

Pastry & Pies

PIE CRUST

1/3 c. nut butter (almond or cashew)
3/4 c. barley or millet flour
1/3 t. salt
1/4 c. water

Mix nut butter into dry ingredients. When thoroughly mixed, add water, and form into a ball. This dough rolls easily between two layers of plastic, or waxed paper, and can be baked in an ungreased pie plate. If baking this crust without a filling, be sure to prick with a fork. Bake at 350 F until lightly brown. Delicious with either fruity or savory fillings.

Whiz: EXCELLENT PIE CRUST

1/2 c. cashews, cleaned
1/4t. salt
1/2 c. less 2 T. water

Stir into 1-1/4 c. or more of millet or rice flour. {Do not use wheat flour for a tender crust} Roll out on lightly floured board or between wax paper.
Bake at 350° for 12 minutes. Fill and continue baking as needed. **Makes 1 pie crust.**

CRUMBLE CRUST (Similar to graham cracker crust)

Soften **1/3 c. chopped dates in 1/3 c. hot water**. Blend. Combine with:
3/4 c. Grape-Nuts
1/2 c. rolled oats (lightly blended, or use quick oats)
Dash salt

Press into Pam-sprayed pie pan with dampened fingers. **Bake at 375° F for 10 minutes.** Cool and fill.

ALMOND-SESAME PIE CRUST

Whiz until ground: 1/3 c. almonds
1/3 c. sesame seeds
Add: 1/2 c. water and whiz until smooth.

Combine with dry ingredients:

1/2 c. whole wheat flour

1/2 c. barley flour (or) 1 c. w/w pastry flour

1/3 c. soy flour

1/2 t. salt

Knead lightly until dough is not sticky. Roll between waxed paper until very thin (1/16' inch).

Prick with fork. **Bake at 375° F.** until golden brown.

NUTRI-GRAIN PIE CRUST

- 1 & 1/2 c. Nutri-Grain Wheat Flakes
- 1/2 c. unsweetened. Finely shredded coconut
- 4 T. frozen pineapple, orange, or apple juice concentrate

Place Nutri-Grain flakes in plastic bag and crush lightly with rolling pin. Stir in all gradients, making sure juice concentrate is mixed evenly. Spray a 9" pie pan with non-stick spray, and pour mixture into pan. Press into place with a rubber spatula or your hands. Bake at 400° F for about 7 minutes, or until golden brown.

WALNUT PIE CRUST

Cut together with pastry cutter to a fine texture:

- 1 & 1/4 c. whole wheat. Barley,**
- 1/4 c. millet flour or rice flour (sift before Measuring)**
- 1/2 c. walnut butter**
- 1/2 t. salt**

Add 1/3 to 1/2 c. water-only enough to press mixture firmly into a ball. Divide dough and roll out between wax paper to fit a 9" pie pan, making bottom crust larger than top crust. Peel off top sheet of wax paper. Place dough-side down in pie plate and peel off the other paper. Place filling in the pie. Place top crust on pie in same manner as bottom crust and flute edges together. Prick top with fork and bake at 350° F until filling is cooked and crust is browned.

GRANOIA CRUST

- 2 c. granola
- 1/2 c. boiling water

Blend granola until fine. Mix with boiling water and press into 9" pie pan.
Bake at 350° F for 15 minutes. Pour cooked filling into crust.

CAROB CREAM PIE

- 3 c. cashew or tofu milk**
- 3 T. Emes gelatin**
- 1 c. dates or 5 T. honey**
- 3 T. carob powder**
- 1 T. vanilla**
- 1 T. molasses**

1 t. Roma. Postum. Or other cereal drink

1/2 t. butter flavoring

2 drops mint flavoring, opt

Heat 1 cup milk (of the three) with gelatin until dissolved. Place all ingredients in blender and whiz until very smooth. Pour out into bowl and chill until firm. Whiz chilled pie filling with 1/2 c. water or milk until well mixed and pour quickly into baked pie shell (the mixture sets up fast).

Decorate with lightly toasted coconut.

LEMON PIE

12 oz. can frozen pineapple juice concentrate
2 T. Emes gelatin (heaping)
1 1/2 c. water
5 T. fresh lemon juice
2 T. frozen orange juice concentrate
1/4 t. grated lemon rind

Bring pineapple juice concentrate to a boil and add Emes gelatin, stirring constantly, until gelatin is dissolved. Add remaining ingredients and stir together. Place in refrigerator to set up. Take out when firm and blend until very smooth. Pour into baked pie crust and refrigerate again until firm. Garnish with lemon twist and mint, if desired. 50 calories/serving.

LEMON SAUCE OR PIE

Blend until smooth:

2 c. unsweetened pineapple juice
1/4 c. lemon juice
1/3 c. cornstarch
1/4 c. honey (or apple juice concentrate)
1/2 t. grated lemon rind (fresh)
1/4 t. salt

Heat in saucepan until thickened. Yields sauce for one large Millet Cake, or 1 pie filling.

BREAKFAST PIE

Fill Almond-sesame Pie Crust (this lesson) or Crumble Crust (Lesson #4) with mixture of cooked, dry, or fresh fruits. Top with Rice-Cream Topping.

RICE-CREAM TOPPING

1 c. cooked brown rice
2 heaping T. chopped dates
1/3 c. cashews (cleaned)
1/4 t. salt
1 t. vanilla

Blend until very creamy, adding just enough water to keep a whipped cream-like consistency. Place in refrigerator and chill until cold.

MINCE FILLING

3/4 c. raisins

1 orange

2 lb. can unsweetened, crushed pineapple

3/4 c. ground dried pears (remove hard centers)

1 T. grated orange rind

After grating rind off orange, slice, and remove seeds. Grind the orange and combine with the other ingredients. Makes a filling for pies, cookies, tortillas, crepes, or can be used as a jam.