

Crust for Savory Turnovers, Pies and Pastry

2 cups all purpose flour or White Lily Flour (reserve $\frac{1}{3}$ cup)
1 package Oetker baking powder (1 tablespoon)
 $\frac{1}{4}$ teaspoon salt
1 cup fat free ricotta cheese
6 - 8 tablespoons cold butter

Combine $1\frac{2}{3}$ cups flour, baking powder and salt on center of a pastry board. Make a well in the center. Put ricotta cheese in the well. Dice butter into small pieces and add to center of the well. Use fingers to quickly work ingredients together to form a smooth dough.
[Alternate method, use a large bowl and a pastry cutter to form the dough.]

Dust the pastry board with flour from the reserved $\frac{1}{3}$ cup flour. Roll dough to $\frac{1}{4}$ " thick. Fold right third of dough over center, then fold left third of dough over center, then fold bottom third up over center, and then fold top third over center.

Repeat rolling and folding dough three more times. Place folded dough in covered plastic container and chill in refrigerator for 30 - 60 minutes, before rolling and shaping dough as needed.

Ham & Cheese Turnovers

$1\frac{1}{2}$ or 2 cups ham, diced small
~ $\frac{1}{2}$ to 1 cup shredded cheese
diced fresh spinach or other vegetables
mixture of equal parts egg white and milk

Roll chilled dough into large rectangle, $\frac{1}{4}$ " thick. Cut into 5" or 6" squares (e.g., dough will make approximately 6 or 7 squares). Cut out small leaves or other decorative shapes from any scraps of dough that are left over after cutting squares. Place ~2 tablespoons of ham and spinach on center of dough. Add 2 or 3 teaspoons of shredded cheese. Brush edges with egg mixture. Fold one corner of dough over filling to form a triangle. Pinch edges to seal. Decorate and/or cover any tears in dough with cut-outs. If you are using more than one type of filling combination, use different shapes for each filling so that you can distinguish the turnovers after baking.

Preheat oven to 350°. Place turnovers on a parchment covered baking sheet. Brush tops with egg mixture. Bake for 25 - 30 minutes until golden brown. Allow to cool for 5 minutes before serving.