

Now we're cooking
with Ultra 21[®] Ovenware

*Low Roasting
Pan*



Tupperware[®]

Now we're cooking
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*9" Quiche/Pie Pan
with Seal*



Tupperware[®]

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Ultra 21 Ovenware is the revolutionary new product that makes cooking, storing, serving, and cleanup easier than ever before. Designed for today's busy cook, this versatile Tupperware[®] product lets you take delicious dishes from the freezer or refrigerator to the microwave or conventional oven, then to the table for serving and the dishwasher for cleaning. Of course, Ultra 21 Ovenware carries the famous Tupperware full lifetime warranty.

Like the Low Roasting Pan and Seal, the 6 recipes in this booklet provide the convenience your busy schedule demands. With these kitchen-tested recipes, you can prepare simple meals you'll be proud to serve, whatever the occasion. One of the recipes, marked with an asterisk (*), can even be made ahead and stored in the freezer. Other recipes combine the convenience of microwave and conventional cooking.

Note: Microwave recipes were tested in countertop microwave ovens that operate on 625 to 700 watts. Cooking times are approximate since microwave ovens vary by manufacturers. Be sure to check the cooking doneness at the minimum times indicated in many of the recipes in this cookbook, adding more cooking time as necessary.

Pictured on the cover: Easy Fruit Cobbler (see recipe, page 4).

For safety's sake, use pot holders whenever you handle a micro-cooked dish. Foods cooked in the microwave oven can make the Roasting Pan very hot. Here are some more tips for using your durable Ultra 21 Ovenware:

- Do not use the Roasting Pan on the stove top or under the broiler when cooking.
- Protect the Roasting Pan from scratches by using plastic or wooden utensils.
- Allow the contents of the Roasting Pan to cool before applying the Seal.
- Get the best Seal fit by aligning the Seal edge over the Roasting Pan handle. Press Seal over edge of Roasting Pan.
- Be sure to remove the Seal before baking or micro-cooking.
- Wash the Roasting Pan and Seal in the dishwasher or in hot soapy water.
- Remove sticky or baked-on food by soaking the Roasting Pan in hot soapy water. If needed, scrub gently with a baking soda paste and soft cloth. Avoid cleaning with abrasives.
- For persistent stains, soak the Roasting Pan in a mild solution of household bleach (¼ cup bleach to 1 quart warm water). Soaking time will depend on the stain. After soaking, rinse thoroughly.



*This seal assures you that every recipe in **Now We're Cooking with Ultra 21[®] Ovenware** has been tested in the Better Homes and Gardens[®] Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.*

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Ultra 21 Ovenware is the revolutionary new product that makes cooking, storing, serving, and cleanup easier than ever before. Designed for today's busy cook, this versatile Tupperware product lets you take delicious dishes from the freezer or refrigerator to the microwave or conventional oven, then to the table for serving and the dishwasher for cleaning. Of course, Ultra 21 Ovenware carries the famous Tupperware full lifetime warranty.

The 9" Quiche/Pie Pan comes with the unique Tupperware Seal that keeps foods tasting fresh, whether you store them overnight in the refrigerator or several months in the freezer. The round Quiche/Pie Pan holds 5 cups.

Like Ultra 21 Ovenware, the nine recipes in this booklet will help provide the convenience your busy schedule demands. With these kitchen-tested recipes, you can prepare classic dishes or last-minute fix-ups you'll be proud to serve, whatever the occasion. For great make-ahead recipes from the refrigerator, try those marked with an asterisk (*).

Pictured on the cover: Double-Berry Pie (see recipe, page 8)

Note: Microwave recipes were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times are approximate since microwave ovens vary by manufacturer.

