

Mom's Pie Crust

Tender and flaky--the perfect crust for any pie.

2 cups organic pastry flour

½ teaspoon salt

½ cup cold butter

½ cup vegetable shortening

3 tablespoons cold water

1 large egg, beaten

1 teaspoon apple cider vinegar or white distilled vinegar

1. Combine flour and salt in large bowl; cut in butter and shortening until mixture resembles coarse crumbs.
2. Combine cold water, egg and vinegar in small bowl. Add egg mixture to flour mixture; mix, with fork, just until flour is moistened. Divide dough in half; shape each half into a ball. Flatten slightly; wrap each ball of dough in plastic food wrap. Refrigerate at least 1 hour.
3. For 1-crust pie, roll out 1 ball of dough on lightly floured surface into 12-inch circle. Fold into quarters. Place dough into 9-inch pie pan; unfold dough, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pan. Crimp or flute edge. Fill and bake according to pie recipe directions.
4. For 2-crust pie, roll out remaining ball of dough on lightly floured surface to 12-inch circle. Fold into quarters. Place dough over filling; unfold. Trim, seal and crimp or flute edge. Cut 5 or 6 large slits in crust. Bake according to pie recipe directions.
5. For baked unfilled pie shell; prepare crust as directed above for 1-crust pie. Prick crust all over with fork before baking. Bake at 475°F for 10 to 12 minutes or until lightly browned.

Makes Pastry for 1 (2-crust) pie or 2 pie shells.

Nutrition Facts (1/8 of double crust):

Calories: 340

Fat: 25 g

Cholesterol: 55 mg

Sodium: 240 mg

Carbohydrates: 24 g

Dietary Fiber: 0 g

Protein: 4 g

Makes 1 9-inch pie crust.