

# #10652

## BAKING BASICS: PIES

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24 Minutes  
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NAME \_\_\_\_\_

HOUR \_\_\_\_\_

## VIDEO WORKSHEET

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The method of mixing the fat into the dough affects the final texture. Fat may be "creamed", "cut-in", "rolled-in", or melted. Each of these techniques affects the final texture of a pastry. Pie crust uses the "cut-in" fat method to create a light, flaky crust.

1. Describe Renaissance pies and where the name "pie" originated.
2. Where does pie belong in the Food Guide Pyramid? Why?
3. Name the simple ingredients used in making a pastry crust (shell).
4. STOP! Before cooking or baking, what's the first step?
5. The trick to making flaky, tender pastry is to keep ingredients \_\_\_\_\_ and work \_\_\_\_\_.
6. Define the term "cutting" and what tools can be used to do the task.



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7. What texture does the "cutting-in" mixing method create?
8. How can you stop the browning/burning of a crust, if the filling is not cooked (like apples)?
9. List three features of a "blue ribbon" crust:
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
10. Do tarts have one or two crusts?
11. Draw a line to match the country with the pie:
- |                   |                         |
|-------------------|-------------------------|
| Cornwall, England | Tart                    |
| Italy             | Pastie (Pasty)/Turnover |
| France            | Crostata                |
12. A French tart pan has a \_\_\_\_\_ rim/edge and a \_\_\_\_\_ bottom.
13. The Cornish pasties/turnover was a pie filled with \_\_\_\_\_ and taken for lunch by the coal miners in Cornwall.
14. Many things can be used for a crust, name three different crusts used in the video.
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

## Just for Fun!

15. What is the nursery rhyme that refers to a pie?





## VIDEO WORKSHEET

### Teacher's Key

The method of mixing the fat into the dough affects the final texture. Fat may be "creamed", "cut-in", "rolled-in", or melted. Each of these techniques affects the final texture of a pastry. Pie crust uses the "cut-in" fat method to create a light, flaky crust.

1. Describe Renaissance pies and where the name "pie" originated.

*The first pies were made of leftover meats and vegetables cooked in a pastry crust and the name may come from the bird the magpie who brings little scraps back to its nest.*

2. Where does pie belong in the Food Guide Pyramid? Why?

*They belong at the top of the food pyramid. They can be very high in fat and sugar so they should be eaten in moderation.*

3. Name the simple ingredients used in making a pastry crust (shell).

*Main ingredients are flour, salt, fat and water. Sometimes an acid like vinegar or sour cream is added for texture and flavor.*

4. STOP! Before cooking or baking, what's the first step?

*Hand washing and making sure work surface and utensils are clean.*

5. The trick to making flaky, tender pastry is to keep ingredients   cold   and work   quickly  .

6. Define the term "cutting" and what tools can be used to do the task.

*"Cutting" means to break the pieces of fat into small pea-sized pieces and distributing them through the flour mixture. A pastry blender or fork is the best tool for this task.*



7. What texture does the "cutting-in" mixing method create?

***The fat melts between the layers and creates a "flaky" tender texture. The "cutting-in" technique is also used in some biscuit recipes.***

8. How can you stop the browning/burning of a crust, if the filling is not cooked (like apples)?

***If your crust gets too brown before the filling is cooked, cover it with aluminum foil to stop the browning while the apples continue to cook.***

9. List three features of a "blue ribbon" crust:

1. crust is thin & crisp

2. tender, not tough

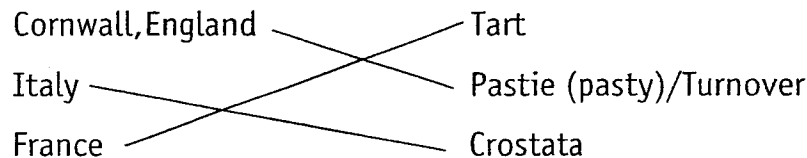
3. flaky, not soft

other: flavor is subtly rich

10. Do tarts have one or two crusts?

***Tarts have one crust.***

11. Draw a line to match the country with the pie:



12. A French tart pan has a fluted or ridged rim/edge and a removable bottom.

13. The Cornish pasty/turnover was a pie filled with leftovers and taken for lunch by the coal miners in Cornwall.

14. Many things can be used for a crust, name three different crusts used in the video.

1. pastry (of flour, fat & liquid)

2. graham crackers

3. spaghetti

Others: cookies, crackers

& cereals like cornflakes.

