

cheat lemon pie 1979 recipe

Cheat Lemon Pie 1979 Recipe is a delightful and simple dessert that brings the bright, zesty flavor of lemons to the forefront without the fuss of traditional pie-making. Originating in the late 1970s, this recipe became popular due to its ease and the ability to create a delicious lemon pie without extensive baking skills or time-consuming preparation. In an era where convenience was becoming increasingly important, the Cheat Lemon Pie offered a solution for those who wanted to impress their guests without spending hours in the kitchen.

This article will guide you through the history, ingredients, preparation steps, variations, and tips for making the perfect Cheat Lemon Pie.

History of Cheat Lemon Pie

The Cheat Lemon Pie can be traced back to the late 1970s, a time marked by a shift in culinary trends. Home cooks were looking for ways to prepare delicious meals without the time commitment that traditional recipes often required. This pie emerged as a response to that need, providing a quick and easy dessert option that didn't skimp on flavor or presentation.

During this era, convenience foods were on the rise, with many households embracing pre-packaged ingredients that made cooking simpler. The Cheat Lemon Pie took advantage of these trends by incorporating ready-made crusts and instant pudding mixes, thus allowing anyone to create a delicious dessert with minimal effort. This pie became a staple at potlucks, family gatherings, and summer barbecues, and it still holds a special place in many dessert lovers' hearts today.

Ingredients for Cheat Lemon Pie

The beauty of the Cheat Lemon Pie 1979 Recipe lies in its simplicity. The ingredients are easy to find, and many may already be in your pantry. Here's what you'll need:

Basic Ingredients

1. Graham cracker crust (store-bought or homemade)
2. Instant lemon pudding mix (usually 3.4 oz)
3. Milk (2 cups)
4. Sour cream (1 cup)
5. Lemon juice (freshly squeezed or bottled, about 1/4 cup)
6. Lemon zest (optional, for added flavor)

7. Whipped topping (such as Cool Whip, for garnish)
8. Lemon slices or zest (for garnish, optional)

Optional Ingredients

- Sugar (if you prefer a sweeter pie)
- Cream cheese (for a richer filling)
- Food coloring (to enhance the lemon color)
- Fresh mint leaves (for garnish)

Preparation Steps

Creating the Cheat Lemon Pie 1979 Recipe is a straightforward process that can be completed in just a few steps. Follow this simple guide to whip up your pie in no time.

Step-by-Step Instructions

1. Prepare the Crust
 - If using a store-bought graham cracker crust, simply remove it from the packaging. If making your own, crush graham crackers, mix with melted butter and sugar, and press into a pie plate. Bake at 350°F for about 8-10 minutes and allow to cool.
2. Mix the Pudding
 - In a mixing bowl, whisk together the instant lemon pudding mix and milk. Beat for about 2 minutes until the mixture thickens.
3. Combine with Sour Cream
 - Fold in the sour cream, lemon juice, and lemon zest (if using) into the pudding mixture until well combined. This adds a creamy texture and enhances the lemon flavor.
4. Assemble the Pie
 - Pour the lemon filling into the prepared graham cracker crust, spreading it evenly.
5. Chill
 - Cover the pie with plastic wrap and refrigerate for at least 4 hours, or overnight if possible. This allows the filling to set up properly.
6. Garnish and Serve
 - Before serving, top the pie with whipped topping, and garnish with lemon slices or zest, and fresh mint leaves if desired.

Variations on the Classic Recipe

While the traditional Cheat Lemon Pie 1979 Recipe is delicious on its own, there are several variations you can try to customize the flavors to your liking.

1. Cream Cheese Lemon Pie

- Add 8 oz of softened cream cheese to the filling mixture for a richer, creamier dessert.

2. Berry Lemon Pie

- Layer fresh berries (such as blueberries or raspberries) on the bottom of the crust before adding the lemon filling for a fruity twist.

3. Coconut Lemon Pie

- Fold in shredded coconut into the filling for a tropical flavor. Garnish with toasted coconut flakes on top.

4. Chocolate Lemon Pie

- Drizzle melted dark chocolate over the top of the whipped cream for an interesting contrast of flavors.

Tips for the Perfect Cheat Lemon Pie

To ensure your Cheat Lemon Pie 1979 Recipe is a success, consider the following tips:

1. Use Fresh Ingredients: Whenever possible, opt for fresh lemon juice and zest for a more vibrant flavor. Bottled lemon juice can sometimes taste flat in comparison.

2. Chill Properly: Allow enough time for the pie to chill in the refrigerator. This not only helps the filling to set, but also improves the overall flavor.

3. Experiment with Flavors: Don't hesitate to customize the recipe to suit your taste preferences. Adding different fruits or flavorings can make the pie uniquely yours.

4. Presentation Matters: A well-garnished pie can elevate its appearance.

Invest a little time in garnishing with whipped topping and fresh fruits for a professional touch.

5. Storage: Leftovers can be stored in the refrigerator for up to three days. Cover with plastic wrap to keep the pie fresh.

Conclusion

The Cheat Lemon Pie 1979 Recipe is a testament to the joy of simplicity in cooking. It captures the essence of bright lemon flavor while offering an easy-to-make dessert that appeals to both novice cooks and seasoned bakers alike. Its adaptability allows for a variety of interpretations, making it a versatile addition to any recipe collection. Whether you are hosting a summer gathering, celebrating a special occasion, or simply indulging in a sweet treat, this pie is sure to be a hit. So gather your ingredients, follow the steps, and enjoy a slice of nostalgia with this delightful dessert.

Frequently Asked Questions

What are the main ingredients in a 1979 cheat lemon pie recipe?

The main ingredients typically include lemon juice, sweetened condensed milk, eggs, and a pre-made graham cracker crust.

How do you prepare the filling for a cheat lemon pie?

To prepare the filling, mix together sweetened condensed milk, lemon juice, and eggs until smooth, then pour it into the crust.

What is the baking time for a cheat lemon pie from 1979?

The pie is usually baked at 350°F (175°C) for about 10-15 minutes, just until the filling is set.

Can you use bottled lemon juice for the cheat lemon pie recipe?

Yes, bottled lemon juice can be used, but fresh lemon juice is recommended for a brighter flavor.

How should you serve a cheat lemon pie?

Cheat lemon pie is best served chilled, often garnished with whipped cream or lemon slices.

Is there a way to make the cheat lemon pie healthier?

You can use a low-fat version of sweetened condensed milk or substitute it with Greek yogurt for a healthier twist.

What is the origin of the cheat lemon pie recipe?

The cheat lemon pie recipe became popular in the 1970s as a quick and easy dessert option that didn't require baking a crust from scratch.

How long can you store a cheat lemon pie in the refrigerator?

A cheat lemon pie can be stored in the refrigerator for up to 3 days, covered to maintain freshness.

Can you freeze a cheat lemon pie?

Yes, you can freeze a cheat lemon pie, but it's best to do so without the whipped cream topping, which should be added after thawing.

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