For safety's sake, use pot holders whenever you handle a micro-cooked dish. Foods cooked in the microwave oven can make the Quiche/Pie Pan very hot. Here are some more tips for using your durable Ultra 21 Ovenware:

- Do not use the Quiche/Pie Pan or Seal on the stove top or under the broiler.
- Protect the Quiche/Pie Pan from scratches by using plastic or wooden utensils.
- Allow the contents of the Quiche/Pie Pan to cool before applying the Seal.
- Get the best Seal fit by aligning, then pressing the Seal edge over the Quiche/Pie Pan rim. To expel excess air, lift the edge of the Seal slightly, press on center, then press the Seal back in place.
- Be sure to remove the Seal before baking or micro-cooking.
- Wash the Quiche/Pie Pan and Seal in the dishwasher or in hot soapy water.
- Remove sticky or baked-on food by soaking the Quiche/Pie Pan in hot soapy water. If needed, scrub gently with a baking soda paste and soft cloth. Avoid cleaning with abrasives.
- For persistent stains, soak the Quiche/Pie Pan in a mild solution of household bleach (¼ cup bleach to 1 quart warm water). After soaking, rinse thoroughly.



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GARDEN STEAK ROLLS ✕

Makes 12 servings

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|--|----------------------------------|
| 6 small carrots, cut into 3-inch julienne strips | 6 green onions, halved crosswise |
| 3 pounds boneless beef round steak, cut about ½ inch thick | Garlic salt |
| | Pepper |
| 6 slices bacon, halved crosswise | 1 10¼-ounce can beef gravy |

Pour *boiling water* over carrot strips; drain and set aside. Cut steak into 12 portions. Pound each portion to an even ¼-inch thickness. In a 10-inch skillet cook bacon till crisp; transfer bacon to paper toweling, reserving drippings in skillet. Place a strip of bacon, one green onion, and a few carrot strips on each meat portion. Sprinkle with garlic salt and pepper. Roll up meat and vegetables, jelly-roll fashion. Secure with wooden toothpicks. Brown the meat rolls on all sides in hot bacon drippings. Transfer meat rolls to Low Roasting Pan. Spoon beef gravy over meat rolls. For make-ahead, seal, label, and store in the freezer up to 1 month.

To bake: Remove Seal. Bake, covered with foil, in a 350° oven for 1½ to 2 hours or till meat is tender. (Or, bake immediately, covered, in a 350° oven for 1 to 1½ hours or till meat is tender.)

To micro-cook: Remove Seal. Micro-cook, covered with waxed paper, on 70% power (MEDIUM-HIGH) for 50 to 60 minutes or till meat is tender, turning Pan every 10 minutes and turning meat over and rearranging after 30 minutes. (Or, micro-cook immediately, covered, on 50% power (MEDIUM) for 35 to 40 minutes or till meat is tender, turning meat over and rearranging once.)

CHEESE- AND HERB-COATED DRUMSTICKS

Makes 6 servings

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|---------------------------------|----------------------|
| 1 cup corn flakes | ½ teaspoon paprika |
| ¼ cup grated Parmesan cheese | 6 chicken drumsticks |
| ½ teaspoon dried basil, crushed | Cooking oil |

On Pastry Sheet slightly crush cereal; mix in Parmesan, basil, and paprika. Brush drumsticks lightly with oil; roll in crumb mixture. Place drumsticks in Low Roasting Pan, with meatiest portions toward outside of Pan. Pat any extra mixture onto drumsticks.

To bake: Bake, uncovered, in a 375° oven for 45 to 50 minutes or till drumsticks are tender.

To micro-cook: Micro-cook, loosely covered with waxed paper, on 100% power (HIGH) for 14 to 16 minutes or till drumsticks are tender, turning Roasting Pan after 8 minutes.

FAST-AND-EASY FRUIT CRISP

Makes 6 to 8 servings

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|---|-----------------------------------|
| 2 21-ounce cans apple or cherry pie filling | ½ cup butter or margarine, melted |
| 1 2-layer-size yellow cake mix | ½ cup chopped pecans or walnuts |

To bake: Spread pie filling in Low Roasting Pan. Sprinkle *dry* cake mix over fruit filling. Drizzle with melted butter; sprinkle with nuts. Bake, uncovered, in a 350° oven for 40 minutes or till golden.



Quiche!