## Just for Fun!

15. What is the nursery rhyme that refers to a pie?

***Sing a Song of Sixpence (copy enclosed)***



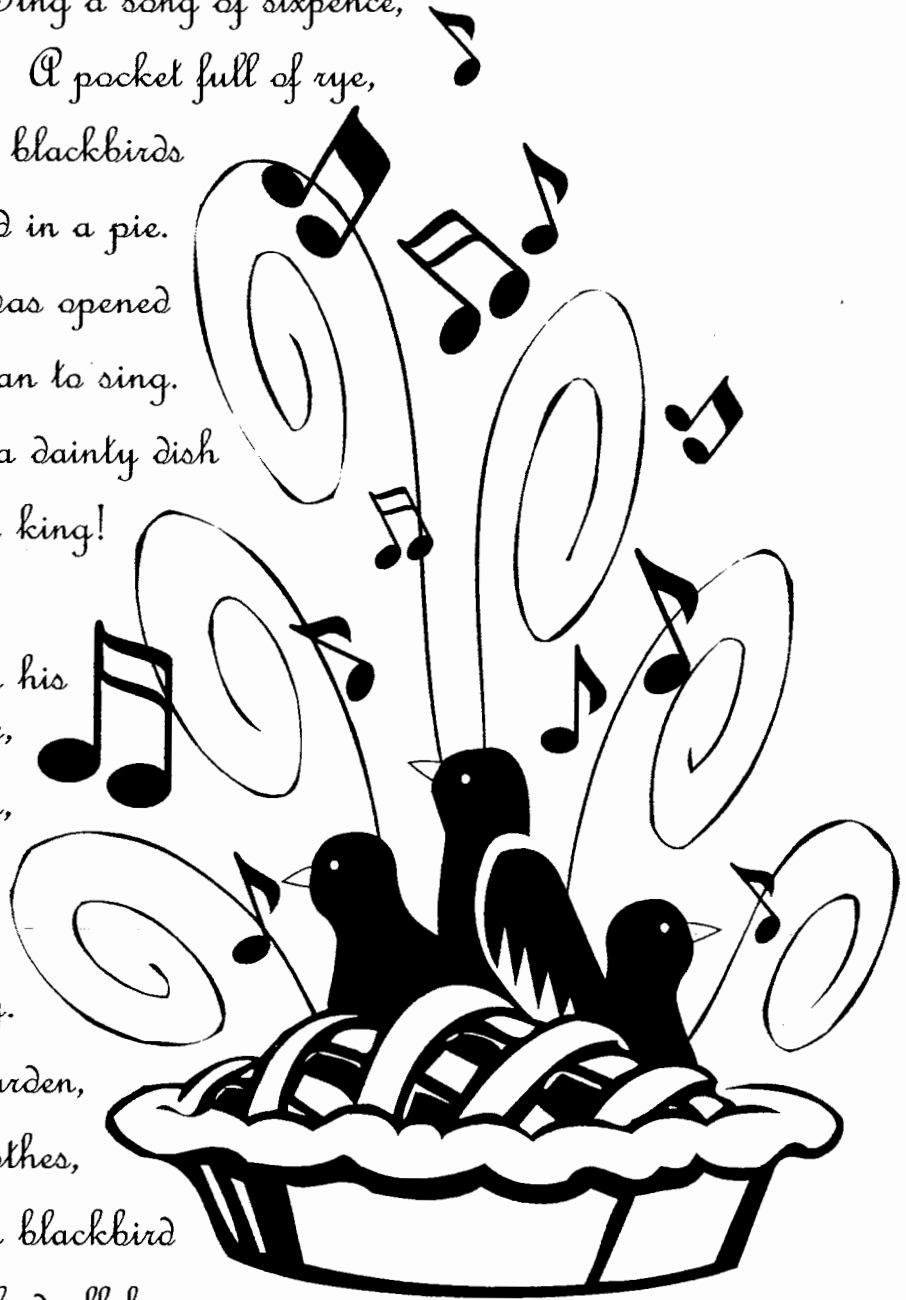


# Sing a Song of Sixpence

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Sing a song of sixpence,  
A pocket full of rye,  
Four and twenty blackbirds  
Baked in a pie.  
When the pie was opened  
The birds began to sing.  
Wasn't that a dainty dish  
To set before the king!

The king was in his  
counting house,  
Counting out his money,  
The queen was in  
the parlor,  
Eating bread and honey.  
The maid was in the garden,  
Hanging out the clothes,  
When down came a blackbird  
And pecked off her nose.





# RECIPES

## ALL AMERICAN APPLE PIE

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### Pie Crust (9" Pie):

- 2 cups flour
- 1 teaspoon salt
- 2/3 cup fat, like butter, shortening or lard
- 7-8 tablespoons water

### Apple Filling:

- 6 cups peeled, cored and sliced tart apples
- 3/4 cup sugar
- 1 teaspoon apple pie spice or cinnamon
- 2 tablespoons of flour
- 1/4 teaspoon salt
- 1 tablespoon lemon

### Pastry Crust:

For double pastry crust (2 crusts), stir the flour and salt together in a medium bowl. With a pastry blender or fork, cut in the shortening until pieces are the size of small peas. Add the smaller amount of water and toss with a fork until all flour is moistened and mixture starts to form a ball. If necessary, add remaining water. Gather dough in your hands and gently form into a disk. Divide dough into 2 equal portions. On a lightly floured surface roll out one portion to an 11" circle (2" larger than pie plate) 1/4" thick. Fit into a 9" pie plate.

