

"If we have a national dish, we suppose its name is Pie".



## Why Pie?

The quote above is from 1874. It may have been true then, but not so much now. What happened to the Pie as a National Dish? Changing tastes are part of the answer, but mass production and a change in a key ingredient are probably bigger reasons. Our goal at M. Belle's Pies is to do our part to restore the American Pie to its rightful place.

Our pies, desserts and baked delectables have gained quite a following by our loyal restaurant regulars. While pie slices are perfect for our lunch and dinner customers, many of our customers request whole pies that can be served for special occasions (or just because). We are happy to bring our kitchen to yours by offering this full line of yummy baked goods ready for your order.

## "Lard" is not a Dirty Word

Prior to the introduction of Crisco shortening in 1911, and Spry Shortening in 1936, lard was the predominant fat used for pie crust. Lard, rendered pork fat, became considered crude and old-fashioned "but not in a good way" by the middle of the 20th Century. Also, butter starts showing up in cookbooks in the 70's & 80's as a more natural and sophisticated alternative to shortening. Here's the rub, however: In our opinion, shortening crusts have good texture but no flavor, and the opposite is true for butter crusts. Lard crusts offer excellent flakiness and wonderful flavor.

It's rare to find lard crust recipes in modern cookbooks, yet to many pie lovers, lard crust is "real" pie crust. We use our best attempt at Millie's Secret Recipe Lard Crust, and our customers LOVE it! We can, however accommodate special dietary needs by using a mixture of butter & shortening or cookie crumb crusts on special orders.

## Who is M. Belle?

M. B. Stebel was the name on the mail box in unit 101 of our condo building. Mildred Belle Stebel (always Millie, unless she was in trouble, then it was "Mildred"! ) was a lovely lady and an amazing pie maker. She inspired us to use Lard crusts and to keep the pie alive.



48 hours notice required for special orders




### Savory Pies

- Stacked Torte, approx. 10" x 15"**

vegetarian	meat
\$32	\$45

Choose either vegetarian (roasted red & yellow peppers, spinach, artichoke hearts, Kalamata olives & Mozzarella cheese) or meat (all the above plus capicola, salami & pepperoni) baked in a slightly sweet, brioche-like yeasted crust. Feeds 8 and advanced notice required.

- Chicken Pot Pie** **\$6.95**


Long, long ago, on State Street in Chicago, there was a magical emporium called Marshall Fields. We use their recipe for Chicken Pot Pies, but with our Secret Recipe Lard Crust. Available un-baked frozen or freshly baked, \$6.95 each. Minimum order is 5 pies, and there is a \$5 refundable deposit on the ceramic ramekin in which they are baked.

- Cornish Pasties** **\$5.95**


Round steak & root vegetables (potatoes, carrots, onions, turnips & rutabaga), all baked in Millie's Secret Recipe Lard Crust. Pick these up frozen & unbaked, ready for your oven or freeze for another day.



Keep Checking Back...  
We try new Pies Every Week!

### Ordering Info:

Contact us at  
**deli203@sbcglobal.net**  
for availability and prices.

**Mail Order** — Shipping is available for pies that do not need refrigeration. Pies are shipped ground for \$25 (they're heavy). If you're really rich, we can ship overnight for \$120 (that's our cost for shipment).



A sweet little division of Frank's Karma Cafe  
203 S. Main St • Wauconda, IL 60084  
www.frankskarma.com  
deli203@sbcglobal.net  
847.487.2037



Millie says,

"Sweet or savory,  
it's all in the crust  
my dear!"

### 2011 Farmer's Market Calendar

Stop in and pick up a fresh pie or refreshing beverage!

- Grayslake** Saturday am (April/May)  
Wednesday pm (June-Oct.)  
Saturday am (Nov./Dec.)
- Lake Forest** Saturday am (June-Sept.)
- Barrington** Thursday pm (June-Oct.)  
(tentative)

**M. Belle's Pie & Bake Shop**  
A sweet little division of Frank's Karma Cafe



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PIES, TARTS, CHEESECAKES AND OTHER BAKED DELECTABLES



## Following the Seasons

In an age where it's possible to have Raspberry Pie in December and Pumpkin Pie in July, we tend to follow the seasons, beginning with Rhubarb in April, followed by Strawberries in June, blue, black and raspberries in July, Peaches in August, Apples & Pears in September & October, and Pumpkin, & Sweet Potato in November (Plus Dark Fruit Cake in December!). We feel that pies are best when they're enjoyed in season, but can accommodate special orders if the ingredients are available.

## Cheesecake, Too!

Some people refer to cheesecakes as "Cheese Pie". We offer fantastic NY cheesecakes as well as Chocolate Cheesecakes and Pumpkin Cheesecakes.



### Cheesecake, 9"

- New York Style Cheesecake \$25
- Chocolate Cheesecake \$25
- Pumpkin Cheesecake \$25

## Pie List (unless otherwise stated, all pies are 9") 48 hours notice required for special orders

### Fruit Pies

**We love to mix fruits as the season gives up it's bounty.**

For example in June, Raspberry-Rhubarb is fantastic, and in August, a Blueberry-Peach pie can't be beat! Contact us to find out what's looking good.

**Crust options include Double Crust, Lattice-Topped or Streusel-Topped**

- Rhubarb\*
- Strawberry\*
- Tart Cherry\*
- Sweet Cherry\*
- Blueberry\*
- Raspberry\*
- Mixed Berry\*
- Peach\*
- Apple\*
- Pear\*

\*Prices range from approximately \$18-26, based on availability of fruit, with a premium for organic items.

### Squash Pies

- Pumpkin \$15
- Sweet Potato \$15
- Butternut \$15



### Nut Pies

- Pecan \$18
- Walnut \$18



### "Cream" Pies

**Topped with incredibly fluffy Swiss Meringue or Whipped Cream**

- Vanilla Cream \$16
- Chocolate Cream \$16
- Banana Cream \$16
- Coconut Cream \$16
- Butterscotch Cream \$16

### Fulfill your Lust for Crust!

**Order a batch of our Secret-Recipe Lard Crust and add your own fillings!**

- Unbaked dough (makes 4 single-crust pies) \$10

### Chiffon Pies

- Raspberry \$18
- Orange \$18
- Chocolate \$18



### Tarts

- Apple \$18
- Pecan-Streusel-Topped Apple Cranberry \$20
- Lime \$16

### Specialty Pies & More...

- French Flan Tart \$16
- Torta Della Nonna \$18  
*An Italian Semolina Custard tart with vanilla bean and sweet crust.*
- Sour Cream & Pecan-Topped Apple \$19
- Caramel Apple Casserole \$16  
*Multiple layers of sweet crust with apples in between and caramel on the top and bottom.*
- Tarte Tatin \$18
- Fruit Galette \$18  
*(Free Form Pies)*
- N'orleans-Style Bread Puddin' With Whiskey Sauz \$22/9" x 13" pan  
*Think you don't like bread puddin'? Then you haven't tried ours!*



We've got more pies!

Over for our  
savory selections!