, egg-white mixture and filling, making 4 rolls in all. Brush tops of the rolls lightly with the egg-mixture and sprinkle with seeds, if desired. Bake for 25 to 30 minutes. With a serrated knife, cut each roll diagonally into 9 pieces and serve hot.

The rolls may be prepared, baked and sliced up to 2 days in advance. Reheat in a 350 degree F oven for 10 to 12 minutes, or until heated through. Makes 36 appetizers.

39 calories per piece: 2 g protein, 2 g fat, 5 g carbohydrate; 77 mg sodium; 1 mg cholesterol.

\*\*"Inspired by the Greek appetizer spanakopitakia, these rolls are easy

to make for a crowd."

Submitted by Carole Furuya

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From: bcj@cyberspace.com (Brett Jones)

Source: Eating Well, May/June 1993.

TIPS FOR HANDLING PHYLLO  
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For appetizers with a lot of style but little fat, phyllo pastries are a natural. The paper-thin sheets of phyllo dough can be rolled, folded, shaped, seasoned, or filled in countless ways. In typical phyllo recipes, however, the layers of dough are freely brushed with melted butter; when baked, the butter keeps the thin sheets separate, producing a flaky--and fat-saturated--result. We developed a technique in which the leaves of phyllo are lightly coated with a blend of egg white and olive oil. During baking, the egg whites become crisp while the oil keeps the leaves separate. The low-fat technique has an unexpected and welcome benefit: the pastries turn out crisper and less oily than those made with pure fat, and filled pastires don't become soggy.

Frozen phyllo (or filo or fillo) is available in most supermarkets; it is also sold fresh in some Greek and Middle Eastern specialty shops. One pound of dough averages 25 large sheets of pastry. Our recipes were developed for full-sized sheets, either 14 by 18 inches or 12 by 17 inches. These appetizers work beautifully for entertaining because they can be prepared in advance and refrigerated or frozen.

Tips:  
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Phyllo Dough is easy and fun to work with as long as it doesn't get soggy or dried out. To avoid these potential hazards:

Thaw frozen phyllo in the refrigerator for at least 8 hours or overnight; this will prevent damp spots that could cause the sheets of dough to stick together.

Remove phyllo from refrigerator, and leave unopened at room temperature for 1 to 2 hours.

Clear a large work surface before removing phyllo from the box.

Carefully unroll sheets onto a dry surface.

Keep sheets of phyllo covered with plastic wrap or wax paper while you work; if the dough is left uncovered for even a short period of time, it dries out and breaks into flakes.

Work quickly and with a gentle hand.

Submitted by Carole Furuya

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From: isr@rodan.acs.syr.EDU (Michael S. Schechter)

YUMMY FILLO FILLING (1)  
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Ingredients:  
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- 1/3 cup walnut
- 1/3 cup almond
- 2/3 cup raisin
- 1/4?? cup olive oil
- 1 can anchovy

1 T oil in pan, heat add saute crushed walnuts. Add almond, heat, sautee 10min or until start smelling wonderful. Add more oil as needd to prevent sticking. Add raisins, more oil, cook, string for 2 minutes, then cover and let cook. Check and add oil every now and then if needed for anothee 5 min. Remove from heat

Open anchovy can. Eat one. tear one in half, give 1/2 to cat. Wave other half at housemate who 'hates' anchovy then give to cat. Take 2/3 of remaining anchivies, cut into tiny pieces. Mix into nuts/raisins.

Use as fillo filling.

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From: isr@rodan.acs.syr.EDU (Michael S. Schechter)

YUMMY FILLO FILLING (2)  
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Ingredients:  
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- 2/3 bunch spinach, no stems, chopped into 1/4" peices
- 1/2 lb feta cheese, crumbled

- 5 cherry tomatoes, minced
  - 6 African Red Devil chilies, crumbled. (could use birds eye or jalapenos also.. something with a *\*sharp\** sting rather than a *\*long\** burn)
- olive oil

Mix everything. Add enough olive oil so it'll be a paste and be spoonable.

Use as fillo filling

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From: isr@rodan.acs.syr.EDU (Michael S. Schechter)

YUMMY FILLO FILLING (3)  
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Ingredients:  
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- 8 oz white fish
- 1 can broken shrimp
- 3 tblsp cream cheese
- 2 scallions
- 2 tblsp horseraidh
- 2 tblsp dijon mustard
- 1 tsp white pepper

Cook whitefish, scallions, shrimp in peanut or corn oil. Add rest of ingredients, mix well over low heat. Refrigerate until cooled. Fill Fillos.

I made all three of the above for a painting party saturday and it was enough for 3 lbs of fillo, using three-one-third-sheet triangles for each.

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