

## **Pie Shell**

Beverly Pell, Heartland Café, Okotoks

### **Ingredients:**

1 1/4 cups all purpose flour  
1/4 tsp salt  
1 tsp white sugar  
1/3 cup of cold shortening  
1/4 cup approximately very cold water

### **Method:**

- In a medium sized stainless steel bowl, mix together flour, salt, and sugar.
- Cut in cold shortening with a pastry cutter until pieces are about the size of pearls.
- Add a small stream of water into flour mixture while simultaneously mixing dough with a fork to evenly moisten.
- Dough should not be wet and stick to your hands but have just enough water to hold the dough in a ball.
- On a lightly floured surface, flatten dough into a round 5" disk, and roll dough from the center to the edges to form a circle about 12" in diameter to fill a 10" pie shell.
- Trim dough to one inch beyond the edge of the pie plate and fold under the extra pastry.
- Make a scalloped edge with your fingers or gently press top edges with a fork for desired look.
- Generously prick the bottom and sides of the pastry with a fork and bake at 220° C (400° F) oven until golden brown. Set aside to cool.