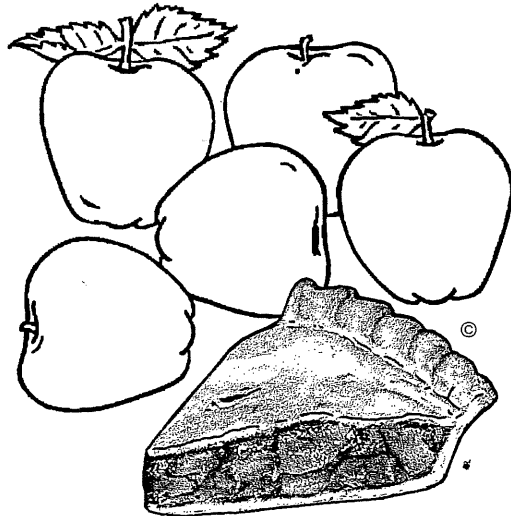


▲ Apple Pie

Yield: 8 servings

Ingredients

- 1 prepared unbaked pastry for two-crust pie
- 5 cups peeled, sliced tart apples (5 to 6 apples)
- 2 tablespoons lemon juice
- 3/4 to 1 cup sugar
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- 1 egg, beaten or 2 tablespoons milk, if desired
- 1 teaspoon sugar, if desired



Order of Work

1. Prepare pastry and place bottom crust in pie pan. Place in refrigerator to chill while preparing filling.
2. Preheat oven to 425 degrees F.
3. Rinse, peel, and core apples. Slice apples and place in medium bowl. Sprinkle with lemon juice to prevent apples from turning brown and toss gently.
4. In small mixing bowl, combine sugar, flour, and salt. Add to apple slices and mix.
5. Spoon apple mixture into prepared pie crust.
6. Cut butter or margarine into small pieces and sprinkle on top of apple filling.
7. Place upper crust on pie, unfold, and press upper and lower edges together on rim of pie pan.
8. Cut venting holes in top of pastry.
9. Use a knife to trim dough evenly around edge of pie pan.
10. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers or lightly press edges together with a fork.
11. If desired, brush top crust with beaten egg or milk then lightly sprinkle with sugar.
12. Bake for 15 minutes, then reduce heat to 350 degrees F. Bake 25 minutes longer or until crust is brown.

Nutrition Facts per Serving: 555 calories, 28 g fat, 386 mg sodium, 71 g carbohydrate, 2 g fiber, 6 g protein, 14 mg calcium

Variations

Spices — Add 1 teaspoon cinnamon and/or 1/2 teaspoon nutmeg to sugar mixture, if desired.

Cooked or canned fruit — substitute 2 to 2 1/2 cups cooked or canned fruit (drained) and 1/2 cup reserved fruit juice for fresh apples. Omit lemon juice. Bake at 425 degrees F about 30 minutes or until well browned.

Pastry

You may have heard the expression, “that’s as easy as pie!” But many people don’t think making a pie is easy — and making pastry seems even more difficult. **Pastry** is simply the dough that is shaped, baked, and used as a crust for pies or tarts. Good pastry should be light, flaky, crisp, and tender. It takes practice to make good pastry, but the results are worth the time and effort. Let’s get started!

Start with Fresh Ingredients

Pastry is made with four basic ingredients: flour, water, shortening, and salt.

Flour — all-purpose flour makes a flaky pastry. Some recipes use **pastry flour**, which has lower gluten content. (See *4-H Cooking 301* page 21 for more information on gluten.)

Fat — a variety of fats can be used to make flaky pie crusts: butter, lard, shortening, or vegetable oil. Lard and shortening make a very tender and flaky crust, but these fats usually contain saturated or *trans* fats, which should be eaten in limited amounts. (See *4-H Cooking 301* for more information on saturated and *trans* fats.)

Crusts made with all butter are very flavorful, though they are generally not quite as flaky as crusts made with shortening or lard. Pie dough made with vegetable oil is easier to work with and holds its shape better than all butter crusts, but the flavor won’t be as rich. Do not use light or soft margarines to make pastry because they usually contain more water and often yield a poor quality crust.

Liquid — cold water is typically used, but some recipes use other liquids such as milk or juice.

Salt — salt adds flavor to the pastry.

