



Pastries and Pies

Objectives:

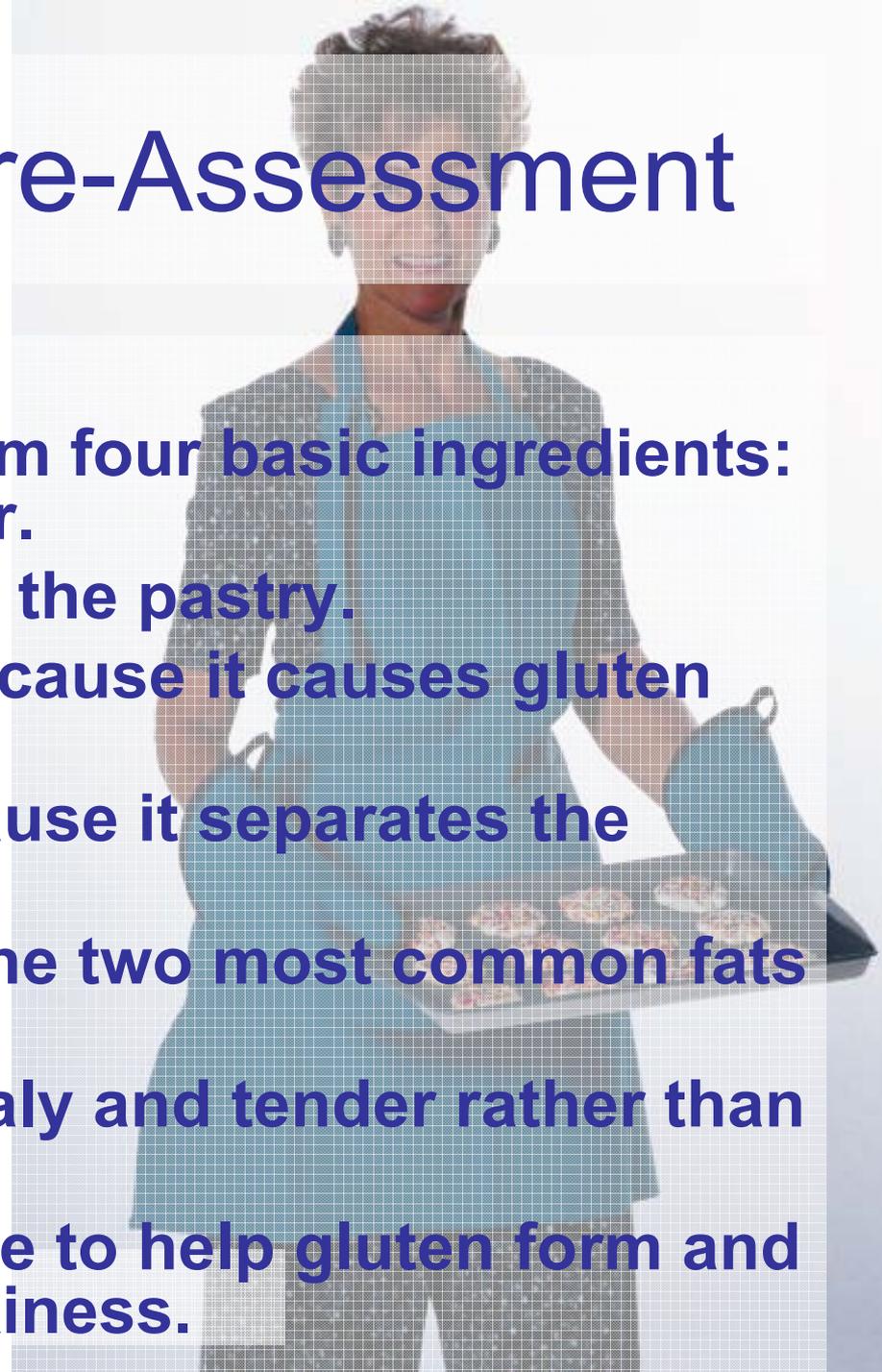
- Identify and prepare pastries.

