GENERAL RULES FOR PASTRY

Method:—All the materials must be cold. ❧ Pastry flour must be used. ❧ The following fats may be used either alone or in combinations of two: butter, butterine, lard, beef drippings. ❧ The fat should not be cut very fine if a flaky crust is desired. ❧ Baking powder is sometimes used. ❧ The dough should be mixed with a knife and not touched with the hand. ❧ In rolling, very little flour should be used on the board. ❧ The dough is rolled ⅛ inch thick and baked until brown. ❧ All pies made with fresh fruit are better without an under crust and cooked in a deep earthenware plate; fill the plate quite full. ❧ If sugar is used with fruit pies, part of it may be placed on the bottom of the pie plate. ❧ Meat and oyster pies should always be made without an under crust. ❧ The crust should be cut in several places to allow the steam to escape. ❧ If an under crust is used this crust should be baked on the outside of the pie plate, then filled. ❧ In this case the crust must be pricked all over with a fork so that it will keep in shape. ❧ If two crusts are used, the lower one should be brushed over with white of egg and moistened around the edge with cold water. ❧ A ½-inch strip may be placed around edge of the under crust. ❧ This strip should also be moistened and the upper crust placed over the pie and pressed slightly around the edge. ❧ The paste may be made the day before it is used then covered and placed near ice, not on it, as it rolls more easily if chilled after being mixed.

COCOA PIE

2 eggs	2 tablespoons cornstarch
¼ teaspoon salt	3 tablespoons Cowan's Cocoa
1 cup sugar	Yolks of 3 eggs
1½ cups hot milk	Whites of 2 eggs
¼ teaspoon cinnamon	½ teaspoon vanilla

Method:—Mix sugar, cornstarch, salt, cocoa and hot milk, and cook over hot water 45 minutes. ❧ Add yolks of eggs, and cook a few minutes longer, add vanilla. ❧ Fill baked crust with mixture. ❧ Cover with meringue, made of beaten whites, and 2 tablespoons of icing sugar. ❧ Brown in the oven. ❧ Meringue may be folded in mixture when cooled instead of spreading on top.