

History of American Pies and Illinois is well represented!

Family Apple Pie
April Weinreich, Wahkon, Minnesota

Peel 8-9 medium apples of your choice, core and slice. Measure 8 cups for one 9" pie.

In mixing bowl combine:

1 cup sugar

1/3 cup all purpose flour

1 1/2 tsps cinnamon

Mix in apple slices. Set aside while making pie for a two crust pie:

In mixing bowl, combine:

2 cups all purpose flour

1 tsp salt

Cut in 2/3 cup lard or shortening with pastry blender (Hand mixer also works) until pieces are pea size. Sprinkle with 4-5 tablespoons ice water. Gently mix and push dough to side of bowl. Cut through the middle and take half out to roll out. Form into a disc and roll out into a circle on a generously floured surface. When half the size needed to fit the pie pan. Turn over, putting more flour underneath, move one more time while rolling out to ensure it doesn't stick. Use pie pan as a guide and make the circle bigger than the pan, Roll up onto the rolling pin and unroll into the pan. Fix edges if needed, fill with filling, dot with 2 tsps of butter. Repeat with other half and place over filling. Trim edge about 1" from outside of pan, turn under and flute edge if you wish. Sprinkle top with cinnamon sugar. Cut slits in top crust with small knife. Bake at 350 for 60-70 minutes. Serve warm or cold.

Read the history here: <https://www.greatermidwestfoodways.com/2ndmn2014/>

History of American Pies and Illinois is well represented!

Back of the Box Ritz Cracker Mock Apple Pie

Pastry for two-crust 9-inch pie

36 RITZ Crackers, coarsely broken (about 1 3/4 cups crumbs)

1 3/4 cups water

2 cups sugar

2 teaspoons cream of tartar

2 tablespoons lemon juice

Grated peel of one lemon

2 tablespoons margarine or butter

1/2 teaspoon ground cinnamon

1. Roll out half the pastry and line a 9-inch pie plate. Place cracker crumbs in prepared crust; set aside.
2. Heat water, sugar and cream of tartar to a boil in saucepan over high heat; simmer for 15 minutes. Add lemon juice and peel; cool.
3. Pour syrup over cracker crumbs. Dot with margarine or butter; sprinkle with cinnamon. Roll out remaining pastry; place over pie. Trim, seal and flute edges. Slit top crust to allow steam to escape.
4. Bake at 425 F for 30 to 35 minutes or until crust is crisp and golden. Cool completely.

Makes 10 servings

History of American Pies and Illinois is well represented!

Concord Grape Pie

I use Rose Levy Beranbaum's Concord Grape Pie recipe from her *Pie and Pastry Bible*. To make a recipe, I portion 2 cups and 2 tablespoons (yes, our dear friend Rose is always precise) into pint ZipLoc freezer bags for future use.

For the filling mix together:

2 cups and 2 Tablespoons Concord grape pulp*

3/4 cup plus 2 Tablespoons sugar

2-1/2 Tablespoons cornstarch

1-1/2 tablespoons lemon juice

Pour into a pastry lined pie shell, dot with butter and apply a top piecrust. I do lattice and Rose cuts circles to suggest a bunch of grapes.

Rose preheats her oven for 30 minutes at 425 degree with a cookie sheet on the bottom rack.

Place pie on the preheated cookie sheet for 40 to 50 minutes.

Check the crust around 30 minutes. You may want to put some foil on the edges.

*Processing Concord Grapes:

- Pinch each grape to release the pulp into a pot, the skins should be kept in a bowl for later use.

- Bring pulp to a boil to release seeds, then use a wire sieve to separate pulp from seeds.

- Deseeded pulp can be brought to a boil, then the skins are added to the pulp and brought to a boil. Turn off the heat to let the pulp cool. Package two cups and two tablespoons in pint ZipLoc's for future use.

History of American Pies and Illinois is well represented!

Best Tasting Traditional Bean Pie

2 cups navy beans (cooked according to package instructions)

Note: You'll want to make sure that you have planned ahead to make this pie because you need to pre-soak the beans before you can cook them.

1 stick butter

2 tablespoons flour

4 eggs

1 teaspoon nutmeg

2 cups sugar

1 14oz. can evaporated milk

1 teaspoon cinnamon

2 tablespoons vanilla

Cook beans until soft.

Preheat oven. to 350 degrees.

In electric blender, blend beans, butter, milk, eggs, nutmeg and flour about 2 minutes on medium speed. Pour mixture into a large mixing bowl. Add sugar and vanilla. Mix well. Pour into pie shells. Bake about one hour until golden brown.