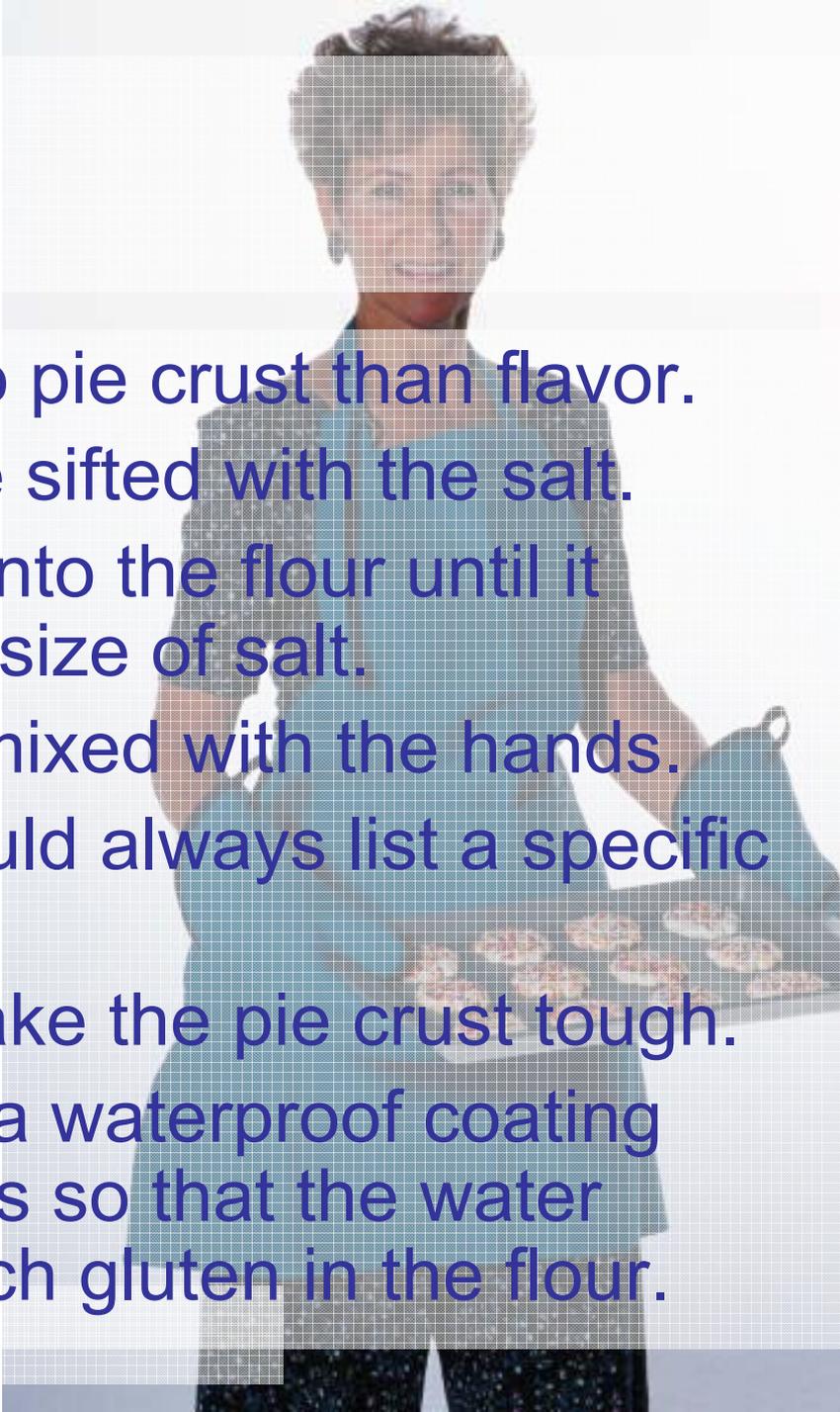


Pie & Pastry Pre-Assessment

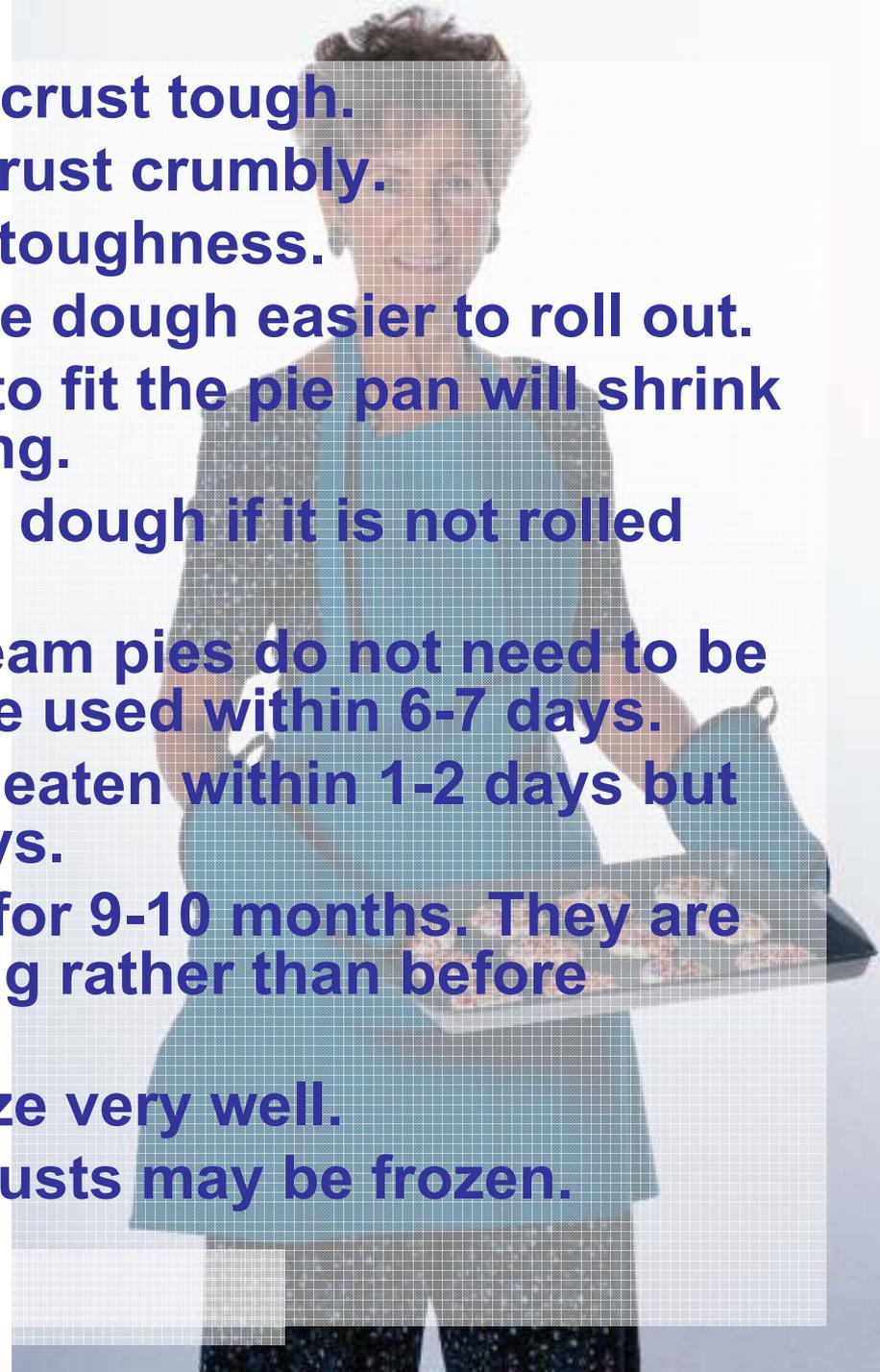
TRUE OR FALSE

1. Pie crusts are made from four basic ingredients: flour, fat, salt, and water.
2. Flour gives structure to the pastry.
3. Fat makes pie tough because it causes gluten development in flour.
4. Fat adds flakiness because it separates the layers of gluten.
5. Oil and margarine are the two most common fats used to make pie crust.
6. Oil makes pie crust mealy and tender rather than flaky and tender.
7. Water provides moisture to help gluten form and produces steam for flakiness.



