

Mixed Berry Pie



While not health food, this pie is made with less sugar than most desserts and has a healthy dose of antioxidants, fiber and vitamin C in the berries. As with anything, moderation is key! To make this even healthier you could substitute the scant ½ cup of sugar with coconut sugar or monk fruit. Instead of refined cornstarch substitute arrow root. After those potential modifications I personally recommend a smaller piece not further “healthy” substitution.

Recipe For Double Pie Crust (Below attached page from one of my grandmother’s cookbooks and is the crust I make every time. I used to roll out my crust between sheets of wax paper, the silicone pie rolling bag has been an amazing tool!)

Berry Filling:

Scant ½ Cup Sugar

3 Tablespoons Corn Starch

5 cups of mixed berries – I use strawberries, blueberries and either raspberries or cherries or blackberries – use what you have). Cut strawberries in half or quarters depending on size.

Directions:

- Make the crust and fit the bottom crust into the pie plate. Place it in refrigerator if you are not ready to bake the pie. I roll the second crust out and leave it in the refrigerator also while I make the pie.
- Mix sugar and cornstarch in large bowl. Add berries and toss to coat in the mixture. Let the mixture stand for about 15 minutes.
- Preheat oven to 375 degrees – put a baking tray in to preheat.

- Stir the berry mixture and spoon into the pastry lined plate. Place top crust over pie, trim edges and seal/crimp together with the tines of the fork. Cut several air vents on top of pie.
- Optional to brush an egg wash over crust. Option to place foil over pie edges to prevent burning.
- Bake in preheated oven on the baking tray for 25 minutes. If using foil remove and bake an additional 20 minutes till the filling is bubbling and crust is golden.
- Cool on wire rack.

Scroll down for pie crust recipe!



You needn't make your own pie crust, but it is more fun, and you'll be proud of pastry you've made yourself. It will taste ever so much better than anything out of a package! Lard is the perfect shortening for pastry; it's the shortest shortening, and it has good flavor. But the fluffed-up shortenings are good, too, and more generally available. If you do use lard, measure just a bit skimpily, a teaspoonful less for a double crust, a tablespoonful less in each cup for the following big recipe which makes four 2-crusters. Otherwise your pie crust may be so tender it crumbles.

There are a half dozen other good recipes and mixing methods, but I am going to tell you about only one—mine.

FLAKY PASTRY

You may keep a pastry mix on hand, or freeze rolled-out crusts with waxed paper between them, so here are recipes for one 2-crufter, and four 2-crust pies. They will make double that many single 9-inch crusts.

ONE PIE

2 cups flour
1 teaspoon salt
 $\frac{2}{3}$ cup shortening
 $\frac{1}{4}$ cup water

FOUR PIES

9 cups flour
4 teaspoons salt
3 cups shortening
1 cup water

Spoon flour into cup to measure, and level off. Mix flour and salt in mixing bowl, add shortening and cut it in with a pastry blender, or with your fingertips, until mixture resembles coarse meal. Add water, tossing with a fork to dampen evenly. Don't add water all at once or you'll have wet dough in spots. You may need an extra sprinkle of water. Press dough into a ball.

Divide the dough in half, in the smaller recipe; in 8 parts, in the larger. Roll each part into a circle between two sheets of waxed paper, making it large enough to fit your pie pan.