

Perfect Pie Crust

*Food Network Kitchen
Scripps Treasure Coast Newspapers*

Yield: 2 ten-inch crusts

*12 tablespoons (1-1/2 sticks very cold unsalted butter
3 cups all-purpose flour
1 teaspoon Kosher salt
1 tablespoon sugar
1/3 cup very cold vegetable shortening
6 - 8 tablespoons ice water*

Dice the butter and return it to the refrigerator while you prepare the flour mixture.

Place the flour, salt and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Add the butter and shortening. Pulse eight to twelve times until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out onto a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.

Cut the dough in half. Roll each piece on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure that it does not stick to the board.

Fold the dough in half and place in a pie pan. Unfold to fit the pan. Repeat with the top crust.

Per Serving (excluding unknown items): 1413 Calories; 4g Fat (2.4% calories from fat); 39g Protein; 299g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1909mg Sodium. Exchanges: 19 Grain(Starch); 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1413	Vitamin B6 (mg):	.2mg
% Calories from Fat:	2.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.4%	Thiamin B1 (mg):	2.9mg
			1.8mg

% Calories from Protein: 11.2%
 Total Fat (g): 4g
 Saturated Fat (g): 1g
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 299g
 Dietary Fiber (g): 10g
 Protein (g): 39g
 Sodium (mg): 1909mg
 Potassium (mg): 402mg
 Calcium (mg): 71mg
 Iron (mg): 17mg
 Zinc (mg): 3mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Riboflavin B2 (mg):
 Folacin (mcg): 578mcg
 Niacin (mg): 22mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: n n%

Food Exchanges

Grain (Starch): 19
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1413 Calories from Fat: 34

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	1909mg	80%
Total Carbohydrates	299g	100%
Dietary Fiber	10g	40%
Protein	39g	
Vitamin A		0%
Vitamin C		0%
Calcium		7%
Iron		97%

* Percent Daily Values are based on a 2000 calorie diet.