

Cherry Pie

Makes one 9" two-crust pie



Ingredients

PASTRY

- 2 cups of flour
- 1 tsp. salt
- ½ cup of butter (plus 1 tablespoon)
- ½ cup of shortening (plus 1 tablespoon)
- 4-5 tbsp. cold water

PIE FILLING

- ¾ cup of sugar
- ½ cup of flour
- 8 cups of cherries pitted
- ¼ tsp of almond extract
- 2 tbsp. of butter

Directions

☞ Preheat oven to 425°

Pastry

☞ Place flour and salt into a medium mixing bowl or into the food processor.
☞ Cut in shortening and butter and work with a fork or pastry cutter until mixture is like coarse corn meal. (If using a food processor use the "S" blade)
☞ Sprinkle in cold water, 1 tablespoon at a time, mixing until all flour is moistened and forms a ball. Slightly chill until ready to roll out the pie crust

Assemble Pie

☞ In a large mixing bowl, stir together sugar and flour. Mix well with cherries.
☞ Roll pastry out on a cutting board that is dusted with flour and sugar. Place bottom crust in 9" pie plate. Add cherry mixture.
☞ Sprinkle with almond extract and dot with butter.
☞ Moisten the outer edge of bottom crust with cold water, so that the top crust will adhere.

Bake

☞ Cover pie with top crust, crimping edges and adding slits to allow for steam to escape.
☞ Sprinkle sugar lightly on top of crust before baking.
☞ Cut a piece of aluminum foil, about 3" wide, and cover the edge of the pie to prevent excessive browning. (Remove foil during last 15 minutes of baking)
☞ Allow to cool until it is lukewarm before serving (approx. 3 hours).

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Nutrients (approximately)

545 Calories per 1/6 of pie,

Fat 15.2g, Saturated Fat 8.6g, Cholesterol 35.6mg, Sodium 484mg,

Carbohydrates 101.4g, Fiber 5.3g, Sugars 55gm, Protein 6.5g