
Foolproof Pie Crust

Kathy Lozano - Texas

North American Potpourri - Autism Directory Service, Inc - 1993

4 cups flour
1 tablespoon sugar
2 teaspoons salt
1 3/4 cups shortening (do not use lard, oil, margarine or butter)
1/2 cup water
1 tablespoon white or cider vinegar
1 large egg

In a large bowl, stir together the flour, sugar and salt with a fork. Cut in the shortening with a fork until crumbly.

In a small bowl, beat together the water, vinegar and egg. Add to the flour mixture. Stir until the ingredients are moistened.

Divide the dough into five portions and shape into flat, round patties ready for rolling. Wrap each patty in plastic wrap or waxed paper.

Chill for at least 1/2 hour (can be handled).

Beat the dough with a rolling pin (will always be perfect and flaky). To prevent a soggy crust, bake the pie on the lowest rack at 450 degrees for 12 to 15 minutes.

Yield: 4 nine-inch double crusts

Dessert

Per Serving (excluding unknown items): 1942 Calories; 10g Fat (4.7% calories from fat); 58g Protein; 394g Carbohydrate; 14g Dietary Fiber; 212mg Cholesterol; 4347mg Sodium. Exchanges: 25 Grain(Starch); 1 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.