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- A woman with short brown hair, wearing a blue dress and a grey cardigan, is smiling and holding a large tray of pies. The background is a light blue gradient with a subtle grid pattern.
8. Salt adds much more to pie crust than flavor.
 9. The flour should not be sifted with the salt.
 10. The shortening is cut into the flour until it resembles particles the size of salt.
 11. Pie dough should be mixed with the hands.
 12. A pie crust recipe should always list a specific amount of water.
 13. Too much flour will make the pie crust tough.
 14. The shortening forms a waterproof coating around the flour particles so that the water doesn't develop too much gluten in the flour.

15. Too much fat makes pie crust tough.
16. Too little fat makes pie crust crumbly.
17. Too much water causes toughness.
18. Too little water makes the dough easier to roll out.
19. Dough that is stretched to fit the pie pan will shrink from the sides while baking.
20. It is all right to re-roll the dough if it is not rolled perfectly the first time.
21. Custard, chiffon, and cream pies do not need to be refrigerated and should be used within 6-7 days.
22. Fruit pies are best when eaten within 1-2 days but can be kept up to four days.
23. Fruit pies can be frozen for 9-10 months. They are better if frozen after baking rather than before baking.
24. Cream/custard pies freeze very well.
25. Baked or unbaked pie crusts may be frozen.



Three kinds of Pies

- **Pie shell – baked separately, filled later, prick crust – lemon, cream**
- **Single crust pie – bottom crust and filling baked together – pecan, pumpkin**
- **Double crust pie – bottom crust, filling and top crust baked together – fruit pies**



The four main ingredients in pastry, and their function.

- **Flour** **structure**
- **Salt** **flavor**
- **Fat** **tenderness**
- **Liquid** **hold together, moisture**

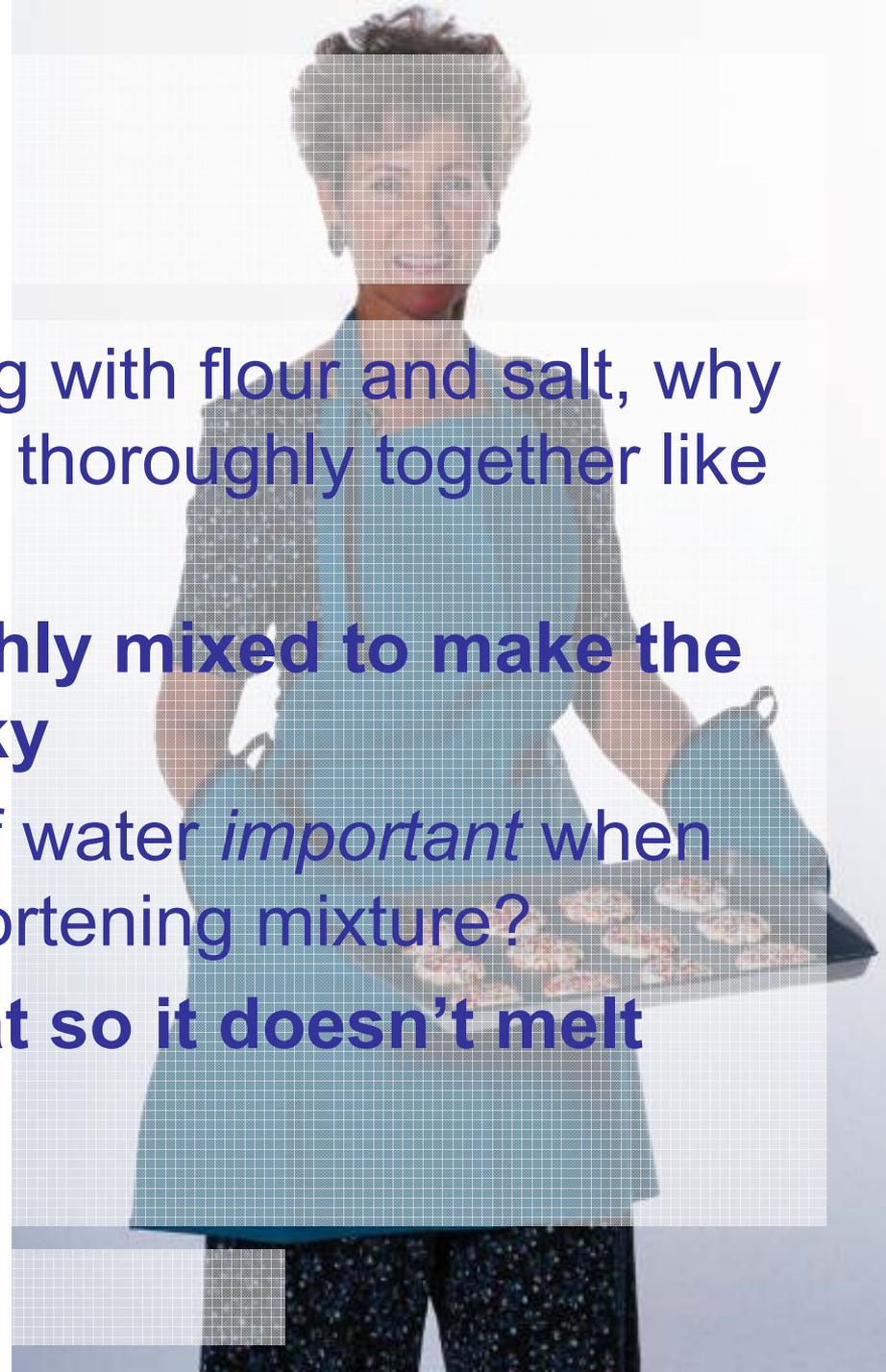


When cutting in shortening with flour and salt, why is it important to mix it thoroughly together like coarse corn meal?

