

Pies of All Kinds



The root of pie making has been traced back to the Egyptians around 6000 B.C. and has evolved over the years as an easy and cheap way to preserve the filling of meat or vegetables. By Medieval times, “pyes” were mostly filled with meat like beef, lamb, wild duck, magpie or pigeon and were flavoured with spices, currants or dates. Sweet pies, although already invented, gained popularity in the New World where they served to preserve foods that filled them. These fillings would keep fresh during winter months and varied by region depending on local ingredients.

During, and immediately after WWI, regulations surrounding the supply and use of flour and sugar were complex and frequently adjusted to ensure hoarding and over consumption didn't occur. However, pie making still continued with “mock” recipes and as a way to ensure leftovers were consumed.

Mock Cream Pie

- Pie Crust

Custard Pie Filling:

- 2 cups milk -3 egg yolks
- 1 cup sugar -3 tablespoons flour
- Pinch of salt -Small piece of butter
- Nutmeg

Meringue Topping:

- 3 eggs white Sugar

Beat sugar, flour and egg yolks together. After the milk has come to a boil add the mixture, salt and butter. After it has cooled, place in baked crust and sprinkle over it a little nutmeg. Place meringue over top and brown in oven.

Venison Pie

Wipe and cut the meat into nice pieces and dredge with Five Roses Flour seasoned with salt and pepper. Place these pieces loosely in a pie dish and sprinkle over them 1 dessertspoon chopped parsley, pour in as much stock, diluted gravy or water as the dish will hold without the liquid touching the upper edges. Cover with pie crust, leaving a large opening in the centre. Bake for about 2 hours in good oven. When the crust is a nice golden colour, cover the pie with clean greased paper to prevent burning.

Carrot Pie

- 1 cup cooked carrots (mashed)
- 1 cup sugar
- 2 eggs
- 1 pint sweet milk
- 2 tablespoons molasses
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger

Bake in one crust. Molasses may be omitted

Apple Sauce Pie

Beat the yolks of 2 eggs with 1/2 cup of sugar until light. Then beat in 2 cups strained sweetened apple sauce. Flavour with wintergreen*, and bake in one crust. Whip the whites of the eggs until stiff snow. Add 2 tables of powdered sugar, spread over pie. Brown lightly in oven.

*similar to mint, though a different type of plant, wintergreen is used as a flavouring agent in such items as root beer, and chewing gum and was a common ingredient in many desserts and candies. in the first half of the 21st Century.

Recipe Credits: *Five Roses Cook Book*, Lake of the Woods Milling Company Limited, 1915.

Mock Pie Recipe Credit: *The Manila Cookbook*, 1919 <http://www.archive.org/stream/cu31924059639215#page/n3/mode/2up>