

Cook's Question

(Continued from Page B8)

ANSWER — Carolyn Norwood, Irwin, wanted a recipe for spinach pie. Thanks to Fran Westfall, Spring Grove, for sending one, although she isn't sure that this is what the Carolyn wanted. If anyone has a lowfat, no cholesterol recipe for Spinach Pie, please send it.

Chicken and Spinach Pie

Cornmeal Pastry:

- 1 1/2 cups all-purpose flour
- 1/4 cup yellow cornmeal
- 1 teaspoon salt
- 3/4 cup cold unsalted butter, cut up
- 1 large egg, lightly beaten
- 2 teaspoons white vinegar
- 1 to 2 tablespoons ice water

Filling

- 1 1/4 pounds boneless, skinless chicken breasts
- Salt
- 2 10-ounce packages frozen chopped spinach, cooked
- 1 tablespoon olive oil
- 1 tablespoon butter

- 1 1/2 teaspoons minced garlic
 - 1/4 cup raisins
 - 1/4 cup pine nuts or slivered almonds, toasted
 - 4 ounces thinly sliced prosciutto or other ham, julienned
 - 2 large eggs, lightly beaten
 - 3/4 cup heavy cream or evaporated milk
 - 1/2 teaspoon freshly ground pepper
- Cornmeal pastry: Combine flour, cornmeal and salt in a medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In small bowl, combine egg, vinegar, and 1 tablespoon ice water. Sprinkle over cornmeal mixture, stirring with fork just until dough holds together, adding water if necessary. Shape dough into disk. Wrap and refrigerate at least 30 minutes.

Filling: Meanwhile, combine chicken with 1 teaspoon salt and water to cover in large saucepan. Bring to a boil, reduce heat and simmer gently 10 minutes. Drain, then cool to room temperature. Shred into bite-size pieces.

Meanwhile squeeze excess liquid from frozen spinach. Heat oil and butter in large skillet over medium-high heat. Add spinach, garlic, raisins, pine nuts, and prosciutto. Cook, stirring occasionally, until liquid is evaporated, 5 minutes. Transfer to large bowl. Add chicken, eggs, cream, 1/2 teaspoon salt and pepper.

Preheat oven to 350 degrees. Divide pastry into 2 pieces, one slightly larger than the other. Between 2 sheets of floured wax paper, roll larger piece into 11-inch circle. Fit into 9-inch pie pan. Spoon filling into pie pan. Roll remaining pastry as directed above into 10-inch circle. Brush edge of bottom pastry with water. Place pastry over filling; trim and flute edges. Cut vents on top crust. Bake 45 to 50 minutes, until pastry is golden brown. Makes 8 servings.

(Turn to Page B11)



York Society 26

York County Group 26 met on January 26 at B C Restaurant with 13 members and one guest present.

The delegates to the State Convention on January 11 gave a report on the meeting.

The Spring Rally will be held at the Ramada Inn at Hagerstown, Maryland on May 26.

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* Chart compiled from Extension Circular #8M1191

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WL 320	R	R	HR	MR	MR	MR
GARST 636	HR	R	R	R	MR	R

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