- **So it will be thoroughly mixed to make the crust tender and flaky**

Why is the temperature of water *important* when adding to the flour/shortening mixture?

- **Cold water to chill fat so it doesn't melt**



What utensils do you use to add the water?

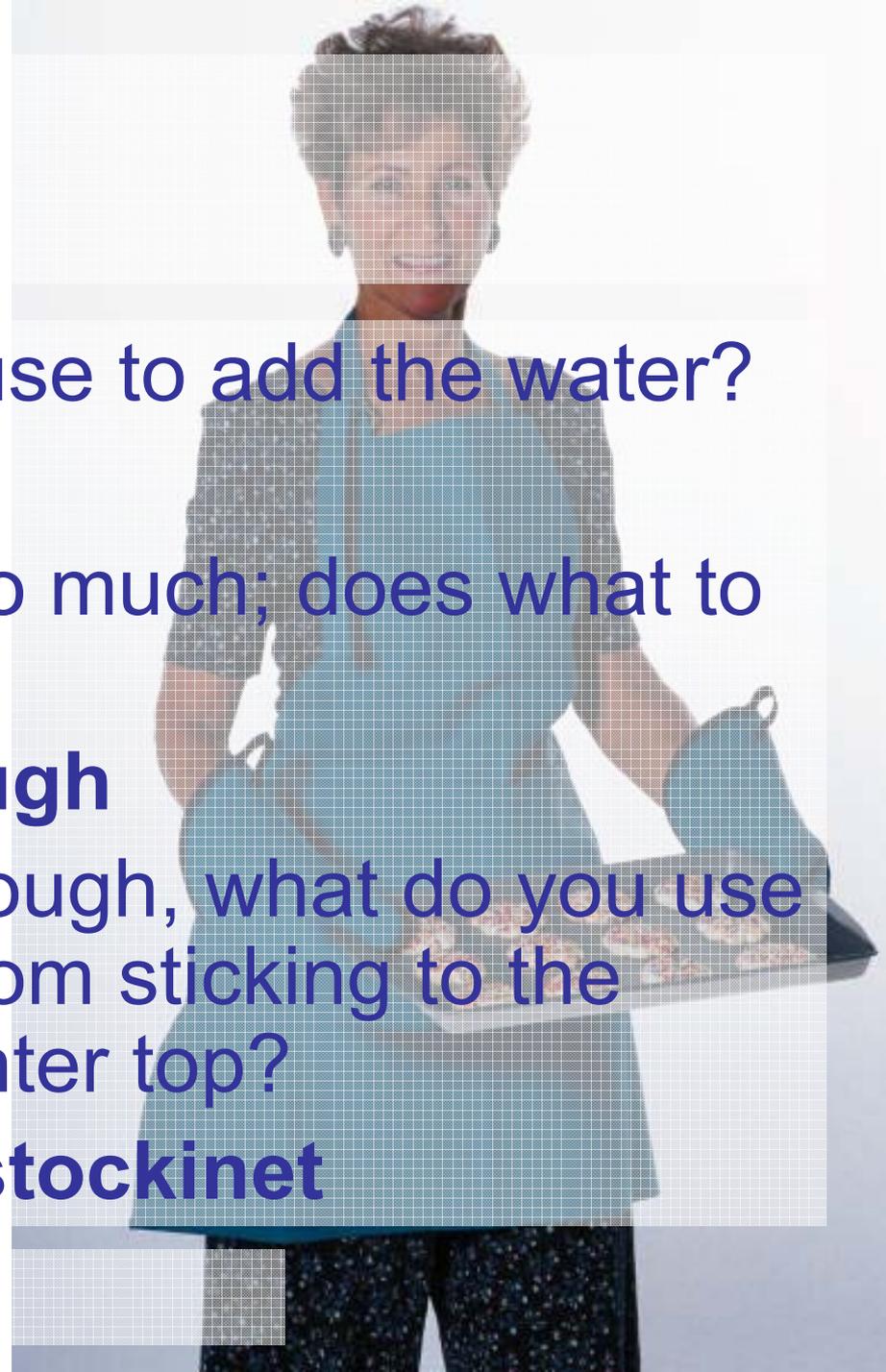
- **fork**

Handling the dough too much; does what to the pastry?