Ultra 21® Ovenware offers time-saving options for main dish quiches. Use the 9" Quiche/Pie Pan to bake conventional or microwave crusts. Then choose between Classic Quiche Lorraine, which bakes conventionally, or the Ham and Cheese Micro-Quiche, which bakes in the microwave oven. Pictured: Ham and Cheese Micro-Quiche (see recipe, page 4)

EASY FRUIT COBBLER

Makes 8 servings

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| 1 11-ounce package (8) refrigerated Danish rolls | 1 11-ounce can mandarin orange sections, drained |
| 1 21-ounce can fruit pie filling (any flavor) | ¼ cup chopped walnuts |

Micro-conventional cooking: Separate Danish rolls; set aside with frosting. In Low Roasting Pan combine the desired pie filling and the mandarin oranges. Micro-cook, covered with waxed paper, on 100% power (HIGH) for 12 to 14 minutes or till mixture is very hot, stirring twice with wooden or plastic spoon. Arrange rolls atop fruit mixture. Bake, uncovered, in 375° oven for 12 to 15 minutes or till rolls are golden brown. Remove from oven. Drizzle reserved frosting over top; sprinkle with nuts. Serve warm.

ORANGE GLAZED BAKED APPLES

Makes 8 servings

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| 8 large baking apples | 1¼ cups orange juice |
| ½ cup snipped pitted dates | ½ cup dark corn syrup |
| 1 4-serving-size package instant vanilla pudding mix | |

Core the apples with a sharp knife. Score apples with tines of a fork by going around the outside surface in a circular pattern. Fill the apples with the snipped dates; place filled apples in the Low Roasting Pan. In Small Mix-N-Stor® Pitcher stir *dry* vanilla pudding mix into orange juice; stir in the corn syrup. Pour orange juice mixture over apples, coating each well.

To bake: Bake, uncovered, in a 350° oven for 45 minutes or till the apples are tender, basting several times with the orange juice mixture. Serve warm.

To micro-cook: Micro-cook, covered with waxed paper, on 100% power (HIGH) for 14 to 18 minutes or till the apples are tender. Turn Roasting Pan once after 8 minutes, basting the apples several times with the orange juice mixture. Serve warm.

PEAR-GINGER UPSIDE-DOWN CAKE

Makes 12 servings

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|------------------------------------|-------------------------------------|
| ⅓ cup packed brown sugar | 1 cup water |
| ¼ cup butter or margarine | 1 egg |
| ¼ teaspoon ground cinnamon | 1 tablespoon cooking oil |
| 2 pears, peeled, cored, and sliced | 1 14½-ounce package gingerbread mix |

Micro-conventional cooking: In Low Roasting Pan place the brown sugar, butter, cinnamon, and pear slices. Micro-cook, covered with waxed paper, on 100% power (HIGH) for 2 minutes, stirring once with wooden or plastic spoon. Rearrange pears in a single layer. In Small Mix-N-Stor® Pitcher combine water, egg, and oil. Add gingerbread mix; stir till mixture is blended. Carefully pour over pears. Bake, uncovered, in a 350° oven about 25 minutes or till cake tests done. Cool in Roasting Pan for 5 minutes. Cut into squares. To serve, invert cake pieces onto individual plates.

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HAM AND CHEESE MICRO-QUICHE

Makes 6 servings

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|---|---|
| Whole Wheat Pastry for 9" Quiche/Pie Pan (see recipe, page 8) | Dash ground nutmeg |
| 1 cup shredded cheddar cheese (4 ounces) | 1 10-ounce package frozen broccoli spears, thawed |
| 1 cup shredded Monterey Jack cheese (4 ounces) | 1 tablespoon water |
| 2 tablespoons all-purpose flour | 1 cup light cream or milk |
| ¼ teaspoon pepper | 4 slightly beaten eggs |
| | 1 cup chopped fully-cooked ham (5½ ounces) |
| | Ground nutmeg |

To micro-cook: Line the *unpricked* pastry shell with several thicknesses of cheesecloth, 16-inches square; top with 1½ to 2 cups *dried beans*. Tie corners of cheesecloth together to form a bag, keeping beans at edges of crust. Micro-cook, uncovered, on 100% power (HIGH) for 4 minutes, giving Quiche/Pie Pan a half-turn once. Carefully remove cheesecloth and beans; micro-cook pastry on HIGH about 1 minute more or till pastry is dry; keep warm.