### Filling:

Toss the apples with the remaining ingredients in a large bowl. Spoon this apple mixture into the piecrust. Roll the remaining dough into an 11" circle and place on top of the apple mixture. Fit the edges of the top and bottom crust together and flute with fork or pinch with fingers. Cut slits in top to allow steam to escape.

### Bake:

Place the pie on a cookie sheet in a preheated 425° F. oven for 15 minutes, then reduce heat to 350° F. and continue baking for 25-30 minutes. Check after 30 minutes and cover with aluminum foil if piecrust is browning too quickly. Pie is done when juice bubbles through slits in crust and crust is brown.

# FRENCH FRUIT TART

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1-9" baked piecrust (also known as a pie "shell")

1-8 ounce package cream cheese, room temperature

3 ounces white chocolate chips, melted

4 cups assorted fruit (blueberries, raspberries, strawberries, kiwi, etc.)

1/4 cup jelly, melted in a measuring cup (choose your favorite, apple, currant, etc.)

**Crust:** One crust rolled and place in a 9" tart pan. Prick bottom and sides of pastry with a fork. Bake for 8-10 minutes at 450° F. Cool.

**Filling:** Combine the cream cheese and white chocolate in a medium bowl. Spread the mixture over the crust. Top with your choice of fruit to create a design. Pour melted jelly over fruit to glaze the tart.

# ITALIAN STRAWBERRY CROSTATA

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## *Rustic Fruit Tart\**

1 prepared piecrust dough

2 tablespoons sugar

1/4 cup strawberry jam

1 teaspoon cinnamon

2 cups sliced strawberries

Place crust on a cookie sheet. Spread jam and top with strawberries leaving a 2" edge. Sprinkle with sugar and cinnamon. Fold the crust up 1" and pinch. Bake in a 375° F. oven for 20-25 minutes.

