

## Pie-Making with Jess (encore)



### Crust

Ingredients:

- 1 1/2 cups flour (whole wheat pastry flour, white flour, or use kamut flour for a wheat-free crust)
- 1/4 teaspoon salt
- 1/4 cup unrefined corn oil, canola oil, or Spectrum Spread
- approx. 2 to 4 tablespoons cold nondairy milk or water, as needed

Directions:

Have ready one 9-inch pie plate. Combine the flour and salt in a large mixing bowl. Cut in the oil with a fork until the mixture resembles coarse crumbs.

Sprinkle the milk or water over the flour mixture, tossing gently with a fork to lightly moisten. The mixture should be evenly moistened, not damp or soggy.

With your hands, quickly form the dough into a ball, handling it as little as possible. Place between two sheets of waxed paper and roll into a circle about one inch larger than your pie plate. Remove the top sheet of waxed paper. Carefully flip the crust over and lay it in the pie plate with the dough against the plate. Working very carefully and gently, remove the second sheet of waxed paper.

Ease the crust into the pie plate without stretching or tearing it. Trim the edges or turn them under to within 1/4 inch of the rim and flute them. Thoroughly prick the sides and bottom of the crust with the tines of a fork to keep air bubbles from forming under the surface.

Place in a preheated 400° F oven for about 12 to 15 minutes, or until it turns a deep golden brown. Remove from the oven and cool before filling.

### Filling

- 3/4 cup sugar
- 1/4 cup flour
- 1 T cornstarch
- pinch salt
- 1/2 tsp cinnamon
- 2 t lemon zest
- 1 T lemon juice
- 5 cups fresh or frozen blueberries

Toss all ingredients together in order except for blueberries, then toss in the berries gently. Set aside while preparing topping.

### Topping

- 2/3 cup flour
- 1/2 cup sugar
- 1/4 teaspoon nutmeg
- dash salt
- 1/4 cup margarine, melted

Mix together dry ingredients, then stir in melted margarine just until crumbly.

Pour fruit into prepared, cooled crust, then spread crumble topping onto fruit. Bake at 375 for about 40 minutes, or until topping is browned and fruit is bubbling.