

Southern Style Fried Pies *Also known as “hand pies”*

My mom used to make these when I was growing up. Her favorites were apple pies. I have tweaked the recipe a bit as the years have gone by, but I never make fried pies without thinking of my sweet momma.



Pastry

Combine in a large bowl:

3 cups all-purpose flour
1 tsp. salt
2 Tbls. sugar

Cut in with pastry cutter or fork:

$\frac{3}{4}$ cup of lard, shortening or butter (I use lard or a combination of lard and butter)

Mix in:

1 egg (beaten)
 $\frac{1}{2}$ cup
(approximately) buttermilk (add buttermilk a few tablespoons at a time. Add more if needed until your dough is a slightly moist but not wet

Pastry Recipe Cont.

Do not over work the dough. Roll dough into 2 balls. Then flatten until they are about $\frac{1}{2}$ inch thick. Wrap in plastic wrap and place in refrigerator for about one hour. You can leave dough in fridge for several days or freeze.

When dough is cold, roll out about 1/8 inch thick on floured surface and cut into 6 inch circles (approximately). Fill with preferred fruit filling. Fold the circle over to make a "half" circle. Seal edges by pressing fork into both layers of dough.

Fry pies in a deep pan with oil deep enough to cover pies. It takes about 2 -3 minutes cooking on each side depending on how hot your oil is.

Drain on cooling rack. While warm, sprinkle with sugar, or drizzle with a frosting glaze.

Making a filling

There are a lot of ways to prepare a pie filling and sometimes you have to adjust your recipe to fit the sweetness of the particular fruit you are using.

For blueberries, I use about 4 cups of berries to $\frac{1}{2}$ - $\frac{3}{4}$ cup of sugar. (This depends on your preference. Add more if you like your pies very sweet.) Add 1 tablespoon of lemon juice and a dash of cinnamon. Combine all ingredients in a large boiler. Cook on medium until the juices begin to thicken. I usually add about 2-3 tablespoons of cornstarch to help them get thick enough. Cool.