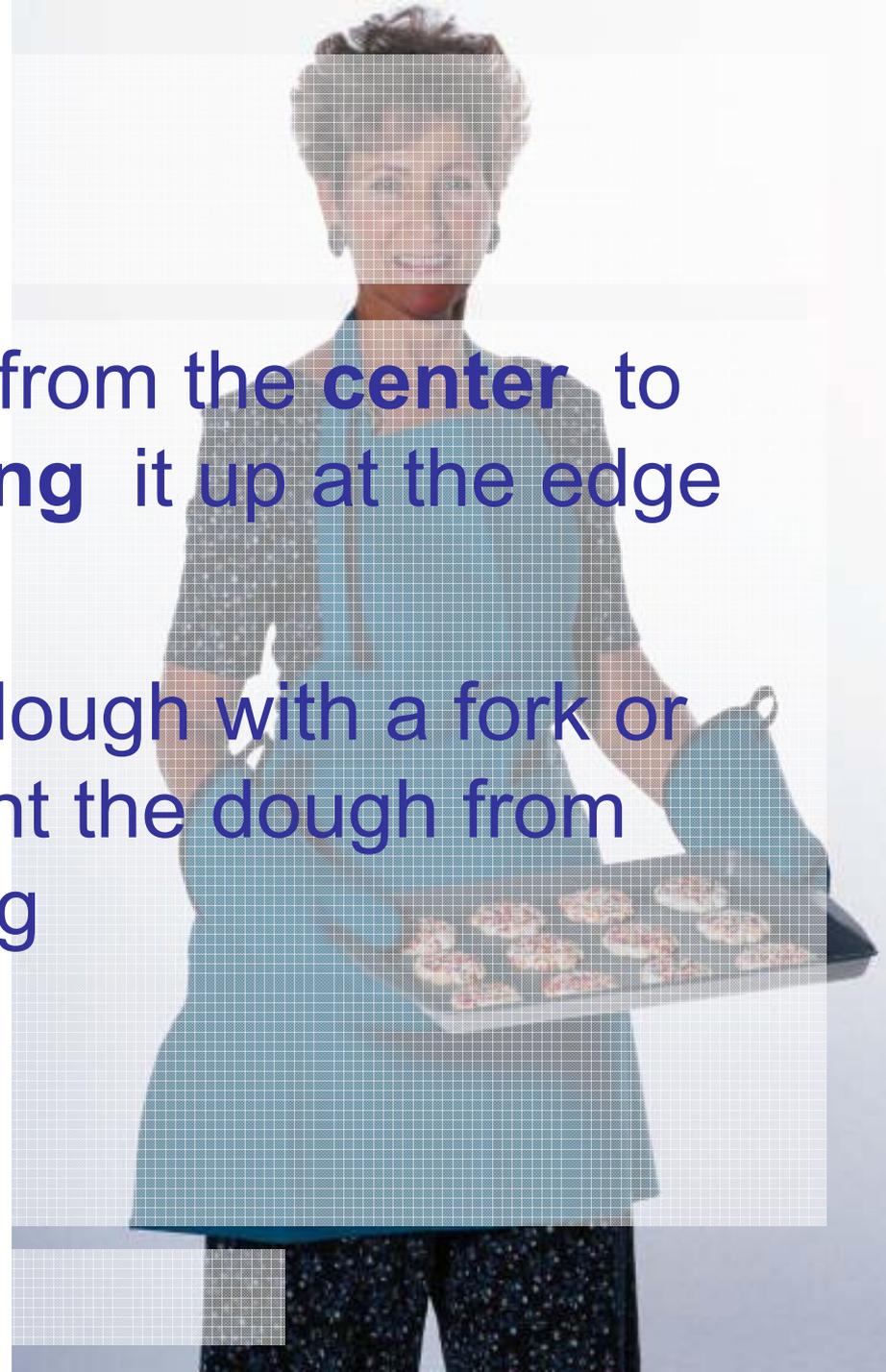
- **Toughens the dough**

When rolling out the dough, what do you use to help prevent it from sticking to the rolling pin and counter top?

- **Pastry cloth and stockinet**

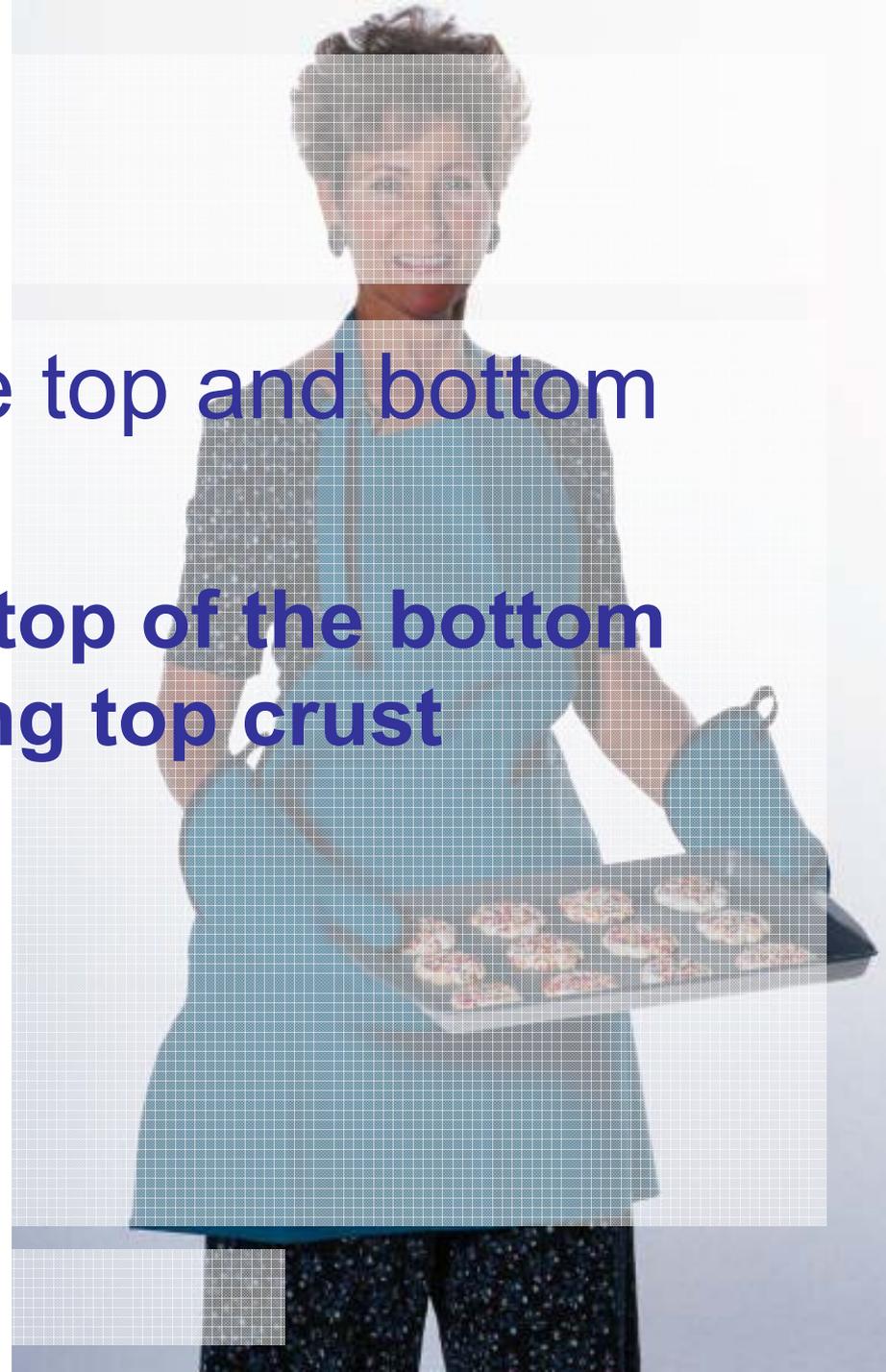


- Always begin rolling from the **center** to the **outer** edge, **lifting** it up at the edge
- Poking holes in the dough with a fork or pricking it, will prevent the dough from **puffing** during baking



How do you seal the top and bottom crust together?

