Pastry

The basis of these recipes is OCCIDENT Special Patent Flour. OCCIDENT, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of OCCIDENT equal full cups of other flour. Always measure OCCIDENT Flour after sifting.

Plain-Puff Paste

There are two types of pastry. Plain pastry and Rich or Puff Paste. From the basic recipes, many pies and pastries may be made.

Occident Family Recipes—Pastry Making

Success in Pastry Making Depends Upon
A Good Recipe
Good Ingredients
Accurate Measurements
Careful Mixing
Cold Ingredients
Careful Baking
Correct Oven Temperatures

Ingredients

For Pastry Making Select only the Best Materials

Use
OCCIDENT
Flour

Measurements

All measurements given in OCCIDENT Recipes are level. Flour should always be sifted before measuring.

4 cups OCCIDENT Flour = 1 pound
3 teaspoons = 1 tablespoon
2 cups = 1 pint
16 tablespoons = 1 cup
4 cups = 1 quart
Suggestions for Making Plain Pastry

1. Before beginning have pie tin ready, ingredients measured, and oven at right temperature.

2. Chill all ingredients.

3. The lightness depends somewhat upon quick and deft manipulations.

4. Use the least possible amount of moisture.

5. A little baking powder may be added if desired.

6. Paste should be rolled lightly and deftly, working from the center, in all directions to make it round and fit the pan.

7. For a 2 crust pie divide the paste using the larger half for the lower crust.

8. Lay the paste on the pan loosely, making sure that no air spaces are left at the side or bottom of the pan.

9. Perforate the top crust to allow the steam to escape.

10. Single crusts for shells should be baked over an inverted pie pan.

11. Perforate crust with a fork before placing in oven. This prevents air blisters.

12. If filling is very juicy, perforate top crust and insert tube of paper or cut upper crust one-half inch larger in diameter than necessary, and turn the excess under the edge of under crust previously moistened. Press crusts together.
Method of Mixing—Plain Pastry

Sift flour with salt.
Cut shortening into dry ingredients, leaving in large pieces.
Add liquid.
Place on floured board and roll.
Roll lightly from center out, to make round to fit tin.

PLAIN PASTRY 2 Crusts

* 1 1/2 cups OCCIDENT Flour
* 1/2 cup shortening

Mix and sift dry ingredients. (1/2 teaspoon of baking powder may be added.) Cut in shortening. Add slowly, enough cold water to hold ingredients together. Place on slightly floured board. Divide paste into equal parts, roll 1/4-inch thick, and shape for crusts.

HOT WATER PIE CRUST

* 1 1/2 cups OCCIDENT Flour
* 1/2 cup fat

Pour boiling water over fat and beat until creamy. Cool slightly. Add sifted flour, salt and baking powder. Mix to soft dough. Roll and shape as for plain pastry.

FILLING FOR TWO CRUST BERRY PIES

Prepare pie crusts. Wash and drain 2 1/2 cups of berries. Mix 1 to 2 tablespoons of flour with 1/2 cup sugar (amount of sugar depends on sourness of the fruit), combine with berries. Fill pie crust and cover. Bake in moderate oven (350° F.) 30 minutes.

Two Crust Pies

APPLE PIE

Line a plate with plain paste and heap with thinly sliced apples. Add 2 tablespoons of sugar for each apple and 1 tablespoon of water if apples are not juicy. Flavor with a few drops of lemon juice, cinnamon or nutmeg. Dot with bits of butter and sprinkle flour over fruit. Moisten the edge of lower crust, perforate upper crust, cover, press edges tightly and trim. Bake in hot oven (450° F.) for 15 minutes, reduce heat for remainder of the time.

RHUBARB PIE

* 1 tablespoon OCCIDENT Flour
* 3 to 3 1/2 cups rhubarb

Prepare pie crusts. Wash and dry rhubarb. If tender do not peel. Cut into small pieces. Beat egg, add sugar, salt, and flour, combine with rhubarb and turn into crust. Put top crust on and bake 45 minutes in a moderate oven (350° F.).

RAISIN RHUBARB PIE

Add one cup seedless raisins to Rhubarb Pie Recipe.
STRAWBERRY PIE

2 tablespoons OCCIDENT Flour  
1 cup sugar  
1 box strawberries  
1 tablespoon butter

Add sugar to washed berries and bring to a boil. Combine melted butter and flour and add to berries. Turn into a paste lined plate. Cover with top crust. Bake in hot oven (400° - 450° F.) about 20 minutes.

GRAPE PIE

2 tablespoons OCCIDENT Flour  
3/4 cup sugar  
2 cups grapes (after prepared)

Wash and stem grapes. Separate skins and pulp. Cool pulp until seeds can be easily removed by straining. Combine pulp and skins. Mix sugar and flour and add to the prepared grapes. Turn into a paste-lined plate. Cover with crust. Bake in hot oven (400° - 450° F.) about 20 minutes.

