

# FAIL-PROOF PASTRY

## INGREDIENTS

**4 1/4 cups all purpose flour, sifted**  
**1 teaspoon baking powder**  
**1 1/2 - 2 cups shortening**  
**1 egg plus cold water to make 1 cup**

**PREPARATION: 10 MINUTES**

**MAKES TWO DOUBLE CRUST PIES**

## PREPARATION

- 1** Cut shortening into flour and baking powder mix until it resembles coarse meal, then add water and egg mixture all at once.
- 2** Mix rapidly yet thoroughly until dough forms a ball. Flatten slightly, wrap and chill while making filling. (30 minutes minimum)
- 3** Roll out on floured surface to desired thickness (6 mm is good). Then line pie plate and fill. Roll out top crust making sure to cut holes for the steam to escape.
- 4** Seal edges with a small amount of beaten egg; use the rest to brush the top for a golden finish.
- 5** If not using all the pastry simply wrap a flattened ball of remaining dough with cellophane and freeze until needed. (up to 1 month)
- 6** When ready to use, defrost overnight in fridge. Roll as usual.

We would love to hear what you think about the first issue of **SPICE IT UP!**

Please send us your comments!

We also welcome recipe suggestions and any tricks and tips related to cooking.

### Spice it up

The Editor

653 North Sutton Road  
Sutton, Québec JOE 2K0  
Canada  
editor@ebmed.ca

The following websites offer a wealth of information to renal patients:

- **Kidney Foundation of Canada**  
[www.kidney.ca](http://www.kidney.ca)
- **National Kidney Foundation**  
[www.kidney.org](http://www.kidney.org)
- **American Association of Kidney Patients**  
[www.aakp.org](http://www.aakp.org)