

Easter Wheat Pie



Ingredients:

½ lb. dry wheat (can be purchased in Italian specialty stores)

10 cups water

Flaky Sweet Pastry

2 cups sifted flour

Pinch of salt

½ cup sugar

1/3 cup butter

3 T milk

Filling

½ lbs. well-drained or mild creamed cottage cheese with tiny, soft curds

1 ¼ cups sugar

6 beaten egg yolks

1 t vanilla extract

Zest of 1 large lemon

½ cup chopped dried citron add orange peel

6 stiffly beaten egg whites

Serving: Dust with powdered sugar (optional)

Preparation:

Purchase dry wheat without husks. Wash. Soak overnight in large pot with 10 cups of water

Bright to a boil over a high flame. Lower flame. Cover. Cook for 1 ½ hours until soft.

(if too much water evaporates, add more water. Stir frequently to prevent sticking. Cool

Place wheat in a colander. Run under clean, cool water to remove starchiness. Drain well

Pastry

Combine flour, salt, and sugar. Add butter. Blend by rubbing mixture between palms of hands. Add egg yolks, one at a time. Blend in the same way

Add milk. Knead until smooth. Form into ball. Cover with wax paper. Chill 30 minutes.

Take ¾ of the dough, roll out 1/8 inch thick.

Line 11-inch pie pan or round 9 x 2 baking pan. Allow dough to lap 1 inch over the edge

Brush bottom of pie shell with small amount of beaten egg white

Filling

In a large bowl, beat well-drained ricotta until smooth. If using cottage cheese, put through a fine sieve. Add sugar and egg yolks. Beat until well blended. Add vanilla extract, lemon zest, dried fruit, and wheat. Mix well.

Fold in stiffly beaten egg whites. Pour filling into pie shell.

With remaining dough, roll out and cut into 1" strips with a

pastry wheel

Arrange strips in a lattice design over filling. Turn the overlapping dough under and flatten slightly.

Bake in a reheated oven at 350 degrees F for 50 minutes or until the center is firm, pie is golden brown. Dust with powdered sugar (optional) Serves 20, thin slices

