



# soul

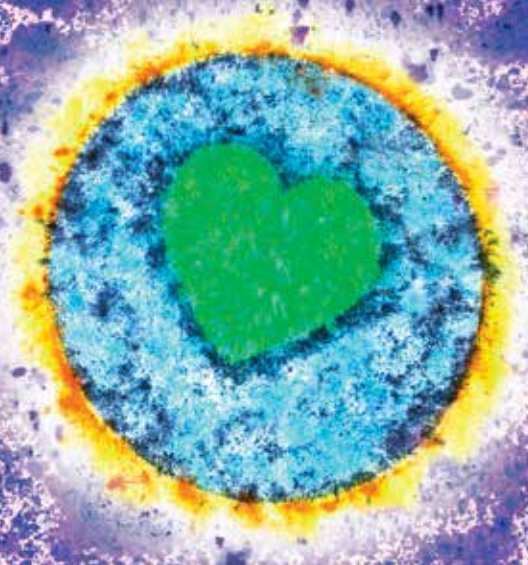
That of values and spirit which  
persists, abides, and continues to  
flavor after what is physical passes.  
That which transcends generations.

**Our times.** If you haven't been in one of the handful of states that have been ground zero to what is now happening across America, this may look like any other time, like any other year. It isn't. What is happening now is very different, and the stakes are about as high as they come.

America has long been dedicated to the ideal of opportunity being open to all. And though we've too often fallen short of our ideals, we have succeeded well more than any other nation so far conceived. For most of America's existence, elections have been a time when two parties competed to show which could bring greater opportunity to a greater number of Americans. Sure, there's always been maneuvering over who gets how big a piece of the pie, but there's always been the sense that this is America, and in America everyone gets a slice.

But now times have changed, and a very different battle is underway. Unlimited political spending has set in motion an election process that simply has no sense of right or wrong, much less truth. The groups using unlimited political spending to undermine our values understand mentally healthy people don't vote against the best interests of their families. To elect their candidates, they need broken people, so right now they are reshaping the institutions of government to create the voters they need.

The good news is that there is still time to make a difference, time to change the road we're on. Make no mistake, what we must now stand up for is no less than the very Heart and Soul of America. Now is the time to make your voice be heard. So many have given so much to give us, and the world, this gift that is America. The goodness that is America, and the hope it brings, simply cannot be allowed to perish. Not on our watch.



Heal the World. Cook dinner tonight.

**Please cook.** We receive our share of emails. A regular and sincere question we get is: "What does anything going on in politics today have to do with a business that sells Spices to cooks?" The short answer is—everything.

Cooking is an amazing thing. It both protects us against and heals us from much that would otherwise leave us broken. If you look at all the ways those currently leading the Republican Party are trying to derail lives, from working to undermine education and housing, to working for increased incarceration and teen pregnancy, you will find all the very places cooking and sharing meals together keeps us on the tracks. Cooking decreases homelessness and increases graduation rates. Cooking keeps people out of jail, and dramatically reduces teen pregnancy as well. Cooking rocks!

And cooking is fun and tasty, too. Plus it brings added richness to life. Each of these blends continues the ripples of lives lived spent in kitchens and around dinner tables sharing goodness. Each tells a story that, at its heart, is one of kind souls making the effort of combining flavors just right to bring smiles to those they cook for. When you cook, you really are connected to a whole lot of goodness. Do what you can to keep that goodness alive.

There's a lot of soul in this box. Please put it to good use.

Please help us do what we do as we work to be a regular reminder of all the goodness you bring to the world each time you cook. Liking us on Facebook is appreciated, but signing up for our email list at [penzeys.com](http://penzeys.com) is even better.

Yes, you get tasty recipes, good stories, and a surprisingly large number of free and almost-free Spices. But on our best days, you also get a good serving of the shared humanity that makes life fun and worthwhile. Please sign up.

The kindness of cooks really does make a world of difference.

Thank you,

All of us at Penzeys





**And Share Pie.** This is America. Everyone has a right to share in a slice of the pie. In these times where the unlimited money in politics is working to deprive so many Americans of health care, housing, education, a safe environment, and even basic justice, we must re-dedicate ourselves. We must all stand up so that government for the people does not fade, so that America remains a beacon of light for the world.

**Our American Pie.** Times like these call us back to our shared roots. Bake an extra to share.

**Apple filling:**

- 3 lbs. apples (we like Cortland or McIntosh)
- 2 tsp. PENZEYS CINNAMON or PIE SPICE
- 1 TB. VANILLA SUGAR or ½ tsp. PURE VANILLA EXTRACT
- ½-1 Cup sugar, depending on tartness of apples
- 1 TB. flour (optional; use if apples are very juicy)

**Crumble top:**

- 1 stick butter, cut into pieces
- ½ Cup flour
- ⅓ Cup sugar
- 1 tsp. PENZEYS CINNAMON or PIE SPICE
- 1 TB. VANILLA SUGAR (optional)

Preheat oven to 350°.

