

RASPBERRY PIE (for 8)

Source: Better Homes and Gardens

Prep: 30 minutes Bake: 50 minutes

INGREDIENTS:

2 C all-purpose flour	1/2 tsp salt
2/3 C shortening	6-7 TBS water
3/4 - 1 C sugar	1/3 C all-purpose flour
5 C raspberries	2 tsp finely shredded lemon peel
Milk (optional)	Sugar (optional)

DIRECTIONS:

1. In mixing bowl combine 2 C flour + salt. Using pastry blender, cut in shortening till pieces are pea size. Sprinkle 1 TBS water over part of mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 TBS water at a time, till all the dough is moistened. Divide in half. Form each half into a ball.
2. On lightly floured surface flatten 1 dough ball. Roll from center to edges into 12" circle.
3. To transfer pastry, wrap it around the rolling pin; unroll into a 9" pie plate. Ease pastry into pie plate, being careful not to stretch pastry.
4. In large mixing bowl combine the 3/4 - 1 C sugar + 1/3 C flour. Stir in berries and lemon peel. Gently toss berries till well coated. Transfer berry mixture to pastry-lined pie plate.
5. On lightly floured surface roll remaining dough into a 12" circle. For lattice crust, trim bottom pastry to 1/2" beyond edge of pie plate. Cut rolled pastry into 1/2" strips and weave strips over filling. Fold bottom crust over strip ends, trimming strips as necessary. For 2-crust pie, trim bottom pastry to edge of pie plate. Cut slits in top crust for escape of steam; place on filling and fold edge under bottom pastry. Flute edge as desired. If desired, brush pastry top with a little milk and sprinkle with additional sugar.
6. To prevent over-browning, cover edge of pie with foil. Bake 25 minutes. Remove foil. Bake in a 375 degree F oven 25-30 minutes more or till top is golden. Cool on wire rack.

[Nutritional facts per serving: calories: 384, total fat: 18g, saturated fat: 4g, cholesterol: 0mg, sodium: 134mg, carbohydrate: 53g, fiber: 4g, protein: 4g, vitamin A: 1%, vitamin C: 32%, calcium: 2%, iron: 13%]