

Flaky Pastry

Canadian Mennonite Cookbook - 1974

*1 cup sifted all-purpose flour
1/3 cup fat
1/3 teaspoon salt
2 tablespoons ice water*

In a bowl, sift the flour and measure carefully. Add the salt and sift again. Cut in the fat using a pastry blender or two knives until the mixture looks like fine meal.

Add the water, one tablespoon at a time, mixing lightly with a fork until the mixture is moistened.

Gather the dough together and press gently into a smooth ball. Roll the dough and cut for tart shells or fit into a pie plate.

This makes six tarts or one six-inch pie.

As an extra precaution against the pie shell shrinking and puffing up in the center, set a metal pie plate inside the pastry-lined pie plate before baking.

After 5 minutes, remove the metal pie plate to allow the inside of the shell to brown slightly.

Per Serving (excluding unknown items): 1029 Calories; 69g Fat (60.8% calories from fat); 12g Protein; 88g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 707mg Sodium. Exchanges: 6 Grain(Starch); 13 1/2 Fat.