

Chapter 5

Pastries, Pies, Puddings



Eclairs

- 1/2 cup water
- 1/4 cup margarine
- 1/2 cup flour, unsifted
- 2 eggs
- 3 ounces instant pudding, vanilla or chocolate
- 1 cup milk
- 1/2 cup whipped cream topping
- 1/2 teaspoon vanilla extract
- 1 tablespoon cocoa
- 1 tablespoon butter
- 1 tablespoon milk
- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla extract

Instructions

Heat water and butter to rolling boil
Stir in flour all at once over low heat
Beat until ball is formed
Take off heat, beat in eggs one at a time
Spoon onto cookie sheet

Bake at 400 degrees for 35 minutes

Filling:

Mix pudding, 1 cup milk and 1/2 teaspoon vanilla. Fold in whipped topping

Chocolate Glaze

Melt cocoa and butter together
Take off heat and stir milk, powdered sugar and vanilla
Drizzle over eclair

Recipe Notes

Source: Mary Christensen, Cedar High School
Food and Fitness

Pastry Shells - Puff

- 1 cup flour
- 1/8 teaspoon salt
- 1 tablespoon sugar
- 1 cup water
- 1/3 cup butter
- 3 eggs

Instructions

Preheat oven to 400 degrees

Mix together the flour, salt, and sugar set aside.

Place in a heavy saucepan, water and butter.

Bring to a boil, add the flour mixture in one fell swoop and stir quickly with a wooden spoon. It looks rough at first, but suddenly becomes smooth at which point you stir faster. In a few minutes the paste becomes dry and does not cling to the spoon or the sides of the pan, and when the spoon is pressed on it light, it leaves a smooth imprint. DO NOT OVERCOOK OR OVERSTIR.

Remove from heat and add one egg at a time, beating vigorously after each egg is added (have the eggs at room temperature.)

Gently spoon on to cookie sheet or use a pastry tube.

Bake for 12 minutes then turn oven down to 375 degrees for 25 minutes.

FILLING

Mix pudding using 1/4 cup less milk than recommended on box. (Optional: gently stirring whipped topping into mixed pudding) Fill puffs with pudding.

FROSTING

1 cup powdered sugar

1/8 teaspoon salt

2 tablespoon butter

1 tablespoon cocoa

1 tablespoon water

Cream butter, salt and cocoa. Add powdered sugar and water. Add more or less water as needed.

Recipe Notes

Source: Vickie Bingham, South Davis Junior High School

Pastry - Crescent Cream Cheese

- 2 cans crescent roll dough
- 1 egg white, beaten
- 8 ounces cream cheese
- 1/2 cup sugar
- 1 teaspoon lemon juice
- 1 egg
- 1 can crushed pineapple, well drained

Instructions

Remove dough from one can and place on a well-greased cookie sheet. Pinch the perforations together.

Mix together the cream cheese, sugar, lemon juice, egg yolk and crushed pineapple together.

Place half of the cream cheese mixture down the center of the dough.

Make 8-10 cuts about an inch apart on an angle on both sides of the dough.

Fold the dough slices alternately from side to side over the top of the cream cheese filling. Brush with the egg white to seal the slits. Sprinkle with a mixture of cinnamon and sugar.

Make a second roll with the other can of dough and the remaining cream cheese mixture.

Bake at 375 degrees for 15 minutes.

Recipe Notes

Source: Jerrie Lin Hansen, Fremont High
Food for Life

Pie - Chocolate

- 1 package graham cracker
- 4 tablespoons sugar
- 6 tablespoons margarine
- 1 package instant pudding, vanilla
- 1 package instant pudding, chocolate
- 2 cups milk
- 2 cups vanilla ice cream

Instructions

To make crust, crush the graham crackers and add sugar.

Melt the margarine and stir into graham cracker mixture.

Press into pie tin.

Bake at 350 degrees for 10 minutes

FILLING

Mix 2 cups milk with pudding mixes.