- **Rub water on the top of the bottom crust before adding top crust**



The difference between using butter, margarine, shortening, oil, or lard as the fat when preparing a pie crust?

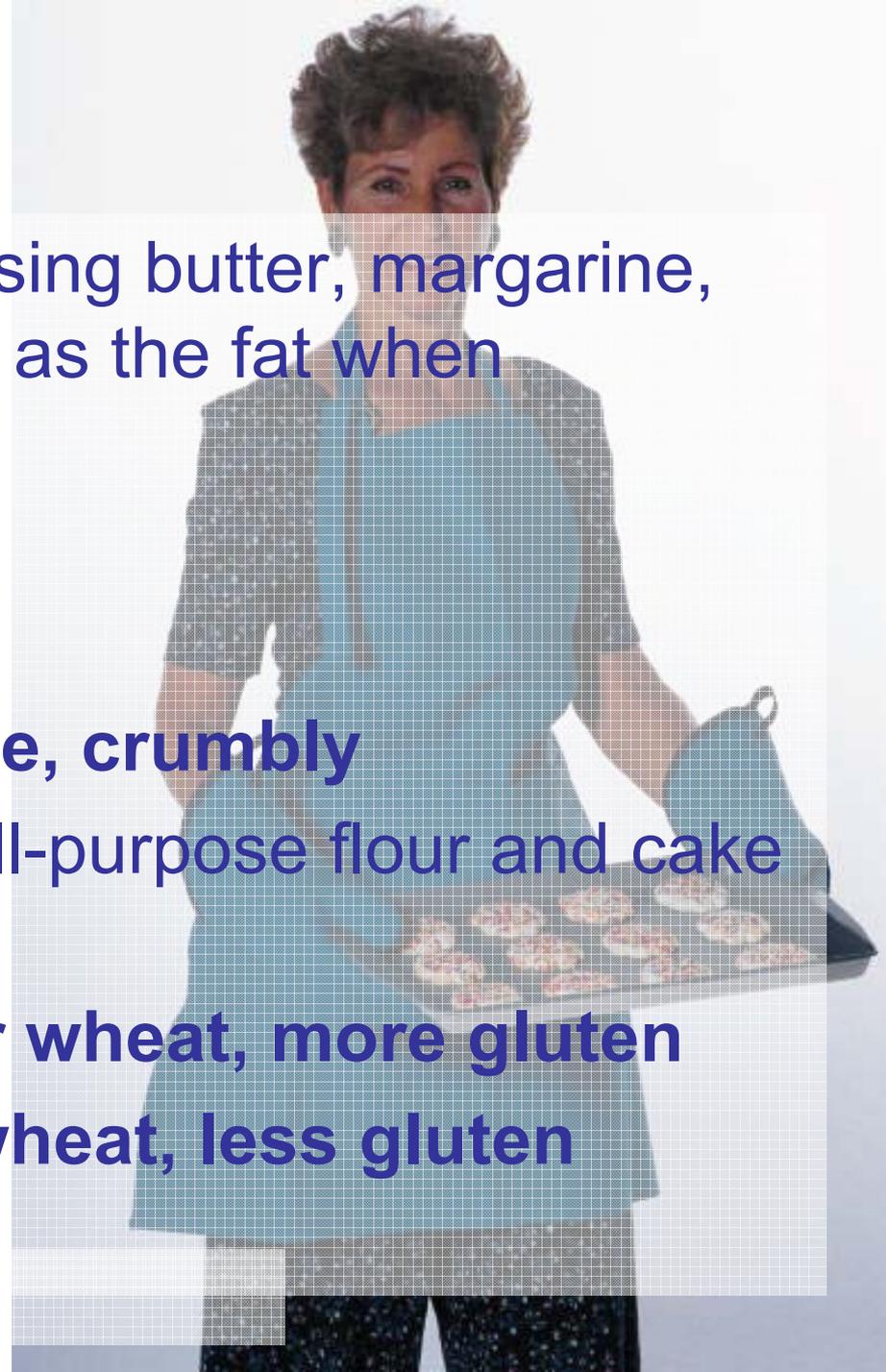
Taste and flavor,

Lard – more tender,

Oil – harder to handle, crumbly

The difference between all-purpose flour and cake flour?

- **All-purpose – harder wheat, more gluten**
- **Cake flour – softer wheat, less gluten**

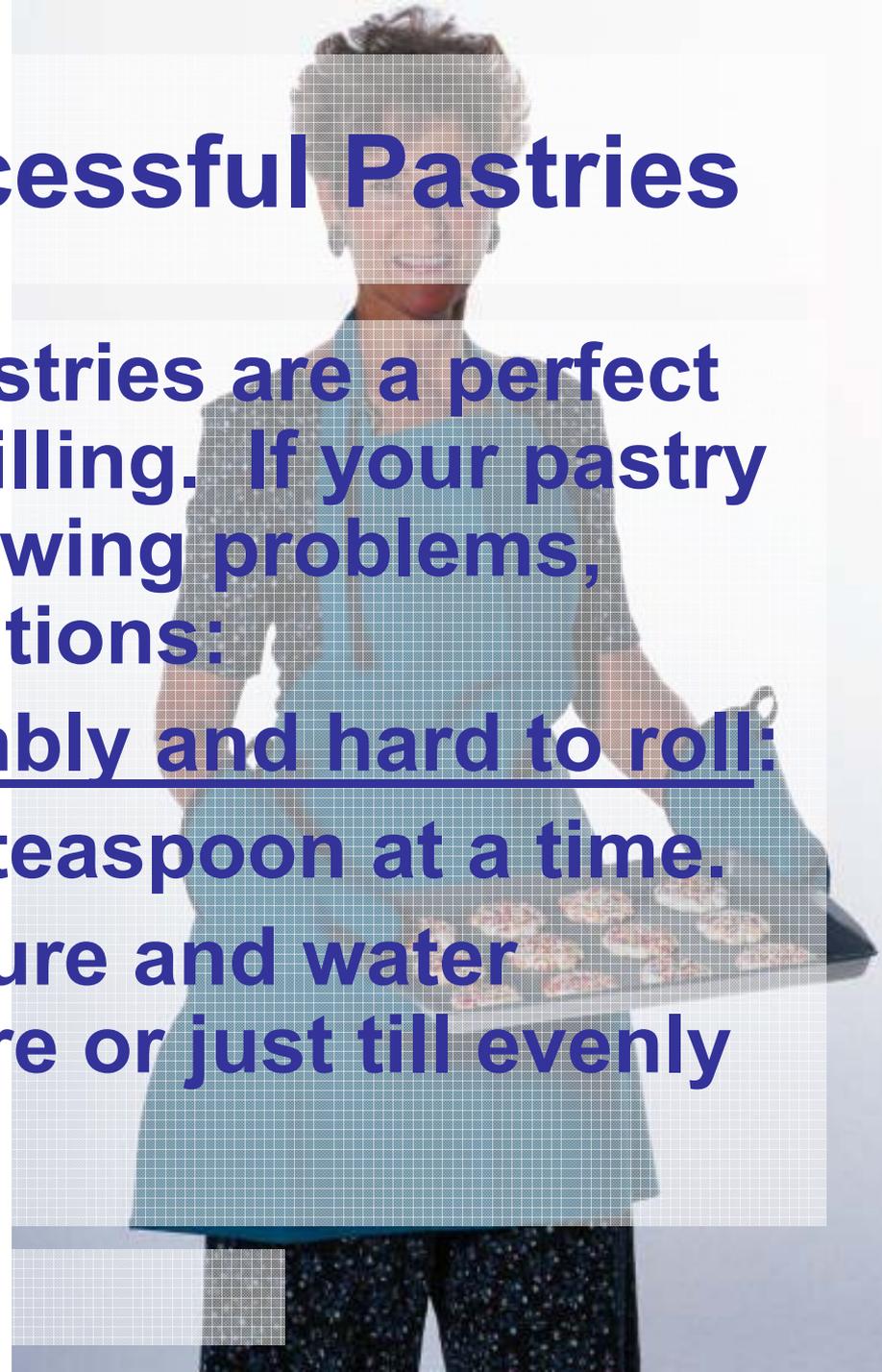


Secrets to Successful Pastries

- Tender, flaky pastries are a perfect partner to any pie filling. If your pastry has one of the following problems, Here are some solutions:

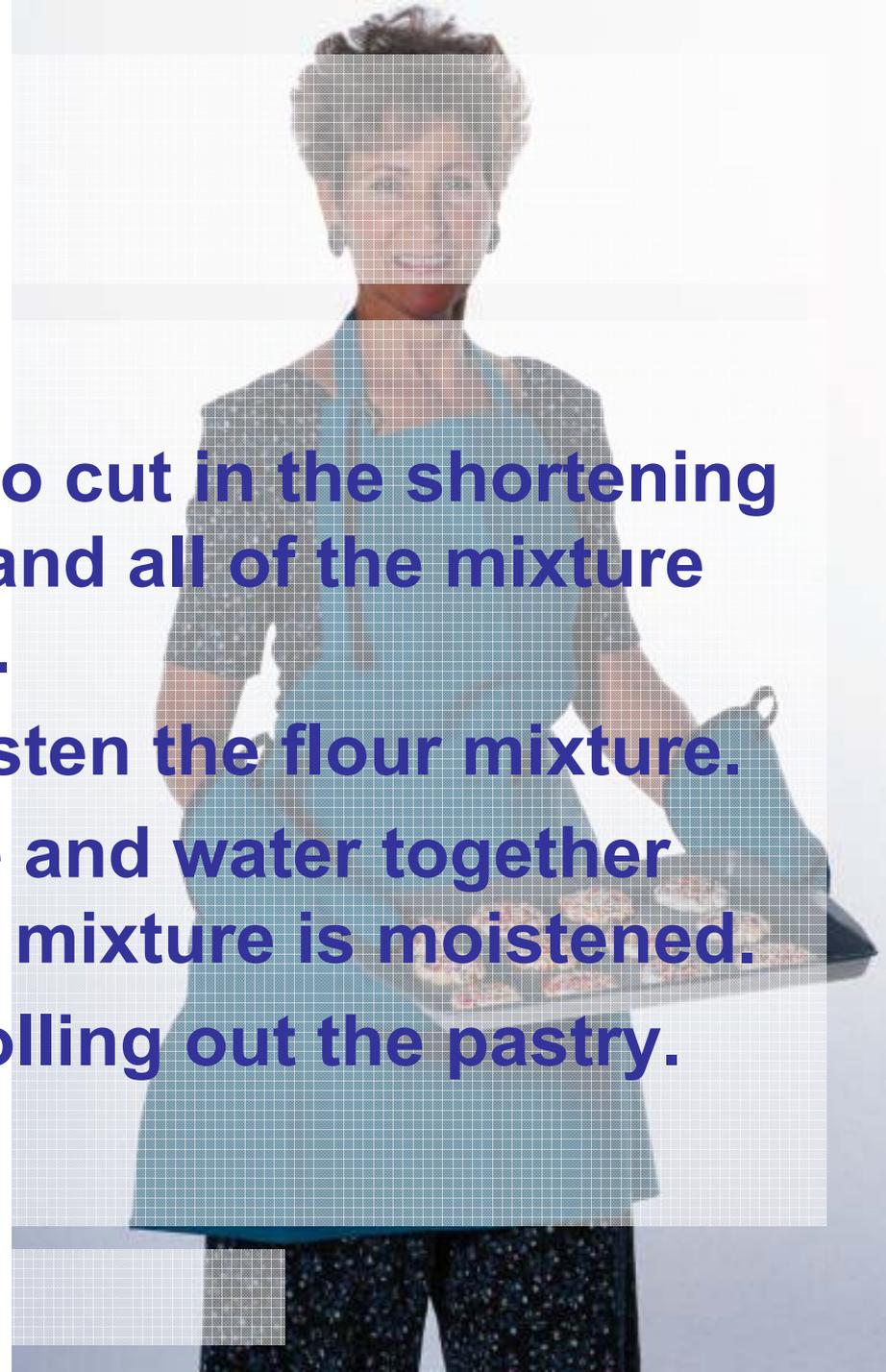
If your pastry is crumbly and hard to roll:

- Add more water, 1 teaspoon at a time.
- Toss the flour mixture and water together a little more or just till evenly moistened.



If your pastry is tough:

- Use a pastry blender to cut in the shortening or lard till well mixed and all of the mixture resembles small peas.
- Use less water to moisten the flour mixture.
- Toss the flour mixture and water together only till all of the flour mixture is moistened.
- Use less flour when rolling out the pastry.



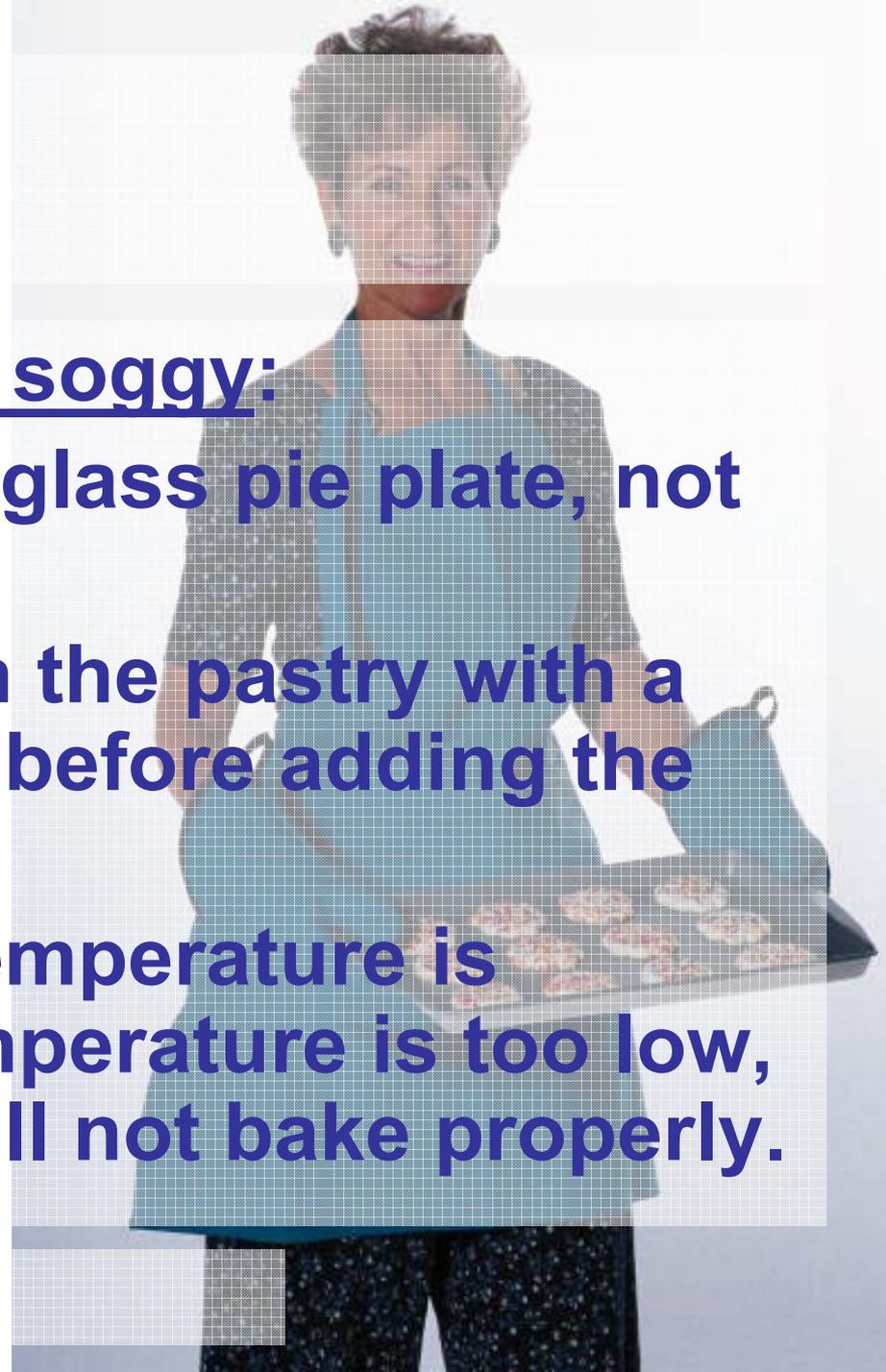
If your crust shrinks excessively:

- **Roll the pastry to an even thickness.**
- **Mix in water only till evenly moistened.**
- **Don't stretch pastry when transferring it.**



If the bottom crust is soggy:

- Use a dull metal or glass pie plate, not a shiny metal pan.
- Patch any cracks in the pastry with a scrap of the pastry before adding the filling.
- Be sure the oven temperature is accurate. If the temperature is too low, the bottom crust will not bake properly.



If a single-crust pastry blisters excessively:

- **Lightly press pastry into pan so that there are no air pockets under crust.**
- **Prick the pastry more with the fork.**



Summary:

