

**Foolproof Pie Shells from Karen Atherton's Kitchen**  
**Thank you for sharing, Karen!**  
**With Thanksgiving & Christmas, try this new method!**

4 cups all-purpose flour (= parts spelt, brown rice & barley)  
1 tablespoon sugar                      2 teaspoons salt  
1  $\frac{3}{4}$  cups Palm Fruit Shortening    1 egg  
 $\frac{1}{2}$  cup cold water                      1 tablespoon cider vinegar

In a large bowl, combine the flour, sugar and salt; cut in shortening until crumbly. Whisk the egg, water and vinegar; gradually add to flour mixture, tossing with a fork until dough forms a ball. ( I use my hands to work it into a ball). Divide into 4 portions. The recipe says to cover and refrigerate for at least 1 hour (I have never done that and it works fine). I wrap each portion in clear wrap, slip it into a quart baggie to freeze. Take out what I need. If it takes too long to thaw; put the dough in another baggie and place it in warm water. This works well.