

BLUEBERRY PIE

SERVES 8

PREP TIME: 15 minutes plus time to prepare the crust

TOTAL TIME: 1 hour 35 minutes plus cooling time

Potato starch is generally sold in the kosher section of the grocery store. If you can't find it, substitute an equal amount of Minute or instant tapioca that has been ground to a fine powder in a food processor or spice grinder. See page 567 for more information on fruit pie thickeners.

- 6 cups blueberries (30 ounces)**
- $\frac{3}{4}$ to 1 cup plus 1 tablespoon sugar**
- 3 to 4 tablespoons potato starch**
- 2 teaspoons fresh lemon juice**
- 1 teaspoon grated lemon zest**
- $\frac{1}{4}$ teaspoon allspice**
- Pinch nutmeg**
- 1 recipe Double-Crust Pie Dough, bottom crust fit into pie plate (pages 559–560)**
- 2 tablespoons unsalted butter, cut into $\frac{1}{4}$ -inch pieces**
- 1 egg white, lightly beaten**

1. Adjust an oven rack to the lowest position, place a rimmed baking sheet on the rack, and heat the oven to 500 degrees. Toss the blueberries, $\frac{3}{4}$ cup of the sugar, 3 tablespoons of the potato starch, lemon juice, lemon zest, and spices

Test Kitchen Tip: SHORTENING AND BUTTER

Traditional pie dough recipes call for either butter or shortening. Butter makes for the richest, most flavorful crust, but butter crusts can be difficult to prepare. Shortening lacks the flavor of butter, but makes the dough easy to work with and the crust exceptionally flaky. We found that combining the two fats gives you the best of both worlds: flavor and easy handling. Also, our two-step mixing technique—using the food processor to quickly cut the fats into the flour and then adding water by hand—prevents the dough from becoming overworked and tough. When adding the water, always err on the side of too much rather than too little because you can always add additional flour to make the dough less sticky. Dough that is too dry will crack and crumble when rolled.

together and let stand for 15 minutes. Add the remaining 1 tablespoon potato starch if the mixture has released too much liquid. Add up to 4 more tablespoons of the remaining sugar if the blueberries taste tart.

2. Meanwhile, roll out the top crust to a 12-inch circle (see page 560 for information on rolling out pie dough). Spread the berries in the unbaked pie crust bottom and dot with the butter. Following the photos on page 560, lay the top crust over the blueberries, seal and crimp the edges, and cut four vent holes. Brush the crust with the egg white and sprinkle with the remaining 1 tablespoon sugar.

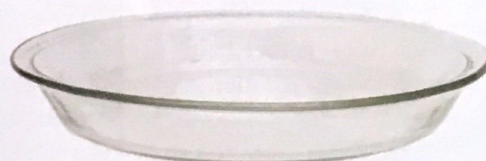
3. Place the pie on the heated baking sheet and lower the oven temperature to 425 degrees. Bake until the top crust is golden, about 25 minutes. Rotate the baking sheet, reduce the oven temperature to 375 degrees, and continue to bake until the juices are bubbling and the crust is deep golden brown, 30 to 35 minutes longer. Transfer the pie to a wire rack and cool to room temperature before serving.

To Make Ahead

The pie can be stored at room temperature, wrapped tightly in foil, for up to 2 days.

Testing: The Perfect Pie Plate

Somewhat surprisingly, we have discovered that different types of pie plates can lead to dramatically different results when baking pies. We blind baked pie crusts and baked double-crust fruit pies in 10 different brands of 9-inch pie plates and found that the old standby, a Pyrex oven-safe glass pie plate, yielded evenly browned, crispy crusts every time. The fairly wide outer lip buttressed the fluted edge and the see-through bottom made it easy to monitor the pie's progress. And, at \$6, this pie plate is a real bargain.



EASY AS PIE..

FIRST OF ALL...

Read through the recipe

Assemble ingredients

Assemble utensils

Sift flour and measure shortening

Preheat oven



1 Measure the flour into the mixing bowl and mix the salt through it.



2 With pastry blender, cut in half the shortening finely... until mixture looks like meal. (This makes for tenderness.)



3 Cut in the remaining shortening coarsely... until particles are the size of giant peas. (This makes for flakiness.)



4 Sprinkle with the water, a tbsp. at a time... mixing lightly with fork until all the flour is moistened.



5 Gather dough together with the fingers so it cleans the bowl.



6 Press into a ball. Then roll out, or keep in waxed paper in refrigerator until needed.

PASTRY FOR TWO-CRUST PIES

(The pictures #1 through #6 show you just how!)

- Mix together.....
 - Cut in.....
 - Sprinkle with.....
- | | |
|---|---|
| <ul style="list-style-type: none"> For 9" Pie 2 cups sifted GOLD MEDAL Flour 1 tsp. salt *2/3 cup shortening 4 tbsp. water | <ul style="list-style-type: none"> For 8" Pie 1 1/2 cups 3/4 tsp. *1/2 cup 3 tbsp. |
|---|---|
- *When using hydrogenated shortenings, add about 2 tbsp. more.

Gather dough together and press into a ball. Proceed as directed for any two-crust pies or for two pie shells.

TEMPERATURE: See each recipe.

TIME: See each recipe.

For easy Stir-N-Roll Pastry, see p. 434.

PIE PAN POINTERS

The pies in this book are perfected for modern deep pie pans (1 1/4" deep). If measured from inside rim to outside rim, standard pans are 8" and 9" across. If measured from inside to inside of rim, they will measure 1/2" less (7 1/2" and 8 1/2").

For well baked, browned undercrust, choose pie pans of heat resistant glass or enamelware. Shiny metal does not bake the undercrust as well because it deflects the heat. Blackened tin pans or aluminum pans with satiny finish give good results.



An 8" pie cuts into 5 or 6 pieces.

A 9" pie cuts into 7 or 8 pieces.