

Name: KEY

Period: \_\_\_\_\_

Guide to Good Food Chapter: 24

**Pie-crust Demonstration**

| Kinds of Pies | Description                                                                                                                  | Examples                                                                            |
|---------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Fruit         | Usually two crusted<br>Can use a crumb topping<br>Fruit can be from Fresh,<br>Canned, Frozen and Dried<br>Fruit              | Apple, Cherry, Peach,<br>Apricot, Blueberry, Black<br>Raspberry<br>Rhubarb          |
| Cream         | 1 crust- baked before filling<br>Filling is a cornstarch<br>thickened pudding<br>Sometimes topped with<br>meringue           | Lemon Meringue<br>Chocolate Cream<br>Vanilla Cream<br>Banana Cream<br>Coconut Cream |
| Custard       | 1 crust<br>Filled with custard (milk, egg<br>and sugar)<br>Baked in the crust                                                | Pumpkin Pie<br>Coconut Custard<br>Pecan                                             |
| Chiffon       | 1 crust- baked before filling<br>Mixture of gelatin and beaten<br>egg whites or whipped cream<br>Very light and airy texture | Lemon Chiffon<br>Strawberry Chiffon<br>Chocolate Chiffon                            |

**Crust ingredients and functions:**

|            |                                                                                                                             |
|------------|-----------------------------------------------------------------------------------------------------------------------------|
| Flour      | Structure of frame work of the crust                                                                                        |
| Salt       | Flavor                                                                                                                      |
| Shortening | Water proofs the flour and tenderizes the crust- makes it<br>flakey<br>Shortens the strand of gluten (protein) in flour     |
| Water      | Moistens the ingredients<br>Helps form gluten when mixed with flour<br>When baking turns into steam to create flakey layers |

### Directions for Making of Pie Crust:

1. Place flour and salt into a bowl.
2. Cut in shortening with a pastry blender till pea sized. ( show 2 knives)
3. Add water a little at a time- use only cold water- so shortening won't melt. Use fork to gently mix.
4. Gently gather into a ball.
5. Place on a lightly floured surface- pastry cloth and use stockinet on rolling pin
6. With rolling pin roll into a circle 2 inches larger than the pan. Place pan upside down to measure. Roll from center out to N, S, E, W and lift at the edges for and even crust. 1/8" – 1/4" thick
7. Use a straight edge spatula to ease under crust to make sure not sticking to the counter or pastry cloth. Trim edges with a non-sharp knife or kitchen shears.
8. Place rolling pin in center of the crust. Pull up towards you from farthest side and roll crust onto rolling pin. Or fold into 1/4. Place crust in center of the pan.
9. Ease crust into pan- don't stretch- it will shrink when baked. Make sure gently push against bottom edge of pan.
10. Trim excess for a half inch overhang. Fold edges under and crimp into a decorative edge.  
Flute - make a VVVVVVVVVVVVVV with index finger and thumb on one hand and index finger on other or make a fork imprint or Scallop
11. If baking first then need to prick with fork on bottom and sides to prevent air bubbles to form and cause blisters on the crust. (docking)
12. Top Crust- solid with slits, lattice, or crumb.