

Lemon Sponge Supreme Pie

Ann Ressler - Lancaster, PA

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Servings: 6

2 tablespoons vegetable shortening
1 cup granulated sugar
1/2 teaspoon salt
3 tablespoons flour
3 eggs, separated
1 cup milk
1 tablespoon grated lemon rind
1/3 cup lemon juice
1 pie shell (eight or nine inch)

Preparation Time: 20 minutes

Bake Time: 55 minutes

In the bowl, cream the shortening, sugar and salt until fluffy. Add the flour and beat.

In a bowl, beat the egg yolks, and mix with the milk and lemon juice. Add to the creamed mixture. Add the lemon rind.

Beat the egg whites until stiff. Fold the egg whites into the creamed mixture. Pour into the pie shell.

Bake in a preheated 375 degree oven for 10 minutes. Then reduce the oven temperature to 350 degrees. Bake for 35 to 45 minutes longer. (Because of the milk, the temperature is important.)

A table knife inserted in the center of the pie should come out clean when finished.

(To prevent a soggy crust, just before putting the mixture into the pie shell, bake the shell at 400 degrees for 5 minutes.)

This is a regional favorite of the Pennsylvania Dutch

Per Serving (excluding unknown items): 248 Calories; 8g Fat (29.1% calories from fat); 5g Protein; 40g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 233mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.