Add ice cream, mix.

Pour into crust.

Top with whipped topping.

Recipe Notes

Source: Mary Christensen, Cedar High School
Food and Fitness

Pie - Double Crust

2 1/2 cups flour
1 cup shortening
1/2 teaspoon salt
1 egg
1 teaspoon vinegar
1/2 cup water

Instructions

Turn oven to 425 degrees.

In a medium bowl stir flour and salt together.

Add shortening and cut in with pastry blender until mixture looks like small peas.

In a small bowl mix water, vinegar and egg.

Add water mixture to flour mixture. Mix carefully until it forms a ball.

Cut dough in half. Roll out on floured counter top. Carefully place in pie tin, trim dough to pie tin edge.

Put in fruit filling, spread evenly.

Roll out other half, fold and make slits for steam to escape.

Place on top of filling, trim dough leaving 1/2 inch overhang. Tuck extra dough under bottom crust. Scallop edges.

Bake for 30-35 minutes or until golden brown.

Recipe Notes

Source: Anita Jolley, Cedar Middle School
8th Grade Life Skills

Pie - Fresh Strawberry

- 3 tablespoons cornstarch
- 2/3 cup sugar
- 1 package koolaid, strawberry flavored
- 1 cup water
- 2 boxes strawberries

Instructions

Blend together the starch, sugar and koolaid. Stir in water. Bring to boil stirring constantly. Boil 1 minute.

Remove the pan from the heat and place into 4--5 inches of cold water in the sink to let cool.

Wash strawberries and remove hulls. Slice the large berries into 1/8 inch wide slices.

When thickened mixture is cooled stir in the strawberries, but reserve the smaller berries to place on the top.

Put the thickened strawberries into an 8 inch pastry shell and allow to setup.

Place the whole berries on top of pie.

Slice the pie and serve with mounds of whipped cream.

Recipe Notes

Source: Emalee Meyer and Annette Adams, Bear River
Food and Fitness, Food for Life

Pie - Frozen Peanut Butter

- 1 Chocolate Crunch Crust
- 8 ounces cream cheese, softened
- 1 can sweetened condensed milk
- 3/4 cup peanut butter
- 2 tablespoons lemon juice, bottled
- 1 teaspoon vanilla extract
- 1 cup whipped cream topping

Instructions

CHOCOLATE CRUNCH CRUST

In heavy sauce pan, over low heat, melt 1/3 cup margarine and 1 (6 oz.) package semi-sweet chocolate chips.

Remove from heat, gently stir in 2 1/2 cup toasted rice cereal until completely covered.

Press on bottom and up side of buttered 9 inch pie plate. Chill 30 minutes.

FILLING

In a large mixer bowl, beat cheese until fluffy, gradually beat in sweetened condensed milk then peanut butter until smooth.

Stir in lemon juice and vanilla.

Fold in whipped topping, turn into prepared crust.

Drizzle topping over pie.

Freeze 4 hours or until firm. Return leftovers to freezer.

Use chocolate fudge ice cream topping to drizzle.

Recipe Notes

Source: Box Elder Middle School

Pie - Lemon Meringue

- 1 cup sugar
- 1/4 cup corn starch
- 1 cup water
- 2 egg yolks
- 2 tablespoons margarine
- 1 teaspoon lemon peel
- 1/3 cup lemon juice
- 2 drops yellow food coloring

Instructions

Heat oven to 400 degrees. Mix sugar and cornstarch in a saucepan. Gradually stir in water.

Cook over medium heat until mixture thickens and boils. Boil 1 minute. Gradually stir half the mixture into egg yolks which have been beaten. Add back to pan. Boil 1 minute.

Remove from heat; stir in butter, lemon peel, lemon juice and food coloring.

Pour into pie shell.

Meringue

- 2 egg whites
- 1/4 teaspoon cream of tartar
- 1/4 cup sugar
- 1/4 teaspoon vanilla

Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time. Continue beating until stiff and glossy.
Do not underbeat.
Beat in vanilla.

