Pasties never figured prominently in my past; I ate them once while touring the U.P., with plenty of ketchup. I didn’t particularly like the pastie or ketchup at the time, but I did learn, as a proper Michigander, how to pronounce the name (hint: say past, as in the first sentence, then add an e). Only in adulthood, when I realized wrapping dough around pretty much anything makes it good, did I revisit my heritage, pasties, and rutabaga.

But first, a note about the delicata squash: we have harvested all the beds that we have and it is in storage. This is likely to be the last delivery of any quantity. If you’re a pie person and you’ve never had maple-delicata pie, then this is an opportunity of a lifetime. Way back when I started my farming career (is it funny to say farming and career in the same sentence?), I worked at the Stone Barns Center for Food and Ag. (continued on the back)
Recipe

Maple-Delicata Pie

Use whatever pie crust you have available to you. By now, you should predict that I advocate for making the stuff at home, using half lard and half butter. It’s a delightful combination for a flaky crust that compliments any pie, but especially fruit or sweet pies. The following recipe is for the filling. -Julie Engel

| 1 (9-inch) pie shell | 1 C heavy whipping cream |
| 1 T butter | ½ C maple syrup |
| ½ C + 1T brown sugar, divided | ½ t salt |
| 1 delicata squash (about 1.5 lbs) | 3 eggs |

Heat oven to 375°F. Cut delicate lengthwise into two halves and scoop out seeds. Divide one T of both butter and brown sugar between the squash halves and bake for 30 mins or until easily pierced with a fork. Set aside until cooled and turn oven down to 350°F. Scoop out squash (1.5C worth) into a blender. Add cream, maple syrup, and remaining brown sugar and blend until smooth (about 1 to 2 minutes). Pour squash blend into medium-sized bowl. Stir in ½ t salt. Mix in eggs, one at a time. Pour pie filling into shell. Bake for 1 hour or until set. Allow to cool.

Pasties

For a long time, I tried to make pastry dough, such as the type I allude to in the recipe above, work for pasties. It doesn’t. I finally found the following recipe in The Joy of Cooking, and the dough is infinitely easier to work with. As for the filling, it is copied here exactly as it is in the cookbook but feel free to experiment. Nearly any root vegetable or protein will work. -Julie Engel

Combine well:

| 1 ½ lbs. beef round steak, cut into ½” cubes, or ground chuck | 2 medium onions, chopped coarse |
| 2½ C ½” cube peeled rutabaga | 1 C ½” cube carrots |
| 2 ½ C ½” peeled potatoes | Salt and ground pepper to taste |

Cover and set aside. Mix together in a large bowl:

4 C all purpose flour,
1 T sugar, ½ t salt.

Cut in with pastry blender or 2 knives until the mixture resembles coarse crumbs:
1 ¾ vegetable shortening (I use butter or lard).
Mix together:
½ C water
1 large egg
1 T white vinegar

Add the liquid ingredients to the dry ingredients and mix just until combined. Turn out onto a floured work surface. Divide into 6 portions and roll each out to form an 8” round.

Preheat oven to 400°F.

Divide the filling among the 6 rounds, spooning the filling onto half of each dough round. Fold the dough over the filling and tuck it under the filling. Moisten the exposed edge and bring it up to meet the tucked edge, pinching the dough together to seal it. (Each pasty should resemble a small football, flattened on the bottom side.) Cut a slit in the top of each pastry and place on an ungreased baking sheet. Bake until the crust is golden, 50 to 60 minutes. Serve warm or room temperature.