*\*Cornish Pastie recipe is not included. Use a prepared crust and canned beef stew for filling.*

# CRUMB CRUST

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9" pie plate

1 1/2 cups of crumbs-graham crackers, vanilla or chocolate wafers, or cookies

1/3 cup melted butter

1/4 cup sugar

Mix the ingredients in a medium bowl and the press the mixture into a pie plate. Bake for 10 minutes at 350° F.



# **FRENCH CHOCOLATE SILK PIE IN A CHOCOLATE CRUMB CRUST**

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Prepared 9" chocolate crumb crust

1 cup chocolate chips (6 oz.)

1 cup whipping cream

1 pasteurized egg or 1/2 cup pasteurized egg product

Place chocolate chips in blender, heat cream in the microwave for 1 minute. Add to the chocolate and turn blender on low. Add egg and blend. Pour filling into the crust. Place in refrigerator to cool for 2 hours. Top with whipped cream and serve.

# **EASY SPAGHETTI PIE**

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6 ounces of spaghetti, cooked, rinsed and cooled

2 eggs, beaten

1/2 cup grated Parmesan cheese

1 cup sour cream

1 pound ground meat, cooked and drained

8 ounces spaghetti sauce

1 cup grated mozzarella cheese

Combine spaghetti with eggs and Parmesan cheese in a large bowl. Pour the mixture into a greased 9" pie pan and press up the sides. Cover the spaghetti with sour cream and top with ground meat and spaghetti sauce. Sprinkle with grated cheese. Bake in a 350° F. oven for 20-25 minutes or until golden. Slice into wedges to serve.

# Grains of truth about PASTRY

## Definitions

Pies... turnovers... strudel... cream puffs. These are just a few of the pastries loved the world over. The same basic ingredients — flour, fat and water — are used to make all of them. When combined in different proportions and by varying mixing methods, these basic ingredients make flexible doughs that can be shaped into practical or decorative shapes to hold a variety of sweet and savory fillings.

### Short crust:

This basic dough is commonly used for pies, tarts and petits fours. It is a flaky, crisp pastry with several variations: the basic short crust, a sturdy but tender pastry made with a minimum of fat and water; the rich short crust, a fragile, crumbly dough made with egg; and refrigerator dough, the most delicate short crust, especially when made with cake flour, butter and sugar.

### Puff-pastry:

This pastry consists of as many as 700 layers of paper-thin pastry separated by butter and air for a light, crisp, and rich pastry. Puff pastry dough can be shaped for turnovers, cream horns and shells to hold different types of sweet or savory fillings.

### Strudel or phyllo:

Strong, elastic doughs are rolled and stretched so thin "you can read a newspaper through it," then layered with butter. Popular and versatile, they can be wrapped, folded, or shaped around various fillings, from fruit to meat. They are usually baked, as in fruit-filled strudels, but similar doughs can also be deep-fried.

### Chou paste (also called cream puff paste):

This is a unique cooked dough that, when baked, forms a high shell around an inner cavity. The cavity can be filled with whipped or vanilla cream, cheeses, and other sweet or savory fillings.

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## History

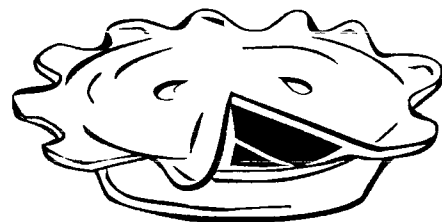
The ancient Egyptians fashioned the first crude pastries out of grain meal flavored with honey, fruits and spices. The Greeks and Romans improved on the early recipes, but it was in the Middle East where pastries were developed into something of a culinary art form. Pastries were first brought to Europe during the Muslim invasion of the 7<sup>th</sup> century and quickly captured the imagination of European chefs. Their inventive use of pastries reached its zenith during the Renaissance when pies were filled with live rabbits, frogs, and birds for special banquets, just as in the old nursery rhyme "Four and twenty blackbirds baked in a pie."