Gather Needed Equipment

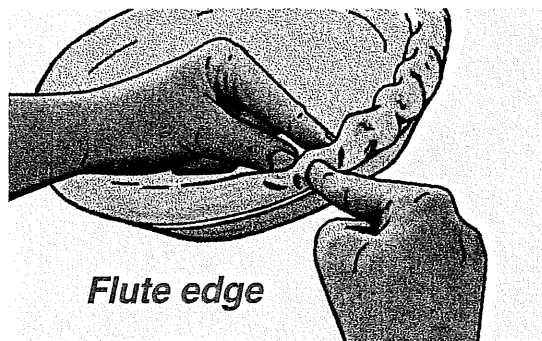
You will need a mixing bowl, pastry blender or two knives, scissors or sharp knife, fork, measuring cups and spoons, **pastry mat or cloth** or waxed or parchment paper, rolling pin, and pie pans.

A **pastry cloth** is made from heavy cotton fabric and used for rolling out pastry dough with a rolling pin. To keep the dough from sticking, rub flour on the cloth and the rolling pin. After each use, shake out any excess flour and place the cloth in a plastic bag for storage. To wash the pastry cloth, use mild soap and wash by hand. **Pastry mats** are often made from silicone so no extra flour is needed to keep the dough from sticking. Follow package directions for cleaning pastry mats.

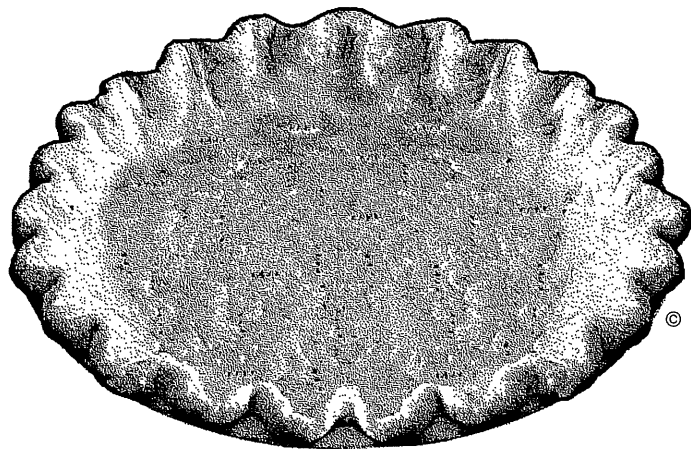
Use Good Techniques

Technique is important in making a flaky, tender pie crust.

- Chill the fat and liquid before beginning. Remove fat from the refrigerator just before adding it to the mixing bowl.
- Use a pastry blender, fork, or two knives to cut the fat into the flour until the dough forms pea-sized pieces.
- Add chilled liquid one tablespoon at a time and mix gently with a fork after each addition. Add only enough liquid to hold the dough together. Too much liquid makes the dough sticky; too little liquid makes it crumbly.
- Do not overwork the dough and handle it as little as possible to keep it from becoming tough.
- Chill the dough for 15 to 30 minutes before rolling it out. This allows the flour to absorb the liquid and helps prevent the dough from sticking when rolled out.
- Roll the dough out on a lightly floured surface, a pastry mat or cloth, or between two sheets of waxed or parchment paper. Roll the dough from the center outward using even, firm pressure on the rolling pin. To keep the dough in a circular shape, turn the dough slightly with each roll.
- Be careful not to roll over the edge of the pie crust to prevent the edges from becoming too thin. Finished pie crust should be about 1/8-inch thick.
- The finished pie crust should be slightly larger than the pie pan. To check the size of the dough, invert the pie pan on top of the dough. The dough should be about 1 1/2 inches wider than the inverted pan.
- Use a dry pastry brush or clean dishtowel to brush off excess flour from the dough.
- Gently fold the pie crust in half or roll it around the rolling pin and place it in the pie plate. Carefully press the dough into the pie plate.
- Use a glass pie plate or a dull metal pie plate for making pies. Shiny metal pans keep the crust from browning properly. If using a glass pie plate, reduce the oven temperature by 25 degrees. Do not oil or grease pie plates.
- Use scissors or a sharp knife to trim the crust. Leave about a one-inch overhang on the edge of the pie pan to form an edge.
- Create a decorative or **fluted edge** by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers.



- Chill prepared pie crust in the refrigerator for 20 to 30 minutes before filling and baking to prevent dough from shrinking during baking.
- When baking an unfilled pie crust, line it with aluminum foil or parchment paper and fill it with rice, dried beans, or **pie weights**. This prevents the crust from bubbling up during baking. Bake about 15 minutes at 350 degrees F or just until the edge begins to brown. Remove the weights and lining. Return the crust to the oven and continue baking until the crust is slightly browned.
- For pies with two crusts, cut small slits in the top or upper crusts or pierce crust with a fork to allow steam to escape during baking.



▲ Pastry for Two-Crust Pie

Yield: 2 9-inch or 10-inch pie crusts or 3 8-inch pie crusts

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup solid fat
- 5 to 6 tablespoons cold water



Order of Work

1. Thoroughly chill fat and water.
2. Place flour and salt together in medium bowl. Stir to mix.
3. Use a pastry blender, fork, or two knives to cut the fat into the flour until the dough forms pea-sized pieces.
4. Add cold water one tablespoon at a time and sprinkle over flour/fat mixture. Toss mixture lightly with a fork. DO NOT STIR. Add only enough water to hold dough together. Let dough stand at least 5 minutes. Shape into a ball, handling as little as possible.
5. Chill dough 15 to 30 minutes.
6. Sprinkle 3 to 4 tablespoons of flour on a clean, dry surface or pastry mat/cloth. Lightly coat a rolling pin with flour. Or use two 18" x 18" sheets of waxed or parchment paper to roll out dough.
7. Divide dough into two parts. Form one piece of dough into circular shape and then flatten with rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
8. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over edge of dough. Press on a different part of the dough with each roll. Lift from surface occasionally. Roll about 1/8-inch thick and slightly larger than the pie pan.
9. Fold dough in half, lift and place in pie plate, and unfold.
10. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since that can make the pie crust shrink during baking.
11. To finish pie crust, follow directions for baked pie crust, one-crust pie, or two-crust pie.

Baked Pie Crust

1. Preheat oven to 450 degrees F.
2. After pressing pie crust in place, trim overhang with scissors or knife. Leave about a one-inch overhang on the edge of the pie pan to form an edge.
3. Turn edge of pastry under so it is even with edge of pan. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers.
4. Pierce bottom and sides of crust with a fork to prevent bubbles from forming during baking.
5. Chill crust for 30 minutes if time permits.
6. Line crust with aluminum foil or parchment paper and fill the bottom of the pan with a layer of rice, dried beans, or pie weights.

7. Bake for 12 to 15 minutes or until golden brown. After five minutes of baking, check to see if bubbles have formed. If so, pierce with fork.
8. Completely cool baked pie crust on cooling rack before filling.

One-Crust Pie

1. After pressing pie crust in place, trim overhang with scissors or knife. Leave about a one-inch overhang on the edge of the pie pan to form an edge.
2. Turn edge of pastry under so it is even with edge of pan. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers.
3. Chill crust for 30 minutes if time permits.
4. Fill and bake according to recipe directions.

Two-Crust Pie

1. If time allows, chill prepared pie crust for 20 to 30 minutes to prevent crust from shrinking during baking.
2. Spoon filling into prepared pie crust.
3. Use cold water to moisten edges of the dough on the rim of the pie pan.
4. Roll out remaining dough for upper crust. Cut small holes in center, or fold dough in half and make diagonal slits in dough.
5. Place upper crust on pie, unfold, and press upper and lower edges together on rim of pie pan.
6. Use a knife to trim dough evenly around edge of pie pan.
7. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers or lightly press edges together with a fork.
8. Bake according to recipe directions.



Evaluating Pies — How Did You Do?

Evaluate your pies when they are done baking. How did you do? Mark the appropriate box with an **X**. Making good pies takes practice — the more you do it, the better you become. Keep practicing!

	Excellent	Good	Fair	Poor	NA
Appearance					
• Regular in shape, free from bulges or depressions					
• Attractive and uniform browning for two-crust pie					
• Meringue has uniform delicate browning, moist in appearance, adhering to crust around edge of pie					
• Custard or pumpkin pie is smooth, free from cracks					
Crust					
• Tender and crisp on bottom and along edges					
• Flaky with rough surface, blistered in appearance					
Filling					
• Fruit is well-cooked, not too dry or too juicy					
• Custard is smooth with no holes or curdles; tender and firm enough to hold shape when cut					
• Cream is smooth and stiff enough to prevent running, but not pasty					
Flavor					
• Crust has a rich, blended flavor of well-baked ingredients					
• Filling has a pleasing flavor — not flat, too sweet, or too tart					
• Filling has a well-cooked flavor — not raw or starchy					