

Pie Shell - Lemon Meringue or Cream Pie Shell Demo

Summary

An introduction and demonstration in preparing pie shells in preparing a lemon meringue or cream pie.

Main Core Tie

Dietetics and Nutrition 1

[Strand 4](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Study Sheet on Pies

Pie Home assignment

Secrets to Successful Pastries

Pie recipes

Ingredients needed for demonstration:

1 cup flour

1/3 cup + 1 tbs. shortening

1/2 tsp. salt

3 tbs. cold water

ice

5 1/3 tbs. cornstarch

1 1/2 cup sugar

1 1/2 cup water

3 egg yolks

3 tbs. butter

4 tbs. lemon juice

1 1/3 tbs. lemon rind

3 egg whites

6 tbs. sugar

1/4 tsp. cream of tartar

1/2 tsp. vanilla

small paper plates

plastic forks

Equipment:

double boiler

pastry cloth

sockinet

pastry blender

pie plate

Background for Teachers

The teacher needs to know the difference between a pie shell, a single-crust pie and a double-crust pie. The teacher needs to know how to prepare a pie shell, lemon filling and meringue and assemble it for the students. The teacher needs to know how to prepare a cream pie filling and whipping cream and explain it to the students.

Student Prior Knowledge

The student needs to know how to prepare a pie shell, either a lemon or cream filling, and assemble it together and top it with either a meringue or whipping cream as the topping.

Intended Learning Outcomes

The students will observe and identify the techniques in how to prepare a pie shell using the basic ingredients, a lemon or cream filling and top it with a meringue or whipped cream.

Instructional Procedures

Hand out the study sheet on pies. Identify the test date.

Hand out to the students the Home Assignment to prepare a Pie of their choice at home. It will be due the day of the test. (Because I require the students to bring to class a pie plate and fruit to thicken when we prepare an individualized double crust pie in class, I make the Home Assignment for Pies as extra credit or optional) They can prepare their pie with any type of crust.

Demonstrate for the students while they are taking notes on their pie study sheet the correct way to prepare a pie shell. Go over the Secrets to Successful Pastries. Identify the differences between a pie shell, single crust pie and double crust pie. The functions of the ingredients in a standard pie crust. While the pie shell is baking, demonstrate how to prepare a lemon filling and explain how to prepare a cream filling - chocolate, banana, coconut, and butterscotch. Demonstrate how to prepare a meringue and whipping cream. Assemble the pie and let cool.

Have the students plan and identify which type of pie as a unit they would like to prepare for next class with the topping. Complete lab planning sheet. Let the students sample the pie demonstrated in class. Clean up while they are planning lab.

Authors

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