CRANBERRY AND PRUNE PIE

1 tablespoon OCCIDENT Flour  
3/4 cup sugar  
1 tablespoon butter

Mix together the halved cranberries, the prunes cooked until soft and cut in small pieces, the sugar, and the flour. Turn into a pie plate lined with pastry, dot over with butter, cover with strips of pastry, and bake at 450° F. for twenty minutes.

BLUEBERRY PIE

3 tablespoons OCCIDENT Flour  
1 cup sugar  
1 can blueberries or 1 quart fresh blueberries  
2 tablespoons lemon juice

Drain juice from berries or prepare fresh berries for use. Add the sifted dry ingredients to the berries. Mix well and turn into a pie pan lined with crust. Sprinkle with a little flour and dot with butter. Sprinkle the lemon juice over this mixture. Cover with top crust. Bake in a hot oven about ten minutes at 425° F. then reduce the temperature to 350° F. and continue to bake. Bake about 50 minutes.

CHERRY PIE

Make as Blueberry Pie, use more sugar, according to sourness of the fruit. Pit cherries before using.

SOUR CREAM PIE

2 eggs  
1 cup sugar  
1/4 cups raisins, chopped  
1/2 teaspoon salt

Bake in two crusts.

MOCK MINCE PIE

6 soda crackers  
1/2 cup vinegar  
1 cup hot water  
1/4 teaspoon cloves  
1/2 teaspoon cinnamon  
2 eggs  
1 cup sugar

Roll the crackers and mix them with the chopped fruit, mix the spices with the sugar, and stir into the slightly beaten eggs. Add the suet or butter, the hot water, crackers, and fruit. Bake in two crusts same as any mince pie.
MINCE MEAT FOR PIES

2 pounds lean beef
1 pound beef suet
1 1/2 pounds sugar
2 pounds raisins
2 pounds currants
2 tablespoons cinnamon
1 1/2 tablespoons cloves
1/2 tablespoon allspice
1 cup dark brown sugar
1 quart sweet cider, fruit juice, or weak vinegar
2 lemons (juice and grated rind)
4 pounds tart apples
1 pound citron

Simmer beef and suet together in as little water as possible until tender. Drain, cool, remove meat from bone, and chop. Clean fruit, pare apples, and cut fine. Mix spices and sugar and put into the liquid. Add fruits, bring to boiling point. Add meat and reheat. Cool. Let stand few days until flavors are thoroughly blended before using. Keep in cool place. Freeze for use during winter.

To make pies, fill crust with mince meat, dot with whole raisins, moisten edges of lower crust. Perforate upper crust. Cover, press edges together and trim. Bake for 30 minutes in moderate oven (375° F.).

One Crust Pies

Prepare plain pastry, using one-half OCCIDENT pie crust recipe. Invert pie plate and cover outside with pastry. Press crust well to plate, making sure pastry fits edges of the plate. Trim. Prick crust in several places with fork. Bake in hot oven (400° to 500° F.) for about 15 minutes. Cool and fill.

CREAM PIE

1/3 cup OCCIDENT Flour
2 cups scalded milk
2 eggs

Mix dry ingredients together. Add slightly beaten eggs. Add scalded milk slowly, stirring vigorously. Add butter. Cook 15 minutes in double boiler until thick. Cool and add vanilla. Turn into baked crust. Cover with meringue and brown in moderate oven (325° F.). This is enough filling for one pie.

MERINGUE

3 egg whites chilled
1/3 cup granulated sugar

1/4 teaspoon cream of tartar
1/8 teaspoon salt

Beat egg whites slightly. Add salt and beat until frothy then add the cream of tartar and beat until it points. Add slowly the sugar and beat until firm. Spread over the cold pie filling and bake about 12 minutes at 350° F.

CHOCOLATE CREAM PIE

Prepare cream filling, adding 1 1/2 squares of melted chocolate.

COCONUT CREAM PIE

Prepare cream filling and add 3/4 cup coconut.

BANANA CREAM PIE

Prepare cream filling and add three sliced or mashed bananas. The bananas may be sliced and placed on crust, then pour cream filling over them. Cover with meringue and brown.
DATE CREAM PIE

4 tablespoons OCCIDENT Flour
4 tablespoons butter
1/8 teaspoon salt
1/2 cup sugar
1 cup stoned chopped dates
2 eggs
2 cups milk

Melt butter, stir in flour and salt. Add milk and stir over fire until it boils. Add sugar and dates. Cook at low temperature until dates are soft. Add well beaten eggs. Cool. Pour into baked crust. Cover with meringue.

DIVINITY PIE

Beat yolks of 3 eggs very light. To this add juice and grated rind of 1 lemon, 3 tablespoons hot water, 1/2 cup sugar, and 1/8 teaspoon salt. Cook in double boiler until thick. Have whites of eggs stiffly beaten, add 1/2 cup of sugar to them, and fold into cooked mixture. Fill pie shell, place in oven, and brown.

BUTTERSCOTCH PIE

Cream 4 tablespoons butter, add gradually 5 tablespoons OCCIDENT Flour, then add 3/4 cup brown sugar mixed with 2 egg yolks slightly beaten and 1/8 teaspoon of salt. Scald 2 cups milk, add 2 tablespoons caramel syrup, and add gradually to the above mixture. Return to double boiler and cook 5 to 10 minutes, stirring constantly until mixture thickens and afterwards occasionally. Cool. Put in baked crust and cover with meringue. Brown in oven. Caramel syrup is made by heating 1/2 cup sugar until it is melted or caramelized then adding 1/4 cup boiling water and letting it boil until a thick syrup is formed.

PEANUT BUTTER PIE

4 tablespoons OCCIDENT Flour
1 1/2 cups scalded milk
3 tablespoons peanut butter
1 cup brown sugar
2 egg yolks
1/4 teaspoon salt

Mix sugar, salt, and flour together, then add slightly beaten yolks. Pour over this mixture the scalded milk. Cook until it thickens, stirring constantly, and cook 5 minutes more, stirring occasionally. Add peanut butter and cool. Put in a baked crust. Top with meringue.

WHIPPED CREAM PIE

Bake a pie shell, put a layer of strawberries in the bottom and have as little juice as possible; then add a layer of whipped cream. Peaches may also be used.

SLICED PINEAPPLE PIE

3 tablespoons OCCIDENT Flour
1/2 to 2/3 cup sugar
1 cup thin cream
1 tablespoon butter
1 cup sliced pineapple (diced)
2 eggs (save whites for meringue)

Heat the cream in the top part of a double boiler saving 1/4 cup to mix with the flour. Add the flour mixture to the beaten cream and cook for 15 minutes. Cream the butter and sugar together; add the egg yolks slightly beaten, and pour the cream mixture over them, stirring constantly. Return to the double boiler and cook five minutes. Then add the diced pineapple. Cool. Pour into a baked crust. Cover with meringue and bake until a delicate brown.

LEMON PIE

4 tablespoons OCCIDENT Flour
1 1/4 cups boiling water
1 cup sugar
Juice and rind of 1 large lemon
2 eggs (reserve the whites for meringue)
1 tablespoon butter

Mix sugar and flour, add boiling water slowly, stirring constantly, add slightly beaten egg yolks and cook until it thickens, then add lemon juice, rind, and butter.
Cook a few minutes only. Cool. Pour into a baked crust. Beat the whites until stiff and add 2 tablespoons sugar and spread the meringue on the pie. Bake in a moderate oven until the meringue is a light brown.

**PRUNE PIE**

2 cups cooked prunes  
1 tablespoon OCCIDENT Flour  
1/2 cup sugar  
1/2 teaspoons butter  
1 tablespoon lemon juice

Cook prunes until soft, stone, and quarter. Mix sugar with lemon juice and add. Dot with butter, dredge with flour. Bake with upper crust or top with whipped cream. Bake in moderate oven (350° F.).

**APPLE NUT PIE**

1 pint unsweetened apple sauce (thick)  
1/2 pint whipping cream  
1/2 cup chopped walnut meats  
Confectionery sugar  
1/2 teaspoon cinnamon

Add enough granulated sugar to apple sauce to sweeten, then add chopped nuts. Put in a baked pie crust. Beat cream until very stiff and add enough confectionery sugar to sweeten. Vanilla may be added to cream if desired. Chill and serve.

**ONE CRUST APPLE PIE**

Pare, core, and cut apples into eighths or fourths. Line tin with crust and place apples in circular fashion on crust. Mix 2 tablespoons OCCIDENT Flour, 1/4 teaspoon cinnamon, and enough sugar to sweeten, then sprinkle over the apples. Dot with butter, place strips of dough across pie and bake until apples are tender.

**PUMPKIN PIE**

1 1/2 cups steamed pumpkin (strained)  
1/2 cup brown sugar  
1 teaspoon cinnamon  
1/2 cups hot milk  
2 eggs  
1/2 teaspoon ginger  
1/2 teaspoon salt  
1/2 cup cream  
2 eggs

Mix dry ingredients. Beat eggs, add milk, cream, pumpkin and combine with dry ingredients. Fill crust and bake in hot oven at 400° F. for first 15 minutes, reducing heat for remainder of time. Bake 50 minutes.

