

Double-Crusted Pie Lecture and Demonstration

Summary

A Lecture and Demonstration identifying the techniques and skills in the preparation of two double-crusted pies using fresh, canned or frozen fruit to thicken with either flour, cornstarch or tapioca.

Main Core Tie

Dietetics and Nutrition 1

[Strand 4](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Individual

Background for Teachers

The teacher needs to have a basic understanding of the techniques and skills in preparing double-crusted pies using fresh, frozen, or canned fruit that can be thickened with either tapioca, flour or cornstarch.

Student Prior Knowledge

The student needs to know how to prepare a double-crusted pie using fresh, canned or frozen fruit that needs to be thickened using tapioca, flour or cornstarch.

Intended Learning Outcomes

The students will observe and identify the techniques and skills in how to prepare a double-crusted pie using canned, fresh or frozen fruit that can be thickened with tapioca, flour or cornstarch.

Instructional Procedures

The student will complete their study sheet with the given information on double-crusted pies from the lecture and demonstration.

Assignment for next class - each student needs to bring his own pie plate, fruit to thicken and a container to take the pie home in as each student will plan today a pie that they will make all by themselves next class for credit. (Because the student is required to furnish his own pie plate and fruit to thicken, the pie home assignment will be extra credit and not required)

I like to demonstrate at least two different types of pies using two different types of fruit that can be prepared within the class time so the students can eat at the end of the hour. I generally make a berry pie using frozen berries and a cherry pie so I can show them how to make a lattice top.

I have the pie crust measured together in a bowl before the class starts. I first demonstrate how to make the filling and then set it aside. Then I assemble the pie crust dough. Roll out each pie crust and assemble the pie going through the necessary steps.

Steps for making double-crust pie:

Sift dry ingredients

Cut in shortening with pastry blender until coarse like corn meal

Sprinkle with cold water

Press dough into a ball

Flatten the dough into a 4-inch disk

Roll dough out with rolling pin. Check size of dough with inverted pie plate, 2 - 3 inches larger.

Fold dough in quarters

Unfold dough gently

Fill with fruit filling

Roll out top crust. Quarter dough and cut slits into it, or lattice top.

Dot fruit with butter

Put water on top of bottom crust

Put top crust on top. Trim edges and crimp edge.

Put aluminum foil around edge if desired. Cut circle out of foil and put over top or cut strips of foil.

Bake pie in hot oven. I usually turn up the oven a little hotter than usual to bake the pies.

While the pies are baking, make some cinnamon tarts with the leftover dough. Roll out the dough, spread with softened butter, sprinkle with sugar and cinnamon and cut and place on cookie sheet and bake. Share these with the students. They will love them.

Explain again what each student will need to bring to class to be prepared for the lab. Remember they need to bring fruit to thicken using tapioca, flour or cornstarch. They cannot bring Instant fruit or pie filling.

Have them plan their own pies using cookbooks for recipes, and what extra ingredients they will need to prepare their pie that you will need to have for them - butter, red food coloring, almond extract, tapioca, etc.

The students can work on their Pie Unscramble if they have time.

You will need to clean up your demonstration before the end of class while they are working.

At the end of class, serve the hot pie with paper plates and forks. Be sure they clean up before they leave.

Authors

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