Makes 2 or 3 Bean Pies.

History of American Pies and Illinois is well represented!

Key Lime Pie

3 large egg yolks, room temperature

1 (14-ounce) can sweetened condensed milk

2/3 cup Key lime juice (fresh preferred, about 24 to 30 Key limes)

2 teaspoons finely grated lime zest

1 (9-inch) graham cracker pie crust

1 cup whipped cream, optional

Graham cracker crust (purchased or made)

Position a rack in the center of the oven and heat to 350 F.

In a medium bowl, combine the egg yolks and sweetened condensed milk. Beat with a mixer at high speed until light and fluffy, about 5 minutes.

Gradually beat in lime juice and lime zest.

Pour mixture into the baked or store-bought graham cracker crust.

Bake until the filling sets up, but has a slight jiggle in the center, about 10 to 15 minutes.

Let cool to room temperature and then refrigerate for at least 2 hours.

If desired, decorate with whipped cream or slice and serve with a dollop on each serving.

Serve the Easy Key Lime Pie with a dollop of whipped cream

<https://www.thespruceeats.com/key-lime-pie-3057880>

History of American Pies and Illinois is well represented!

Edgar Rose's Pecan Pie

Edgar Rose's Pecan Pie

Pastry for single crust 9-inch pie

4 Tablespoon unsalted butter

4 Extra large eggs

1 Pinch salt

1 Teaspoon vanilla extract

1 Teaspoon dark rum (e.g. Myers)

13.5 oz(1 1/2 C) lightbrown sugar

6 Ounces chopped toasted pecans - lightly toasted in a dry frying pan on the stove.

1. Preheat oven to 350 F.
2. Melt butter.
3. Beat eggs in a mixing bowl with a fork until uniform in color.
4. Add salt, vanilla extract, rum - mix.
5. Add sugar gradually, mix thoroughly.
6. Add melted butter and mix.
7. Spread nuts over the bottom of the prebaked crust, pour filling over the nuts into crust.
8. Bake in preheated 350 F oven 20 minutes. Reduce heat to 250 F and bake until center of filling has just barely stopped jiggling when shaking the pie pan (25-35 mins. at 250 F, or about 10 minutes after the top pecan crust has started rising).
9. Serve at room temperature with slightly sweetened cream.

History of American Pies and Illinois is well represented!

Klemann Family Sugar Cream Pie Recipe

This is my mother's recipe handed down from her mother who descended from a pioneer Quaker family. My mother uses the dry method and uses her finger for stirring. My mother told me that finger stirring in the unbaked crust is necessary so as not to whip the cream before baking. She sprinkles fresh grated nutmeg over the top before baking.

Pastry for 9-inch one crust pie

3/4 cup granulated sugar

5 tablespoons all-purpose flour

2 1/2 cups heavy whipping cream, room temperature

1 teaspoon pure vanilla extract

Whole nutmeg

Preheat oven to 450 degrees F. Prepare pie pastry.

Place sugar and flour in the unbaked pie shell. Add cream and mix well using your fingers to slowly mix the dry and liquid ingredients (this prevents the cream from whipping). Add vanilla extract to the mixture and continue stirring with your fingers. Grate nutmeg over the top.

Bake 10 minutes; reduce heat to 350 degrees F. and continue baking approximately 1 hour.

Do not over bake. The pie may appear runny but usually sets as it cools. Over baking seems to break down the sugar and the pie never solidifies. If the pie doesn't set, get out some spoons and enjoy it anyway.

Remove from oven.

Although you may refrigerate the pie, it usually is not necessary to get it to set.

<https://whatscookingamerica.net/desserts/sugarcreampie.htm>

History of American Pies and Illinois is well represented!

Chess Pie

- 1 1/2 cups granulated sugar
- 2 tablespoons all-purpose flour
- 5 large eggs, at room temperature, lightly beaten
- 2/3 cup buttermilk
- 1/2 cup unsalted butter, melted and cooled
- 1 teaspoon pure vanilla extract

When you're ready to make the pie, heat the oven to 350 degrees Fahrenheit. On a floured countertop, use a rolling pin to roll out pie crust. Place in a pie pan. Combine sugar and flour in a large bowl. Add eggs and buttermilk, stirring until blended. Stir in melted butter and vanilla and pour into unbaked pie crust. Bake for 45 minutes or until set. Cool on a wire rack at least an hour before serving. Store leftovers, well-wrapped, in refrigerator.

Great Grandma's Pasties Diana Wara, Washington, Illinois

Filling

- 3 cups cubed peeled potatoes
- 1 cup chopped carrots
- 1 medium onion, chopped
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds roast beef, small cubed
- 1 tablespoon butter, melted

Pastry Crust

- 4 cups all-purpose flour
- 1 1/4 teaspoons salt
- 1 cup solid shortening
- 3/4 cup cold water

In a large bowl, combine the potatoes, carrots, onion, salt and pepper. Add the beef over potato mixture and mix well. Add butter and toss to coat; set aside.

For pastry, in a large bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. Gradually add water, tossing with a fork until a ball forms. Divide dough into five portions; roll each into a 10-in. circle. Place 1 cup of filling in the center of each circle. Fold pastry over filling and seal edges tightly with a fork; cut slits in the top of each.

Place on a greased baking sheet. Bake at 375 for 50-60 minutes or until golden brown.

Yield: 5 servings

Read the history: <https://www.greatermidwestfoodways.com/ilcompetitors2011/>
www.GreaterMidwestFoodways.com

History of American Pies and Illinois is well represented!

Marjoris Lingard's Rhubarb Pie
Jennifer Barties, Des Moines, Iowa
First Prize, Family Heirloom Recipes from the Iowa State Fair, 2011

Oven temp: 375 Time: 60-50 minutes

4 cups chopped Old Fashion Rhubarb (editor: green rhubarb)

1 1/2 cups sugar

2 eggs

1/3 cup flour

1 tsp lemon zest

Whip eggs and lemon zest until thick, fluffy and lemon colored. Slowly add in sugar. Fold in flour and chopped rhubarb. Pour into prepared pie shell. Top with top crust. Pinch edges to seal and cut 3 vent holes in the top center of pie. Brush crust with milk and sprinkle with large crystal raw sugar. Bake in oven. If top of pie browns too quickly, cover lightly with foil and continue baking. Cool completely before serving.

Pie Crust

3 cups sifted flour

1 tsp salt

1 cup cold lard

7-9 Tbsp Ice water

Sift flour and salt together. Cut in cold lard. Sprinkle with water, sans ice cubes, one tablespoon at a time, lightly tossing with a fork after each addition until adequately moistened. Divide dough in two and gently form into discs. The less the dough is handled the better, similar technique as biscuits. Wrap discs in plastic wrap and chill in the fridge for 2 hours. Roll out dough and place in 9" pie pan.

Read the history: <https://www.greatermidwestfoodways.com/iawinners2011/>

History of American Pies and Illinois is well represented!

Apple Maple Pie ~~with Cornmeal Crust~~

Autumn Apple Pie
(one 8 inch pie)

Single Pie Crust:

1 Cup Flour
1/2 teaspoon salt
1/3 cup shortening
2-3 tablespoons ice water

Preheat oven to 425 degrees F.

In a medium bowl, mix flour and salt, then cut in 1/3 cup shortening until the mixture is like fresh breadcrumbs. Sprinkle in the ice water one-tablespoon at a time, stirring after each addition. Add just enough water so the dough remains cohesive when pressed together.

Roll out dough on a lightly floured surface into a circle 2 inches larger than the pie pan. Place the dough into the pan, trim and crimp the edges. Prick the dough with a fork at 1/2-inch intervals. Press a 12-inch square of aluminum foil into the pie shell and bake for 6 minutes. Remove foil and bake for another 4 minutes.

Apple Custard:

4 tablespoons unsalted butter
1-1/2 cups grated apples (Jonathon or Granny Smith - no Macintosh)
1/2 cup C&H sugar
3 large eggs
1 cup whipping cream
1/3 cup maple syrup
1/3 teaspoon vanilla extract

Preheat oven to 375 degrees F.

Melt butter in a skillet, add apples and sugar. Mix thoroughly and let cook about 10-15 minutes, stirring occasionally, until the liquid has cooked away. Cool to room temperature. Beat eggs lightly, stir in cream, maple syrup and vanilla. Mix in the cooled apple mixture to blend. Pour into the prebaked piecrust and slide into the middle rack of the oven. Bake 35-40 minutes, covering lightly with foil if the crust seems to get too dark. Remove when the custard is set and slightly fluffy.

History of American Pies and Illinois is well represented!

Sugar Pie

Diana Wara, Washington, Illinois

Second Prize, Family Heirloom Contest at the Illinois State Fair, 2013

Pie Crust

1 1/2 cups all-purpose flour

3/4 teaspoon salt

1/2 cup lard

2 1/2 tablespoons water

Preheat oven to 375°F. Sift together flour and salt. Blend lard into sifted flour with a pastry blender until the size of small peas. Add water all at once. Shape into a ball. Roll into a 9 – 10 inch pie pan; set aside.

Sugar Pie Filling

1/2 cup brown sugar

3 tablespoons whole milk

1 1/2 tablespoons butter, small cubes

2 tablespoons chopped pecan or black walnuts (if in season)

Sprinkle the brown sugar in the bottom of the pie crust. If using nuts, the nuts would go on now.

Evenly spread the milk. (The brown sugar will absorb the milk – that's what you want.) "Dot" on the butter cubes. Bake in preheated 375 oven for 35-45 minutes. Crust will be golden brown and filling will be bubbly. Take the pie out of the oven and let it cool.

NOTE: I did add black walnuts. My dad went to his farm in Iowa and picked them for me. His farm is about 1 mile away from my grandmother house!

Read the history here: <https://www.greatermidwestfoodways.com/2ndil2013/>

History of American Pies and Illinois is well represented!

Crisco Pie Crust

Double Crust Pie Crust for 8-9 inch pie pan

2 cups all-purpose flour
1 teaspoon salt
2/3 cup Crisco shortening or lard
5 tablespoons cold water

Sift together flour and salt. Cut lard/shortening into flour mixture with a pastry blender (or two knives scissor fashion) until the size of small peas. Add water all at once and lightly stir, then press together dough. The final texture should feel like PlayDough. Shape into a ball. Split dough 60:40 for bottom and top crusts.

Roll out dough between two very lightly floured pieces of waxed paper. To check sizing, flip pie pan upside down and place lightly on the crust sandwiched between wax paper. You are done rolling when pie dough is about 1.5-2 inches wider than the pie pan. Remove one piece of wax paper, center the pie pan in the middle, flip up, center crust and remove remaining wax paper.

Add filling to pan, add top crust (if using), then trim and crimp the edges.

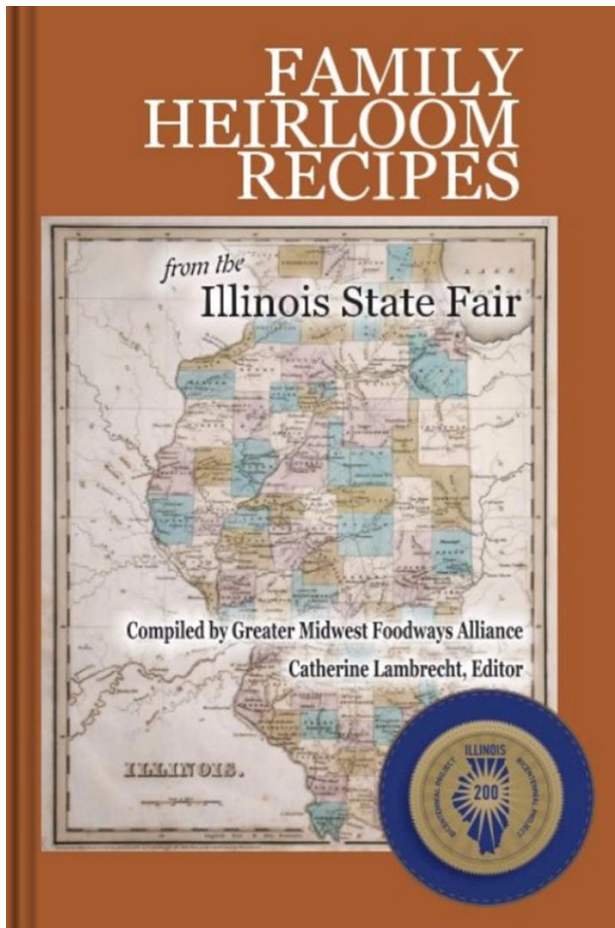
If you need to partially bake the bottom crust:

Prick the dough with a fork at 1/2-inch intervals. Press a 12-inch square of aluminum foil into the pie shell and bake for 6 minutes. Remove foil and bake for another 4 minutes.

Note: There are number of approaches to making pie crust. Ultimately, find a pie crust method that works best for you.

Family Heirloom Recipes from the Illinois State Fair

More stories and recipes are at www.GreaterMidwestFoodways.com or via this book:



Paperback: 316 pages

Publisher: Greater Midwest Foodways Press (December 31, 2018)

Language: English

ISBN-10: 1950403009

ISBN-13: 978-1950403004

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.3 pounds

Available from Amazon or an autographed copy may be purchased for \$30 (shipping included for continental United States) from Greater Midwest Foodways Alliance, 544 Michigan Avenue, Highland Park, IL 60035, 312-380-1665, GreaterMidwestFoodways@gmail.com