

# The Perfect Pie Crust

Whether you are pre-baking or filling an unbaked shell, always bake our pie shells FROZEN. Thawed shells will not bake properly.

## Suggestions for Baking A Vermont Mystic Pie Shell

Pre-bake with dried beans or pie weights - Place tin foil or parchment in the frozen pie shell and fill with beans to the top of the shell. A genuine butter crust can shrink, and the beans hold the dough in place.

**Full Pre-Bake** - For custard, chocolate mousse, lemon meringue, quiche or other liquid pies, follow the directions on the side flap of the box and pre-bake to golden brown.

**Half Pre-Bake** - For a less crisp shell or for pies with a less liquid filling, cut the baking time in half.

**No Pre-Bake** - You can put any filling directly into a FROZEN pie shell. Just make sure the filling is not hot. For best results freeze the assembled pie before baking. This will help you avoid shrinkage of the sides, but you may need to adjust the baking time. This is ideal for fruit pies or pot pies.

**For a Double Crust Pie** - You can use two of our shells to make a double crust pie. Here's how to end up with the best results:

1. Thaw our shells half way.
2. Fill 1 of the crusts with filling (the filling should NOT be HOT).
3. Brush edge with egg wash or water.
4. Take other crust out of tin and flip over and place on top of crust with filling in it.
5. Use a fork to press down the edges to create a seal.
6. Freeze pie for several hours or overnight.
7. Bake pie frozen.

### NOTE: Butter watch -

Our pie shells are made from scratch with delicious Cabot Butter and Organic King Arthur Flours. To create tender, flaky crusts we layer pieces of butter in the dough. Occasionally, a piece of butter that's too large gets in. We try to catch these, but if your shell has too much butter, let us know so we can refund your money with our apologies.

(Continue to next page for Finer Points of Baking)



**1-877-588-PIES**  
**[www.VermontMysticPie.com](http://www.VermontMysticPie.com)**  
Vermont Mystic Pie, 92 Stowe St., Waterbury, VT 05676





# How to Bake YOUR Perfect Pie

## The Finer Points of Baking

Ours is a natural juice pie. This means that we do not add any stabilizers or gelling agents. No gunk. Just chunks of fresh Blueberries and Apples, a little lemon juice and a lightly applied spice mixture. **Juicy berries make a juicy pie**, and our pies are packed with juicy blueberries. As a result **our pies sometime spill over** onto the baking pan which can result in a mess. We recommend **keeping a close eye on the pie** during baking and if there is excessive spillover, **change the tin foil on the baking pan** on which the pie sits part way through the bake to avoid a mess in your oven. The pies will be more juicy than firm when you are done. **The longer you let it sit, the less juicy it will be** (some of the juices get absorbed by the apples). This is normal and a function of a homemade natural juice blueberry pie. If you want a **crispier bottom** to the pie, **make sure the baking pan (remember to cover the pan with tin foil) is very hot** when you put the pie on it to bake. Depending on your oven, a longer bake time will often (but not always) result in a crispier bottom.

Everybody likes their pie baked a little differently and one of the great things about a bake-and-serve pie is that you can make it your way. Some like it lightly baked, while others prefer a bolder or darker bake. Some like their apples firm, some less so.

+  Add 10 minutes to baking time = Darker baked & softer apples

-  Subtract 10 minutes to baking time = Lighter baked & firmer apples

### It's all about time, temperature and oven position.

Most ovens do not have accurate thermostats - when the dial says 400 degrees, there is a good chance that the oven is higher or lower. Ovens have 'hot spots' and 'cool spots' as well, which make a big difference in how your pie bakes. Get to know your oven and adjust the temperature accordingly.

### A few final touches

Many of our customers have told us that they enjoy adding decorative touches to their pies. You can do this, too, by cutting simple designs in the top of the crust prior to baking. This serves to vent the pie as well. Cookie cutters work well for this, especially the smaller ones. Placing the cut out dough on top of the crust adds a nice flair to the final bake.

To add a nice sheen to the pie when it bakes, lightly brush milk on the top before it goes in the oven.



For a bit of a sweet crunch, sprinkle sugar on the top and then bake. Raw crystalline sugar works best for this.

### And top it off with...

...a slice of Cabot Extra Sharp Cheddar Cheese, a favorite of Vermonters throughout the years (some have this in the morning for breakfast).

...or perhaps a scoop of Ben and Jerry's vanilla ice cream (Ben likes his scoop on the top, Jerry prefers his on the side).

...or a unique choice, a dollop of Crème Fraiche from the Vermont Butter and Cheese Company.

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### No two are alike

Our pies are handcrafted here in Vermont. This means that the proportion of blueberries to apples can vary a bit from pie to pie because a real live person - not a machine - mixed and scooped the fruit. Therefore each pie is different, some have more cultivated blueberries (these are the large ones. Some have more wild blueberries (the smaller ones) and some have more apples.

If you have any questions or comments, please email our Head Pastry Chef at [Laura@vermontmysticpie.com](mailto:Laura@vermontmysticpie.com)

### A little help from our friends

When we first thought about how to bring the freshest and most delicious all natural pie to the world we went to our neighbors, the best bakers around...King Arthur Flour. These good folks helped us to develop our recipe and gave us many helpful tips. We spent many a pre- dawn morning in their kitchens and ours getting it just right. A little bit of this, a pinch more of that and pretty soon, we had a pie we were really proud of.

We use only King Arthur's Certified Organic flour - never bleached, never bromated and always 100% pure.

King Arthur is the oldest flour company in America, going back to 1790. After hundreds of years being in the same family, this fine company, now owned by its employees, is considered to offer the best products of its type anywhere. Ask any baker - they will tell you.

King Arthur offers many scrumptious recipes for seasonal baking. These can be found on their website at [www.kingarthurfour.com](http://www.kingarthurfour.com). They also offer baking classes and lots of goodies to help in the kitchen making your own special creations.



We hope that you enjoy the pie. Please be in touch and let us know about your favorite pie, ways to bake it and decorate it and what you like to have with it. We thrive on suggestions and comments. Please send them!

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