Spread over warm pie filling. Seal to crust.

Bake in 400 degree oven until peaks are golden brown.

Recipe Notes

Source: LeeAnn Bitner, Alta High School

Pie - Pecan

1 cup flour
1/3 cup shortening
1/2 teaspoon salt
4 tablespoons water
1/4 cup butter
2/3 cup light brown sugar
2/3 cup light corn syrup
2 beaten eggs, at room temp.
1 tablespoon flour
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
2/3 cup pecan

Instructions

Unbaked pastry shell:

Mix 1 cup flour and salt together. Cut in shortening with pastry blender until particles are pea-sized. Add ice water 1 tablespoon at a time tossing lightly with a fork; don't stir. (If mixture is too dry to stick together, add another tablespoon of water.)

Form a ball with dough and roll out on lightly floured cloth to 1/8-inch thick. Fold in half and gently lay in 9-inch pan. Unfold; turn edges under and flute or crimp. Fill with pecan pie filling.

Pecan Pie Filling:

Cream together butter and brown sugar in large mixing bowl until light and fluffy. Add corn syrup to butter mixture and whip by hand. Add eggs to sugar mixture.

Combine flour, vanilla and cinnamon and add to sugar mixture. Pour into unbaked pastry shell. Arrange pecans on top of pie.

Bake at 350 degrees for 50 minutes.

Recipe Notes

Source: Aimee Beck, Gerry Fairbanks, Bingham High
Food Service/Culinary Arts, Food and Fitness, Food for Life

Pie Crust And Cream Filling

- 1/3 cup shortening
- 1 cup flour
- 1/2 teaspoon salt
- 3 tablespoons cold water

Instructions

In a medium mixing bowl, stir together flour and salt. With pastry blender, cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over the mixture; gently toss with a fork. Continue sprinkling water, 1 tablespoon at a time until mixture is moistened and forms into a ball when pressed together. Add 1 additional tablespoon of cold water if necessary.

On lightly floured surface roll out dough to 1/8 inch thick; transfer to pie pan. Make decorative edge if desired. Prick bottom and sides with a fork. Bake at 375 for 10-15 minutes or until edges are light brown.

CREAM FILLING:

- 1 package instant pudding
- 1 1/2 cup milk
- 1 cup whipped topping

In medium bowl, mix together pudding mix and milk. Fold in whipped topping. Pour into pre-baked pie shell. Chill 10 minutes or until set. Serve.

(You may reserve some of the whipped topping to put on top of your finished pie.)

Recipe Notes

Sharon Monday, Hunter Junior High

Pie Filling - Fresh Strawberry

- 1 package Danish Dessert Pie Filling, strawberry flavored
- 1 2/3 cups water, cool
- 3 cups strawberries, sweetened, sliced
- 1 cup whipping cream, whipped

Instructions

Wash, stem and slice strawberries. Sugar with powdered sugar to taste. Blend well.

Stir contents of package into 1 2/3 cups cool water in medium size (2 qt) saucepan. Bring to a full boil, stirring with a wire whip.

When the mixture begins to thicken, it will begin to change color (gets darker red).

At this point switch from using the wire whip to using a long handled spoon.

Turn the heat down so mixture won't splatter and boil 1 minutes, stirring constantly. Cool slightly. Fold in sliced strawberries.

Pour into baked and cooled pie crust.

Chill 3 to 4 hours or until firm. Garnish with whipped cream or whipped topping.

Recipe Notes

Source: Louise Chamberlain, Wood Cross High School
Food for Life, Food and Fitness

Pie Filling - Vanilla Microwave

- 1 cup milk, scalded
- 1/2 cup milk, unscalded
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1 dash salt
- 1/2 cup sugar
- 2 egg yolks
- 1 teaspoon vanilla extract
- 1 tablespoon butter or margarine

Instructions

Remove dough from one can and place on a well-greased cookie sheet. Pinch the perforations together.

