

Pie Crust

Preparation time **10 minutes**

Cooking time ---

Make **1 crust**

Cost **50¢**

Storage **For immediate use in a quiche, meat pie or dessert pie. Crust freezes well in a foil pie pan.**

Kitchen tools **9-inch pie plate (glass or foil), measuring cups and spoons, rolling pin, wooden spoon, large bowl**



Ingredients



250 ml (1 cup)
all-purpose flour



2.5 ml (½ tsp)
baking powder



Salt and pepper
to taste

*DON'T ADD PEPPER
IF THE CRUST
WILL BE USED FOR
A DESSERT PIE.*

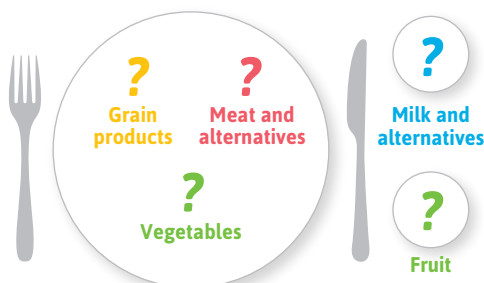


60 ml (¼ cup)
canola oil



60 ml (¼ cup)
cold water

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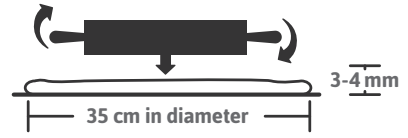
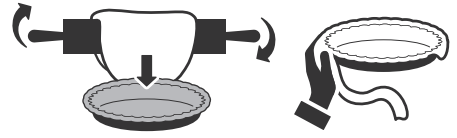



Balanced plate

Fill with foods from the meat and alternatives group or with vegetables. Serve with:

- ? Vegetables (soup, for example)
- ? A grain product for dessert (cookies, for example)
- ? A glass of milk or fortified soy beverage

Directions

1	In a large bowl, combine flour, baking powder, salt and pepper .	
2	Add oil and water . Mix with fingers until the dough has a smooth and even texture.	
3	With your hands, form the dough into a flat disk about 5 cm thick.	
4	Roll out from the centre with a rolling pin until the dough is about 35 cm in diameter (3 to 4 mm thick) Tip: You can also use a clean, empty wine bottle (or any other bottle) to roll the dough.	
5	Use the rolling pin to lift the disk and place it in the pie plate. Trim and pinch the edges.	
6	Use immediately or freeze in a foil plate for use later.	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition