



Pie Facts and Fancies



The Appeal Of Fresh-Fruit Pie

(NAPSA)—To make dessert a sweet treat, while keeping an eye on your family's health, try incorporating fresh fruit into your favorite recipes.

Sweet strawberries, ripe raspberries, blissful blackberries and blueberries that burst when you bite them can all be easily baked into pies, cakes, cobblers and crisps—and whatever the season, some type of fresh fruit is almost always available to bake with.

Bakers at the King Arthur Flour Company in Norwich, Vermont, have created a delicious, easy recipe for any type of fruit. If you have blueberries and raspberries in the freezer, use those along with fresh strawberries, rhubarb and apple. It doesn't matter whether fruit is frozen or fresh when baking pie. Just pick your favorites and give it a try!

Kate Hookway, a King Arthur Flour Baking Instructor, suggests serving the following recipe for Bumble Berry Pie hot from the oven with homemade ice cream or room temperature with fresh whipped cream.

Bumble Berry Pie Crust

- 3 cups King Arthur Unbleached All-Purpose Flour**
- 1 Tbsp. confectioners' sugar**
- 1 tsp. salt**
- ½ cup butter**
- ½ cup vegetable shortening**
- 5 Tbsp. ice water**

Filling

- ½ cup King Arthur Flour Unbleached All-Purpose Flour**
- 2 Tbsp. butter**
- 1 cup granulated sugar**
- 1 cup raspberries**
- 1 cup blueberries**
- 1 cup strawberries, sliced**
- 1 cup rhubarb, sliced**



Bumble Berry Pie can be baked using virtually any type of fresh or frozen fruit.

- 1 cup chopped apple**
- 2 Tbsp. fresh lemon juice OR**
- ¼ tsp. lemon oil**

Crust: Whisk together flour, sugar and salt, then use a pastry blender to cut in the butter and shortening. Mix till the mixture is crumbly. Drizzle just enough water over the mixture to make it cohesive, tossing till it begins to come together. (You may use a food processor, if you like.) Gather it into a ball, and divide it in half. Flatten one half into a disk, and the other into a 3-inch diameter log (about 2 inches long). Wrap each in plastic wrap, refrigerate the disk for 30 minutes, and freeze the log.

Filling: Mix together flour, butter and sugar; toss this mixture with all of the fruit and lemon juice or lemon oil.

Assembly: Roll the flattened disk of pie crust into a 12-inch circle, and lay it gently into a 9-inch pie plate. Spoon in the filling. Remove the pastry log from the freezer, and use the

medium-to-large holes of a grater to shred it atop the pie filling. Sprinkle with coarse sugar, if desired.

Baking: Bake the pie in a preheated 450°F. oven for 15 minutes. Reduce the oven heat to 375°F., and bake for an additional 45 to 50 minutes. The pastry should be light brown, and the filling bubbly. Remove the pie from the oven, and cool it for at least 1 hour before serving. (The pie will be too runny if sliced while still warm.) Yield: 1 pie, 8 servings.

Note: With this unusual top crust, it is important to handle the dough as little as possible, and only use enough water to make it hold together. If you question your ability to handle pie crust as gently as it needs to be handled, then play it safe here and roll out a "regular" top crust.

For more information, other recipes or to order the flour, call 1-800-827-6836 or visit the Web site www.kingarthurflour.com.