Mix together the cream cheese, sugar, lemon juice, egg yolk and crushed pineapple together.

Place half of the cream cheese mixture down the center of the dough.

Make 8-10 cuts about an inch apart on an angle on both sides of the dough.

Fold the dough slices alternately from side to side over the top of the cream cheese filling. Brush with the egg white to seal the slits. Sprinkle with a mixture of cinnamon and sugar.

Make a second roll with the other can of dough and the remaining cream cheese mixture.

Bake at 375 degrees for 15 minutes.

Recipe Notes

Source: LeAnn Behunin, Parowan High
Food and Fitness, Food for Life

Pie Pastry

2 cups flour
1 teaspoon salt
2/3 cup shortening
5 tablespoons water

Instructions

Mix together flour and salt.

Cut in shortening with pastry blender until pieces look like small peas.

Sprinkle water, 1 tablespoon at a time over mixture. (May use up to 7 tablespoon of cold water).

Mix with a fork until it forms a ball.

Roll out and place in pie pan.

Recipe Notes

Source: LeeAnn Bitner, Alta High School

pudding - Chocolate

- 1/2 cup sugar
- 2 tablespoons cocoa
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 cups milk
- 2 teaspoons vanilla extract

Instructions

In a double boiler combine sugar, cocoa, cornstarch and salt. Gradually blend in milk. Cook mixture over medium heat, stirring constantly until thick. Remove from heat and add vanilla. Chill, if possible.

Recipe Notes

Source: Pam Mitchell, Millcreek Junior High
8th Grade Life Skills, Food and Fitness

Pudding - Chocolate Tapioca

2 tablespoons tapioca
1 teaspoon cocoa
2 tablespoons sugar
1 dash salt
1 egg, beaten with fork
1/4 teaspoon vanilla extract
1 1/2 cups milk

Instructions

Put into a large sauce pan, tapioca and cocoa

Add and mix sugar and salt

Add beaten egg and vanilla

Stir in milk

Stir constantly over medium heat until tapioca comes to a full boil. Remove from heat. Cool

Recipe Notes

Source: Shirley Slack and Louella Hall, North Sanpete High School
Food and Fitness

pudding - Rice

- 1 cup rice, regular long grain, uncooked
- 3 cups milk, low fat
- 2 tablespoons brown sugar, packed
- 2 tablespoons raisins, chopped
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 cup milk

Instructions

Heat all ingredients except 1/2 cup milk to boiling in 2 quart saucepan, stirring occasionally; reduce heat to medium.

Cook 18-20 minutes, stirring occasionally, until rice is tender and all milk is absorbed; remove from heat.

Cover and let stand 5 minutes.

Stir in 1/2 cup milk.

Serve warm or chilled.

Recipe Notes

Source: Marci Morgan, Irlene Utley, Shauna Osborne, and Arlene Lloyd, Jordan High School

Food and Fitness, Food for Life, Food and Science

Pudding And Pie Filling - Cream

2 cups milk
1/2 cup sugar
1/4 teaspoon salt
3 tablespoons cornstarch
2 egg yolks
1 tablespoon butter
1/2 teaspoon vanilla extract

Instructions

Scald 1 1/2 cups milk. Mix cornstarch with sugar and salt. Add remaining 1/2 cup cold milk and blend until smooth. Add some of the hot milk to the cold mixture, then stir cold mixture into hot milk. Cook over medium/high heat, stirring continuously until thickened.

Beat egg yolks slightly with a fork. Stir some of the hot pudding into the beaten egg yolk. Then stir egg mixture into rest of hot pudding. Return pudding to heat and stir continuously for 2-3 minutes. Add butter and vanilla and pour into individual dessert dishes to cool or into baked pastry shell.

Cover pudding with a piece of plastic wrap, letting the wrap touch the pudding while cooling to prevent skin formation on surface.