Make your crust first—see recipes.

**Filling:** Peel and slice the apples mixing with the CINNAMON/PIE SPICE, VANILLA SUGAR/EXTRACT and ½ cup sugar as you go. Add more sugar if the apples are tart or dry. Mix thoroughly until

the apples become glossy and syrupy. If there is a lot of syrup, sprinkle with flour and stir again. Set aside.

**Topping:** Place ingredients in a bowl and rub with your hands until the mixture is a rich light brown and is mostly small lumps with a bit of sandy crumbles. Cover bowl until ready to use.

Once your pie crust is ready, gently pour in all the apples and syrup, dividing more or less evenly. They will mound up in the center. Carefully sprinkle the topping over the filling, making sure to evenly cover the apples. Place a cookie sheet lined with foil on the oven's lower rack to catch the inevitable few drips. Put the pie in the preheated oven and bake at 350° for 60-70 minutes. It is done when it is golden brown, bubbling and talking to you—when you look at it you can see bubbles in the crust, filling bubbling up into the crumble top and hear a bit of hissing. The pie slices best if left to cool for 2 hours, when it will still be a bit warm. If transporting your pie, a dampened towel placed on a cookie sheet helps keep the pan from sliding around.

**Prep. time:** 40 minutes

**Baking time:** 60-70 minutes

**Serves:** 8 if you are lucky



## No-Roll Patted Butter Crust

Easy and delicious!

- ½ Cup (1 stick) butter, cold but not totally hard
- 1 Cup flour (half white all-purpose and half whole wheat pastry flour is a nice mix)
- 2 tsp. sugar
- ¼ tsp. salt
- 1-3 TB. milk (varies depending on the weather and your flour)

Cut the butter into pieces and place in a large bowl. Top with flour, sugar and salt. Rub between your fingers, tossing it around and letting it slide through your hands as you press, until the mixture resembles peas and sand. At this point, switch to a spoon. Drizzle the milk over the top of the mix, a bit at a time, not all in one place, stirring as you go. The dough will start to come together around the spoon on the way to forming a single piece. Stop adding milk as this happens. Take the contents of the bowl, which should look like some regular pie dough pieces along with some smaller bits, and pour them into your pie pan. Scatter the pieces uniformly over the bottom and along the sides of the pan, leaving a fair amount along the edges, where you will need more to build the sides. Gently pat the dough into place, starting on the bottom. If your hands are very warm you may need to pat with a piece of waxed paper to avoid having the dough stick to your fingers. Once the bottom looks like a nice uniform crust, move to the sides and start patting the dough up to the top all around. There may be a few spots that seem thin, in which case, borrow a bit from a thicker area. Don't worry about going up and over the top of the pie pan, parallel with the top edge is fine.

Place finished crust in the refrigerator to chill while preparing the pie filling.

## Rolled Crust

Rolled crusts are a bit more complex, but this crust is nice and forgiving. Even if it breaks in pieces it will bake back together.

- ½ Cup (1 stick) butter, cold but not totally hard
- 1 Cup flour (half white all-purpose and half whole wheat pastry flour is a nice mix)
- 2 tsp. sugar
- ¼ tsp. salt
- 1-3 TB. milk (varies depending on the weather and your flour)

Place butter in a large bowl with flour, sugar and salt. Rub between your fingers, tossing and letting it slide through your hands as you press, until it resembles peas and sand. Switch to a spoon and drizzle in milk, not all in one place, stirring as you go. The dough will start to come together into a single piece. Stop adding milk and use your hands to pat it together and into a disc an inch thick. Cover and refrigerate for 30 minutes to make it easier to roll. While the dough chills, make the filling.

To roll the crust, have pie pan, rolling pin, flour and your longest spatula together, then take the dough out. If you are new to making pie, it is better to use too much flour than too little. Generously sprinkle flour on the table, then place the dough on top and sprinkle with more flour. Once you are used to rolling, you can cut back. Using short, quick, light strokes, roll the crust out in a circular shape. It should move a bit on the table. Flip it a few times, adding more flour to keep it from sticking. If it isn't moving at all, it is stuck. Right away, flip it by sliding your spatula underneath to loosen it, then add more flour to the table before continuing to roll. Once it is a bit bigger than the top of your pan, gently lift it in and ease it into place. If it breaks, put the pieces together in the pan like a jigsaw puzzle and gently pat together. Crimp, fold, or make a fork pattern on the edge as desired.

Through cooking we share our values - All we hold dear.

From the first Thanksgiving on, our kindness and compassion for those in need has made America great.

It's time for cooking to once again radiate the values of We the People.

Be the hero we need for our time - Cook!