

Easter Pie (Wheatberry Pie)

Easter Pie (Pasta Frolla)

1/2 lb Crisco (two cups)
1/2 lb powdered sugar (2 cups)
A little vanilla
4 eggs 2 whole - 2 yolks
1 lb flour (4 cups!)

Cream lard with sugar
Break eggs -- add flour

When rolling out, work on cloth with stocking on rolling pin.

350°F

Easter Wheat Pie Filling

2 lbs ricotta
1 1/2 lb cooked wheat
(1lb raw is about 3.5lb cooked)
2 c sugar
1 tsp cinnamon
4 egg yolks
3 egg whites
1/2 c. finely chopped citron and orange peel
1 c boiled milk (scalded)
1 1/2 tbsp orange water

Drain ricotta. Add sugar, egg yolks.

Blend together. Add beaten egg whites, cooled boiled (scalded) milk, wheat, citron, orange peel, cinnamon, and orange water. Blend all

ingredients together thoroughly.

NOTES:

"If you decide to cook your own wheat, ~~go for the~~ **soft wheat (Buy wheat grain (wheatberries) from specialty stores, importer, etc.)**, which you can usually find in health food stores. Soak it in a triple volume of water for 24 hours, draining the soaking water and starting with fresh water, about 3 cups of cooking water per 1 cup of wheat. Cook the wheat for 2 hours, uncovered, at a low simmer, or until the grains are pale, soft and tender.

ALT: Combine Bob's Red Mill Soft White Wheat Berries, ½ tsp salt, and 4 cups of water in a medium pot. Bring to a boil then reduce heat and simmer, partially covered, until grains are soft, about 90 minutes.

Allow the entire mixture to cool, and if some of the cooking liquid congeals around the kernels that's fine—don't try to separate the goo from the grain. You can process the ricotta smooth in a food processor first if you know that your crowd isn't into the distinctive texture that ricotta brings to the dessert."

Fresh Ricotta is very important - highest quality you can find

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