VARIATIONS:

Butterscotch - Substitute 3/4 cup brown sugar for granulated sugar. Increase butter to 3 tablespoons. Color with 1/2 tablespoon caramel syrup or 1/2 teaspoon molasses, if desired.

Chocolate - Melt 1/2 oz. unsweetened chocolate in milk while it is being scalded. Beat with an egg beater to blend.

Banana Cream - Add 1 sliced banana to bowls or pie shell. Cool pudding slightly before pouring into bowls or pie shell.

Coconut Cream - Fold 1/2 cup moist shredded coconut into pudding before pouring into bowls or pie shell.

Recipe Notes

Source: Janet Anderson, Manti High
Food and Fitness

2 cups milk
3/4 cup sugar
1/3 cup flour
1/4 teaspoon salt
2 eggs, beaten
2 tablespoons margarine
1 teaspoon vanilla extract

Instructions

Heat milk to scalding. While milk is heating, mix together sugar, flour and salt in a small bowl.

When milk is scalded, whip sugar mixture into milk using a wire whisk. Continue cooking milk mixture on medium heat, stirring continuously with a wooden spoon. Cook until mixture starts to boil.

Remove from heat. Using a wire whisk, whip about 1 cup of milk mixture into beaten eggs. Then pour egg mixture back into pan.

Whip constantly with wire whisk to prevent lumps. Then cook an additional 3 minutes stirring with the wooden spoon.

Remove from heat and stir in margarine and vanilla. Cool slightly and pour into bowl or pie shell.

Choose either bananas, chocolate chips or coconut to add to pudding after it is made.

Recipe Notes

Source: Pam Brinkerhoff, Wayne Middle
8th Grade Life Skills

Tart - Cream Cheese

- 4 ounces cream cheese
- 3 tablespoons sugar
- 1/2 teaspoon lemon juice
- 1/2 egg, (about 1 tablespoon)

Instructions

Place in mixing bowl and beat with mixer until fluffy and smooth.

Place a vanilla wafer on bottom of cupcake paper in muffin tin.

Place rounded side up. Spoon cheese filling on top, dividing equally to make 6.

Bake at 350 for 15-20 minutes.

Remove from heat and refrigerate.

For filling you make your own or use canned fruit. Place 1 tablespoon in each tart.

Recipe Notes

Source: Shirley Taylor, Wahlquist Junior High School
Food and Fitness

Tarts - Refrigerator Biscuits

- 1 can refrigerator biscuits
- 1/2 cup margarine, melted
- 1 cup sugar, + 2 t. cinnamon
- 1 cup pie filling, canned

Instructions

Preheat oven to 450 degrees.

Dip each biscuit into melted margarine, then roll in the cinnamon sugar mixture and place on a well greased cookie sheet.

With the bottom of a tablespoon press a well into the center of each biscuit on the cookie sheet. Fill with a teaspoon of pie filling. (cherry, apple, blueberry)

Bake for 8-10 minutes

Recipe Notes

Source: Jerrie Lin Hansen, Fremont High

Turnover

- 2 cups flour, sifted
- 1/2 cup butter
- 1 teaspoon salt
- 1/4 cup lard, or other solid fat
- 1/3 cup water, iced
- 1 egg
- 1 tablespoon milk

Instructions

Preheat oven to 425 degrees.

In a large bowl place flour and salt. Cut the butter and lard into small chunks and drop into the flour. With a pastry blender or two knives cut the butter into the flour until the mixture resembles coarse meal.

Pour in the ice water, a tablespoon at a time, and with a fork gather the dough into a ball. If the mixture is crumbly, add more water, a teaspoonful at a time.

Roll dough into a large piece no more than 1/8 inch thick. With a pan lid (or cannister lid) as a pattern, cut the desired number of circles.

Place a circle on a baking sheet. Place 1 large tablespoon of canned fruit filling on one side of the circle. With a brush or fingertip, moisten the margin around the edge to secure the seal. Fold. Crimp the edge with the tines of a fork. Brush each pastry with the egg, beaten together with 1 tablespoon of milk glaze.