In Small Mixing Bowl stir together cheeses, flour, pepper, and nutmeg; set aside. Reserve a few spears of the broccoli for garnish; chop remaining spears to make 1 cup. In 1-Quart Casserole combine the chopped broccoli and water. Micro-cook, covered with vent closed, on HIGH for 4 to 5 minutes or till tender, stirring once. Stir in cheese mixture and cream. Micro-cook on HIGH for 2 to 4 minutes or till cheese is melted, stirring once every minute. Gradually blend hot cream mixture into the beaten eggs; stir in ham. Pour into warm pastry. Sprinkle with nutmeg. Micro-cook on 70% power (MEDIUM-HIGH) for 11 minutes, giving Pan a quarter-turn every 3

Quiche!

minutes. Top quiche with reserved broccoli spears, placing heads of spears toward the edge. Micro-cook on MEDIUM-HIGH for 2 to 4 minutes more or till knife inserted off-center comes out clean, giving Pan a quarter-turn once. (Center may be slightly unset.) Let stand 10 minutes before serving.

CLASSIC QUICHE LORRAINE

Makes 6 servings

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| Pastry for 9" Quiche/Pie Pan (see recipe, page 8) | 1 cup milk |
| 8 slices bacon | 1 tablespoon all-purpose flour |
| 1 medium onion, thinly sliced | ½ teaspoon salt |
| 4 beaten eggs | Dash ground nutmeg |
| 1 cup light cream | 1½ cups shredded Swiss cheese (6 ounces) |

To bake: Line the *unpricked* pastry shell with heavy foil; fill with *dried beans*. Bake in a 450° oven for 5 minutes. Remove the beans and foil. Bake for 5 to 7 minutes more or till nearly done; keep warm.

In a skillet cook bacon till crisp; drain, reserving 2 tablespoons of the drippings. Finely crumble bacon and set aside. Cook onion in the reserved drippings till tender; drain.

In Small Mixing Bowl combine the eggs, cream, milk, flour, salt, and nutmeg. Stir in the bacon, onion, and cheese; mix well. Pour into partially-baked pastry shell. If necessary, cover edge of crust with foil to prevent overbrowning. Bake in a 325° oven for 45 to 50 minutes or till knife inserted off-center comes out clean. Let stand 10 minutes.

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And More!

The Ultra 21® 9" Quiche/Pie Pan fits all kinds of recipes into busy schedules. Besides quiches, it's ideal for conventional and microwave main dishes, quick fix-ups for bread, and dessert pies.

Pictured: Quick Jelly Spirals
(see recipe, page 6)



And More!

TEX-MEX SPAGHETTI PIE

Makes 6 servings

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|--|---|
| 1 pound ground beef <i>or</i>
ground pork | 2 tablespoons butter <i>or</i>
margarine |
| 1 medium onion, chopped | 3 cups hot cooked spaghetti |
| 1 8-ounce can tomato sauce | 2 beaten eggs |
| 1 8-ounce can red kidney
beans, drained | 1/3 cup grated Parmesan
cheese |
| 1 4-ounce can chopped green
chili peppers | 1 cup cream-style cottage
cheese, drained |
| 1 teaspoon cornstarch | 1/2 cup corn chips, slightly
crushed |
| 1 teaspoon dried oregano,
crushed | 1/2 cup shredded cheddar
cheese (2 ounces) |
| 1/2 teaspoon sugar | |
| 1/2 teaspoon garlic salt | |

In a skillet cook meat and onion till meat is browned; drain. Stir in next 7 ingredients; heat through. Set aside. Stir butter into hot spaghetti; add eggs and Parmesan cheese. Form spaghetti mixture into a "crust" in greased Quiche/Pie Pan.

To bake: Spread cottage cheese over spaghetti crust; top with meat mixture. Cover edges with foil. Bake in a 350° oven for 20 minutes or till heated through. Sprinkle with corn chips and cheddar cheese; bake about 5 minutes more or till cheese is melted.

To micro-cook: Micro-cook crust, covered with waxed paper, on 50% power (MEDIUM) for 5½ to 6½ minutes or till set, giving Pan a half-turn after 3 minutes. Spread cottage cheese over crust; top with meat mixture. Micro-cook, covered, on MEDIUM for 3 to 3½ minutes or till hot, giving Pan a half-turn after 1½ minutes. Sprinkle with corn chips and cheddar cheese; let stand 5 minutes.

DEEP PAN PIZZA

Makes 2 or 3 servings

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| 1 6½-ounce package pizza
crust mix | Sliced green onions,
green pepper, <i>or</i>
mushrooms |
| 1 8-ounce can pizza sauce | 1 4-ounce package shredded
mozzarella cheese |
| 3½ ounces sliced pepperoni <i>or</i>
1/2 pound bulk Italian
sausage, cooked and
drained | |

To bake: Prepare pizza crust according to package directions. Press dough onto bottom and sides of greased Quiche/Pie Pan. Top with remaining ingredients. Bake in a 425° oven for 18 to 20 minutes or till crust is golden brown. Let stand 5 minutes before serving.

QUICK JELLY SPIRALS

Makes 8 servings

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|---|------------------------|
| 1 11-ounce package
refrigerated bread
sticks (8) | 1/2 cup powdered sugar |
| 3 tablespoons currant jelly <i>or</i>
apricot preserves, stirred | 2 teaspoons milk |
| | 1/8 teaspoon vanilla |

To bake: Separate dough at perforations to form 8 "spirals;" *do not unroll*. Place in greased Quiche/Pie Pan. Make a depression in center of each spiral. Bake in a 350° oven for 20 to 25 minutes or till golden. Cool 10 minutes. Fill with jelly; drizzle glaze over rolls.

For powdered sugar glaze, in Small Mixing Bowl beat together the powdered sugar, milk, and vanilla till smooth.

And More!

APPLESAUCE COFFEE CAKE

Makes 8 to 10 servings

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| 2 tablespoons wheat germ | 1 teaspoon baking powder |
| 1 1/4 cups all-purpose flour | 1/4 teaspoon baking soda |
| 1/3 cup packed brown sugar | 1/4 teaspoon salt |
| 6 tablespoons butter <i>or</i>
margarine | 3/4 cup chunk-style applesauce |
| 2 beaten eggs | 1/4 cup chopped nuts |
| 3/4 teaspoon vanilla | 1/4 teaspoon ground cinnamon |

Grease bottom and sides of Quiche/Pie Pan. Sprinkle with wheat germ; set aside. In Small Mixing Bowl combine 1/2 cup of the flour and the brown sugar; cut in butter till crumbly. Set aside 1/2 cup of the crumb mixture for topping. To remaining crumb mixture, add beaten eggs and vanilla; beat by hand till smooth.

In Cereal Bowl stir together remaining flour, baking powder, soda, and salt; add alternately with applesauce to creamed mixture, stirring after each addition. Turn into Pan. Stir nuts and cinnamon into reserved crumb topping; sprinkle over coffee cake.

To bake: Bake in a 375° oven for 20 to 25 minutes or till coffee cake tests done with a wooden pick. Serve warm.

To micro-cook: Micro-cook, uncovered, on 50% power (MEDIUM) for 10 to 11 minutes, giving Pan a quarter-turn every 3 minutes. Micro-cook on 100% power (HIGH) for 1 minute more or till coffee cake tests done with a wooden pick. Serve warm.

ORANGE CHEESECAKE DELIGHT ✱

Makes 6 to 8 servings

- | | |
|--|---|
| 6 tablespoons butter <i>or</i>
margarine | 3/4 cup sugar |
| 1 1/4 cups finely crushed graham
crackers | 2 tablespoons all-purpose
flour |
| 1/4 cup sugar | 1 teaspoon finely shredded
orange peel |
| 1 8-ounce package cream
cheese, softened | 3 eggs |
| 1 3-ounce package cream
cheese, softened | 1/2 cup orange marmalade |
| 1 8-ounce carton dairy
sour cream | 1 11-ounce can mandarin
orange sections, drained |

Micro-conventional cooking: For crust, in Quiche/Pie Pan micro-cook butter, uncovered, on 100% power (HIGH) for 1 to 1 1/2 minutes or till melted. Stir in crushed graham crackers and 1/4 cup sugar till all is moistened. Press mixture firmly against bottom and sides of Pan. Micro-cook, uncovered, on HIGH for 1 1/2 to 2 minutes or till set, giving Pan a half-turn after 1 minute. Set aside.

In Small Mixing Bowl combine the cream cheese, sour cream, 3/4 cup sugar, flour, and orange peel. Beat at medium speed of electric mixer till smooth. Add eggs and beat just till blended. Pour into crust. Bake in a 350° oven for 25 to 30 minutes or till knife inserted 1 inch from edge comes out clean. (Center will be slightly set but not firm.) Cool; seal and chill for 3 hours or till set. Before serving, spread with orange marmalade and top with oranges.

And More!

DOUBLE-BERRY PIE ✕

Makes 8 servings

2 cups fresh <i>or</i> frozen unsweetened blueberries	½ cup sugar
2 cups fresh <i>or</i> frozen unsweetened raspberries	2 tablespoons cornstarch
Spice Pastry for 9" Quiche/Pie Pan (see recipe at right)	¼ teaspoon finely shredded lemon peel
	Dash salt
	1¼ cups water
	Sweetened whipped cream

Rinse fresh berries or thaw frozen berries; drain. Set aside.

To bake: Prick pastry generously with a fork. Bake in a 450° oven for 10 to 12 minutes or till pastry is light brown. If desired, bake pastry cut-outs along with the pastry shell for 4 to 6 minutes.

Remove from oven; set aside.

In a medium saucepan combine the sugar, cornstarch, lemon peel, and salt. Stir in water. Cook and stir till thickened and bubbly; cook and stir for 2 minutes more. Stir in the berries. Turn into baked pastry shell. Cool; seal and chill for 2 hours. Garnish with dollops of whipped cream and pastry cut-outs, if desired.

To micro-cook: Prick pastry generously with a fork. Micro-cook, uncovered, on 100% power (HIGH) for 5 to 6 minutes or till pastry is dry, giving Quiche/Pie Pan a quarter-turn every 2 minutes. If desired, micro-cook pastry cut-outs on HIGH for 45 seconds or till dry. Set aside.

In 2-Quart Casserole combine the sugar, cornstarch, lemon peel, and salt. Stir in water. Micro-cook, uncovered, on HIGH about 4 to 5 minutes or till thickened and bubbly, stirring every minute.

Micro-cook on HIGH for 30 seconds more. Stir in berries. Turn into micro-cooked pastry shell. Cool; seal and chill for 2 hours. Garnish with dollops of whipped cream and pastry cut-outs, if desired.

PASTRY FOR 9" QUICHE/PIE PAN

Makes 1 crust

1¼ cups all-purpose flour	1 tablespoon butter <i>or</i> margarine
¼ teaspoon baking powder	
¼ teaspoon salt	3 to 4 tablespoons cold water
⅓ cup shortening	

In Small Mixing Bowl stir together flour, baking powder, and salt. Cut in shortening and butter till mixture resembles coarse crumbs. Sprinkle *1 tablespoon* of the water over part of the mixture; gently toss with a fork. Push to side of Bowl. Repeat till all is moistened. Form into a ball. On lightly floured Pastry Sheet flatten dough with hands. Roll dough from center to edge, forming a 12-inch circle, about ⅛-inch thick. Fit into Quiche/Pie Pan. Trim ½ inch beyond edge; fold under and flute. If desired, reroll trimmings and cut shapes using a decorative cutter. Transfer to cookie sheet to bake or to folded, white paper towel to micro-cook. Use to garnish quiches and pies.

Spice Pastry: Prepare recipe as above *except* add 1 teaspoon *ground cinnamon* to the flour mixture.

Whole Wheat Pastry: Prepare recipe as above *except* substitute ½ cup *whole wheat flour* for ½ cup of the all-purpose flour.