## Availability

All pastry types can usually be found at retail bakeries and supermarket in-store bakeries. Ready-made pastries are also available frozen or packaged on the grocery shelf. Pie crust is sold as a mix, and in frozen or packaged form, shaped and ready to fill. Puff pastry and phyllo dough are both labor intensive to make from scratch, but can be purchased as frozen shells or sheets. Cookbooks and magazines are excellent sources for recipes for homemade pastries of all types.

## Nutritional value

By adhering to a well-balanced, low-fat diet, we can occasionally indulge our taste for light, tender pastries. Along with cakes and cookies, pastries have the highest sugar and fat content of the wheat foods. How high depends on the type of pastry and what fillings are used with it (see table on back).



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# Ingredients

## Flours:

Wheat flour is essential to pastry making because it is the only flour with the gluten that allows dough to stretch and expand in the oven. Different types of wheat flours are suited to different types of pastry. Pastry flour, which is milled from soft wheat, is best for rich short crust and refrigerator doughs. Regular short crust and choux pastry require all-purpose flour, a mixture of hard and soft wheats, with a gluten content high enough to make doughs resilient but still tender. To produce tender puff pastry, a mixture of all-purpose flour and low-gluten cake flour is recommended. Doughs for strudel and phyllo should be made with a strong, high-gluten bread flour that can stand up to stretching into large thin sheets.



## Fat:

Fat, in the form of butter, margarine, solid vegetable shortening, lard, or vegetable oil, plays several important roles in pastry making. In addition to adding flavor, the fat coats and separates flour particles, helping to lubricate and tenderize the pastry. Because fat is not absorbed by the other ingredients, it acts as a spacer, contributing flakiness to the pastry. The method of incorporating the fat into the dough affects the final texture, and differs with the various pastry types. Whether the fat is creamed, cut in, rolled in, or melted, it should be evenly distributed throughout the mixture.

## Liquids:

Water and milk are the most commonly used liquids in pastry but orange and lemon juice, cream, egg, and other additions can contribute to the flavor and texture of the pastry. The liquid starts the development of gluten in the flour. During baking, the liquid turns to steam, helping to leaven the pastry. The amount of liquid used will affect the tenderness of the dough.

## Storage

Storage recommendations for pies and tarts will vary, depending on the filling used. While some will keep at room temperature or in the refrigerator (wrapped in foil) for several days, others are best served on the same day as baked. Pies are best frozen in an unbaked state to prevent crust shrinkage. Wrapped in a layer of plastic wrap and a layer of foil, they will keep for several months in the freezer. Bake before defrosting.

Baked cream puff pastry stales quickly and should be frozen if not used immediately. Cool after baking and seal in a container to prevent crushing. Limit freezing time to five days to prevent pastry from absorbing freezer odors.

Unbaked puff pastry, strudel and phyllo doughs can be refrigerated for several days, or wrapped in plastic or freezer wrap plus a layer of foil and frozen. Thaw to room temperature before baking. To freeze baked puff pastry shells, cool and wrap in aluminum foil. To use, unwrap and crisp in a 325° F. oven until warm. Fill as desired.

## Nutritional value of pastry according to the ingredients used.

One Piece/Item	Weight	Calories	Carbohydrates	Protein	Fat
	(oz)		(gm)	(gm)	(gm)
Cream Puff w/Filling	4.0	256.0	23.0	7.0	15.5
Strudel w/Filling	4.0	273.0	50.0	3.0	8.0
Apple Pie (1/6 pie)	5.6	404.0	60.0	3.5	17.5
Blueberry Pie (1/6 pie)	5.6	380.0	55.0	4.0	17.0
Short Crust (1/6 pie)	1.0	150.0	13.0	1.8	10.0