**CUSTARD PIE**

3 eggs  
1/3 cup sugar  
2 1/3 cups milk  
1/8 teaspoon nutmeg  
1/4 teaspoon salt

Beat eggs slightly and add sugar, salt, nutmeg, and milk. Line a pie tin with pastry and build up a fluted rim. Strain mixture and pour into the tin. Bake 10 minutes at 400° F., then reduce temperature to 350° F. for 40 minutes. When the knife blade comes out clean the custard is cooked.

**Standards for Pastry**

**LIGHT**—Lightness depends on amount of air enclosed and temperature of ingredients. Have all ingredients cold and handle lightly and as little as possible.

**FLAKY**—Do not mix the fat too thoroughly with the flour—the coarser the mixture, the flakier the crust. Thorough mixing of the fat and flour makes a crumbly crust.

**TENDER**—Use correct amount of fat—1/2 as much fat as flour and the least possible amount of liquid. Excess water causes crust to be tough.

**GOLDEN BROWN IN COLOR**—Bake pies in a hot oven (450°) until browning starts, then reduce heat to bake filling.
Rich or Puff Paste

**METHOD OF MIXING**

Combine as Plain Pastry, cutting into the flour only \( \frac{1}{2} \) of the shortening. (Using \( \frac{1}{2} \) for dotting pastry.) Roll out a portion of the pastry and dot with butter. Fold pastry and roll. Repeat until all the butter is rolled into the pastry. Keep very cold.

**SUGGESTIONS FOR MAKING PUFF PASTE**

1. Have all ingredients very cold.
2. Try and have room quite cold where working.
3. Chill between each folding and rolling of paste.
4. Work quickly.
5. Roll lightly.

**RICH PUFF PASTE**

<table>
<thead>
<tr>
<th>2 cups OCCIDENT Flour</th>
<th>( \frac{1}{2} ) tablespoon salt</th>
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<tr>
<td>1 cup butter</td>
<td>Cold water</td>
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Combine as plain pastry, cutting into the flour \( \frac{1}{2} \) cup butter. (Use other \( \frac{1}{2} \) cup butter for dotting pastry.) Roll out a portion of the pastry and dot with butter. Fold pastry over and roll. Repeat until all the butter is rolled into the pastry. Keep very cold. Bake in hot oven (400° to 450° F.). Use puff paste for pastry shells, tarts, and pattie shells.

**BANBURY TARTS**

<table>
<thead>
<tr>
<th>1 cup raisins (chopped)</th>
<th>1 cracker (rolled)</th>
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<tr>
<td>1 cup sugar</td>
<td>Juice and rind of 1 lemon</td>
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<td>1 egg (slightly beaten)</td>
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Mix ingredients in order given. Prepare puff pastry and roll \( \frac{3}{8} \)-inch thick and cut in pieces \( 3\frac{1}{2} \) inches by 3 inches. Put 2 teaspoons of mixture on each piece. Moisten edges half way round with cold water. Fold over, press edges together with fork. Bake 23 minutes in moderate oven 350° F.

**CHEESE STRAWS**

Add \( \frac{1}{2} \) to 1 cup grated American cheese to puff paste. Add cheese to dry ingredients. Roll paste \( \frac{1}{4} \)-inch thick. Cut in small strips. Bake in hot oven (450° F.) until crisp and lightly browned.

**NUT STRAWS**

Make pastry same as for cheese straws, roll thin, cover with finely chopped nuts, fold, roll again, cut in strips. Bake in a quick oven. Serve with salads.

**SCOTCH PASTRY**

Line small molds with pastry, putting a rounding teaspoon of jelly in the center of each. Nearly fill remainder of mold with plain cake batter. Over the top place two small thin strips of pastry. Bake in a moderate oven about 15 minutes.
RISSOLES

Roll pie crust thin, cut in pieces four inches wide and five inches long, lay in center of each a tablespoonful of finely chopped veal with a little chopped ham added and all highly seasoned and moistened with a little strong stock; roll up and pinch ends to make neat, bake about one-half hour in hot oven, serve with cream sauce.

INDIVIDUAL TARTS

Individual tarts may be baked in muffin pans and the shells filled just before serving with either strawberries or blackberries that have been slightly crushed with sugar, or they may be left whole and sprinkled with sugar. These tarts may be topped with whipped cream, but it is not necessary.

RHUBARB TARTS

1 egg
1 cup sugar
1/4 teaspoon salt
2 rolled soda crackers
2 teaspoons melted butter
1 cup sliced rhubarb

Beat the egg until light and add the rest of the ingredients. Line individual tins or muffin pans with pastry and fill with the mixture. Cover with strips of pastry laid over the filling lattice fashion; brush over the edge of the lower pastry with cold water before pressing the bands of pastry on it. Place a cherry in the center of each pie and bake about 20 minutes at 450° F. the first 10 minutes and 350° F. the remaining 10 minutes.