

ONE-CRUST FRUIT PIE

Cookery Principle: Conventional Pastry Method

Pastry Ingredients:

185 ml flour
60 ml shortening
1 ml salt
60 - 75 ml water

Filling:

90 ml sugar
25 ml cornstarch
30 ml cold water
500 ml fruit
8 ml margarine
8 ml lemon juice

Equipment:

2 bowls
spoon
cutting board
fork
knife
2 x 6" pie pan
rubber spatula
small measures
sieve
dry measures
pastry blender
rolling pin

Method:

1. Preheat oven to 200° C/400° F.
2. Sift and measure flour and place in medium bowl.
3. Add salt and stir until blended.
4. Cut in shortening with pastry blender until crumbly appearance.
5. Add cold water, 15 ml at a time - stir with fork until a ball forms.
6. Roll into a 18cm/7" circle, line pie pan, trim edges, and prick with a fork. Bake 10 - 15 minutes until golden brown.
7. In a saucepan, combine sugar, cornstarch, and water until smooth.
8. Add 250 ml fruit (cut up if necessary).
9. Bring to a boil over medium heat.
10. Cook and stir for 2 minutes or until thickened and bubbly.
11. Remove from the heat. Add the margarine, lemon juice and remaining berries; stir until margarine has melted.
12. Cool.
13. Pour into pastry shell. Refrigerate until serving.