Bake 15-18 minutes.

Place on a metal rack to cool.

Drizzle glaze over top if desired. Serve warm with ice cream.

Recipe Notes

Source: Laurie Hansen, Carbon High School
Food and Fitness, Food and Science

Turnovers - Apple

- 1/3 cup shortening
- 1 tablespoon margarine
- 1 cup flour
- 1/2 teaspoon salt
- 1 apple, Granny Smith
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1 tablespoon cornstarch

Instructions

Place in a bowl, shortening, margarine, flour and salt, mix well with pastry blender till evenly mixed (small crumbly pieces).

Gradually add cold water (approx. 1/4 cup), 1 teaspoon at a time.

Stir with a fork to make dough form a ball.

Mixture will come together from sides of bowl.

Lightly flour counter or board and roll into a rectangle, 12 x 16 inches.

Cut to form turnovers. Fill and bake.

Filling:

Peel, core and slice thin the cooking apple. Place the apple, sugar, cinnamon and cornstarch in a sauce pan and stir constantly with wooden spoon.

Cook over medium high heat till apples are soft and juices thicken slightly.

Spoon about 1 tablespoon filling onto each prepared section of pie crust.

Fold crust over, use small amount of water to seal 3 edges. Push in a fork to complete the sealing process.

Place aluminum foil on cookie sheet, spray with oil spray.

Set the 4 turnovers on prepared cookie sheet.

Bake at 400 degrees for 12-15 minutes, or till golden brown.

Remove and refrigerate.

Recipe Notes

Source: Shirley Taylor, Wahlquist Junior High School
Food and Fitness

Turnovers - Fruit

1 1/2 cups flour
1/2 teaspoon salt
1/2 cup shortening
4 tablespoons cold water
3/4 cup powdered sugar
1/4 teaspoon vanilla extract
3 teaspoons milk

Instructions

Sift flour, then measure. Sift together flour and salt. Cut in shortening.

Sprinkle in cold water one tablespoon at a time. Add 1 more tablespoon if needed

Toss. Push dough to the side of the bowl.

Form dough into a ball. Divide into four parts.

Roll each into circle. 1/8 inch thick.

Place filling (apple, etc.) in the center.

Fold dough in half.

Flute edge with a fork.

With a knife put three slits on the top of the turnover.

Place on a cookie sheet.

Bake at 425 for 10-15 minutes.

Cool 5 minutes.

Prepare icing using powdered sugar, vanilla, and milk. Stir together, adding milk one tsp. at a time, using 1-3 teaspoons milk.

Drizzle icing on top.

Recipe Notes

Source: Christine Campbell, Snow Canyon Middle
Food and Fitness

Turnovers - Raspberry

- 1 cup flour
- 1/2 cup margarine
- 1 teaspoon orange peel, grated
- 1/2 teaspoon salt
- 3 ounces cream cheese
- 1/4 cup raspberry jam

Instructions

Mix flour, margarine, orange peel, salt and cream cheese together with pastry blender until dough cleans sides of bowl and forms a ball. Cover and put in freezer for 15 minutes.

Divide dough in half; roll half out on a lightly floured surface. Cut dough into circles with glass dipped in flour. Put a teaspoon of jam on half the circle. With your finger put water on the edge to help seal. Fold dough in half and use a fork to seal the edges together. Repeat with other half of dough.

Place tart on an ungreased cookie sheet and bake at 425 for 8-10 minutes or until golden brown.

Remove from cookie sheet and drizzle with a glaze.

GLAZE:

- 1/2 cup powdered sugar
- 2-3 tsp. of orange juice

Mix together - should be somewhat thick. Tart will melt glaze as it is drizzled on tart.

YIELD: 18 small tarts

Recipe Notes

Diane Cluff, Camille Williams, LaDawn Porter - Provo High
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts