Occident Recipes

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.

**PASTRY**

Plain—Puff Paste

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

**Method of Mixing—Plain Pastry**

Sift flour with salt.
Cut shortening into dry ingredients.
Cut liquid into mixture.
Place on floured board and roll.
Roll lightly from center out, to make round to fit tin.
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 increases the lightness of pastry.
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.

Method of Mixing—Rich or Puff Paste

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.
PLAIN PASTRY [2 CRUSTS]

1 1/2 cups OCCIDENT Flour (sifted)
1/2 cup shortening
1/4 teaspoon salt
Ice water

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.

FILLING FOR TWO CRUST PIES—BERRY PIES

Prepare pie crusts. Wash and drain 1 box 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.

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—1/3 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.

HOT WATER PIE CRUST

1 1/2 cups OCCIDENT Flour
1/2 cup fat
1/2 teaspoon salt
1/4 cup boiling water
1/2 teaspoon baking powder

Pour boiling water over fat and beat until creamy. Sift in the flour, salt and baking powder. Stir and roll out.
APPLE PIE

Line a pie 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. 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

2 tablespoons OCCIDENT Flour
1 pound rhubarb 1 cup sugar
¼ teaspoon salt

Prepare pie crusts. Wash and dry rhubarb. If tender do not peel. Cut into small pieces. Sift sugar, salt and flour over rhubarb; stir well and turn into crust. Put top crust on and bake 45 minutes in a moderate oven (350° F.).

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.).

CHERRY PIE

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

GRAPE PIE

2 tablespoons OCCIDENT Flour
2 cups grapes (after prepared) ¾ cup sugar

Wash and stem grapes. Separate skins and pulp. Cook 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.).

RAISIN RHUBARB PIE

Add 1 cup seedless raisins to Rhubarb Pie Recipe.

CRANBERRY AND PRUNE PIE

1 tablespoon OCCIDENT Flour
1 ½ cups halved cranberries ¾ cup sugar
1 cup prunes 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 the butter, cover with strips of pastry and bake at 450° F. for twenty minutes.

**MOCK MINCE PIE**

- Six soda crackers
- ½ cup raisins
- ½ cup vinegar
- 1 cup dried apples chopped and cooked with water
- ¾ teaspoon cloves
- ⅛ teaspoon nutmeg
- ⅛ teaspoon allspice
- ⅓ cup tobacco
- ⅔ cup butter, suet chopped
- ⅔ teaspoon cinnamon
- ⅔ teaspoon nutmeg
- ⅔ teaspoon allspice

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.

**SOUR CREAM PIE**

- 2 eggs
- 1 cup sugar
- ½ teaspoon cinnamon
- ¼ cup vinegar (dilute with water)
- ½ cup sour cream
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- 1 cup English currants

Bake in 2 crusts.

**FILLINGS FOR 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°-500° F.) for about 15 minutes. Cool and fill.

**CREAM PIE**

- ½ cup OCCIDENT Flour
- ⅛ cup sugar
- 2 eggs
- ¼ teaspoon salt
- 1 tablespoon butter
- 1 teaspoon vanilla

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

2 egg whites  ¼ teaspoon vanilla
2 tablespoons sugar  Few grains salt

Add salt to egg and beat until stiff. Sift in sugar, beating continually. Add flavoring. Pile lightly on pie. Brown in moderate oven (325° F.) for 15 minutes.

CHOCOLATE CREAM PIE

Prepare cream filling, adding 1½ squares melted chocolate.

COCOANUT CREAM PIE

Prepare cream filling and add ¾ cup cocoanut.

DATE CREAM PIE

4 tablespoons OCCIDENT Flour
4 tablespoons butter  ½ cup sugar
½ teaspoon salt  1 cup stoned chopped dates
2 cups milk  2 eggs

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.

SLICED PINEAPPLE PIE

3 tablespoons OCCIDENT Flour
½ to ¾ cup sugar  1 tablespoon butter
1 cup thin cream  1 cup sliced pineapple (diced)
2 eggs (save whites for meringue)

Heat the cream in the top part of a double boiler saving ¼ 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 cup sugar  1 ¾ cups boiling water
2 eggs (reserve the whites for meringue)  Juice and rind of 1 large lemon
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.

**BUTTERSCOTCH PIE**

Cream 4 tablespoons butter, add gradually 5 tablespoons OCCIDENT Flour, then add \( \frac{3}{4} \) cup brown sugar mixed with 2 egg yolks slightly beaten and \( \frac{1}{2} \) 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 or 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 \( \frac{1}{2} \) cup sugar until it is melted or caramelized then adding \( \frac{1}{2} \) cup boiling water and letting it boil until a thick syrup is formed.

**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.

**MERINGUE**

Beat whites of 3 eggs until stiff and add gradually while beating 4 tablespoons brown sugar.

**PEANUT BUTTER PIE**

4 tablespoons OCCIDENT Flour
1 \( \frac{1}{2} \) cups scalded milk 1 cup brown sugar
3 tablespoons peanut butter 2 egg yolks
\( \frac{1}{4} \) 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.

**PRUNE PIE**

1 tablespoon OCCIDENT Flour
\( \frac{1}{2} \) cup sugar 1 tablespoon lemon juice
\( \frac{1}{2} \) teaspoons butter

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

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.

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.

PUMPKIN PIE

1 1/2 cups steamed pumpkin (strained)
3/4 cup brown sugar
1 teaspoon cinnamon
1/2 cup milk
1/2 teaspoon ginger
1/2 teaspoon salt
2 eggs
1/2 cup cream

Mix dry ingredients. Add to the dry ingredients pumpkin, then add eggs and beat well, add milk and cream. Fill crust and bake in hot oven (400° F.) for first 15 minutes, reducing heat for remainder of time. Bake 50 minutes.

ONE CRUST APPLE PIE

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

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
1/2 tablespoon cloves
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
1/2 tablespoon allspice

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.

To make pies bake above filling between two crusts for 30 minutes in moderate oven (375° F.).

**RICH PUFF PASTE**

2 cups OCCIDENT Flour
1 cup butter  
1/2 tablespoon salt
Cold water

Combine as plain pastry, cutting into the flour 1/2 cup butter. (Use other 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**

1 cup raisins (chopped)  
1 cup sugar  
1 egg (slightly beaten)  
1 cracker (rolled)  
Juice and rind of 1 lemon

Mix ingredients in order given. Prepare puff pastry and roll 1/8 inch thick and cut in pieces 3 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 25 minutes in moderate oven 350° F.

**CHEESE STRAWS**

Add 1/2 to 1 cup grated American cheese to puff paste. Add cheese to dry ingredients. Roll paste 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.