

PASTRY WORKSHEET

KEY

Name _____ Period ____ ASSIGN #

DEMONSTRATION RECIPE:

For one single-crust pie or 4 to 5 tart shells:

1 1/2 cups sifted all purpose flour

1/2 teaspoon salt

1/2 cup shortening

4 to 5 tablespoons cold water

Sift flour and salt together; cut in shortening with a pastry blender till pieces are the size of small peas. Sprinkle 1 tablespoon water over part of the mixture. Gently toss with a fork; push to the side of the bowl. Repeat until all the flour is moistened. Form a ball. Flatten on a lightly floured surface by pressing the edge of the hand three times across the ball in different directions. Roll with a pastry pin from center to the edge till dough is 1/8" thick and has a round shape. Fit dough into pie plate; trim 1/2" beyond the edge. Fold the edge under and flute. Bake in a 425°F oven for 15 minutes.

DEMONSTRATION QUESTIONS: Answer the following questions as the demonstration is taking place.

1. Name the tool used to "cut in" the shortening into the flour.

pastry blender

2. What is the function of flour in pastry?

flour forms a framework for the product

3. What is the function of shortening in pastry?

makes quick breads and pastry tender and gives them a fine texture

4. What is the function of cold water in pastry?

moisture to hold ingredients together

5. In which group of MyPyramid would you place apple pie? Why?

because of the high percentage of fat in the crust and the high sugar content of filling, it would be placed on the top of the fruits section.