

RECIPE

Standard Pastry



Single Crust

- 1 Cup (250 ml) cake flour
- Pinch salt
- $\frac{1}{8}$ Cup (80 ml) cold shortening
- 2-3 Tbsp (30-45 ml) cold water

Double Crust

- 2 Cups (500 ml) cake flour
- $\frac{1}{4}$ tsp (1 ml) salt
- $\frac{3}{8}$ Cup (175 ml) cold shortening
- 4-5 Tbsp (60-90ml) cold water

Preparation

1. **Pour** flour into a bowl. Add salt and stir well to blend.
2. Using a pastry blender, cut in half of the cold shortening into the flour until it resembles oatmeal, then cut in the remaining fat until it also resembles oatmeal or small peas.
3. Add cold water, sprinkling a little at a time, mixing lightly with a fork.
4. Shape dough into a ball and wrap in wax paper. Chill 5 minutes in the freezer.
5. Roll out between 2 sheets of wax paper to $\frac{1}{8}$ inch (2-3 mm) thickness. Place in pie plate.
6. For pie requiring a baked crust, poke holes into the shell with a fork to prevent puffing, bake for 8-10 minutes at 475°F. For a pie requiring an unbaked crust, fill and bake as directed in the recipe - do not prick crust.