

New kitchen gadget intrigues Lori

Sing a song of sixpence a pocketful of rye, four and twenty blackbirds baked in a pie.

No, I have not lost my mind. There really was a bird in the pie that mom brought over to my house the other night. It was a ceramic bird though—and it wasn't part of the

dessert, it was part of the cooking process.

Apparently I am a little "out of it", according to mom, because I have never seen a pie bird before. Mom brought over a cherry pie to enjoy the other night and when she brought it in the house, I saw that there was a



Lori Gysel & Gerry Kentner

So, once the pie goes into the oven to bake, what happens is this bird gives the bubbling up fruit juices from the pie a place to escape to instead of boiling all over your oven!

How cool is that!

As we all know, some pies are juicier than others—with cherries and berries being the biggest culprits. So, excess juices actually flow up into the bird's cavity and the steam comes out the bird's mouth as it is baking.

Here's the trick though— DO NOT REMOVE THE BIRD BEFORE SERVING! Mom thought it would be easier to serve up the pie if she took birdy out first. Bad move, because all those juices that stored in the bird while baking were trapped until mom lifted the bird up off the pie plate— then whoosh! Out came about half a cup of cherry juice and flooded the pie. So, serve up your pie and then remove birdy after all the pie is gone.

What a cool new gadget though. I believe it was some kind of gift from Aunt Doris. So way to go Doris on the good find!

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Classic Cherry Pie

Ingredients (Pastry)

- 2 cups flour
- 1 cup shortening
- 1/2 tsp salt
- few drops cold water

Ingredients (Filling)

- 3 cups frozen cherries, thawed
- 2 1/2 tbsp cornstarch
- 1/4 tsp salt
- 1/4 tsp almond extract
- 5-6 tbsp white sugar
- 2 tsp lemon juice
- 1 tsp butter



Method (pastry)

1. Sift together flour and salt.
2. Cut in the shortening with a pastry cutter.
3. Drizzle water over mixture and gently knead the pastry together with a fork or hands. Only add enough water to bring the pastry together. It should not be sticky.
4. Set aside until pie filling is ready.

Method (pie)

1. Drain cherries reserving the juice. Combine cornstarch, sugar and salt in a saucepan.
2. Blend in cherry juice. Stir over direct heat until thick and clear. Remove from heat and stir in butter, almond, lemon and cherries. Allow filling to cool slightly before putting in pastry.
3. Sprinkle flour on clean countertop. Roll out pastry for bottom of pie. Lift gently and place in bottom of pie dish.
4. Pour filling into pastry shell.
5. Roll out pastry for top of pie. Cut a few slashes in top crust to allow steam out of pie when baking.
6. Wet fingers and dab all around the bottom edge of pie crust. Lay top pastry piece over pie. Crimp top and bottom crust together. Sprinkle a little water on pie top and then sprinkle a little sugar on top.
7. Bake pie at 375 F. degrees for 50-70 minutes. Pie is finished when pastry is golden brown.

ceramic bird in the middle of the pie— actually baked right in. It was a cute little bird with its neck outstretched as though mommy bird would be dropping something yummy in there any second. There was a hole in the ceramic to represent the bird's mouth.

So, knowing my mother's taste for all things cute and kitchen oriented, I assumed it was just decorative. And there I was wrong. This cute little birdy actually serves a purpose! When you make the pie, you put the cute little birdy in the middle and as it turns out, the bird has not only a hole for a mouth, but the entire cavity of the bird is empty and there is a bigger hole at the bottom— kind of like a piggy bank.



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Individuals interested in applying are to submit a signed application, indicating their intent, requested playing level, program and any additional coaching information to the GBA Director, Eagles or to the GBA Office at P.O. Box 236, L7G 4Y5.

Applications must be received on or before August 4, 2006.

An interview selection process will be conducted after August 4, 2006 with potential candidates.

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