

## Pie Study Sheet

Reference: Lecture and demonstration  
World of Food, chapter 29  
Food for Today, chapter 21

1. Explain the differences between a *single crusted pie*, *double crusted pie* and a *pie shell*.

**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**

2. What are the four main ingredients in pastry, and their function?

<b>Flour</b>	<b>structure</b>
<b>Salt</b>	<b>flavor</b>
<b>Fat</b>	<b>tenderness</b>
<b>Liquid</b>	<b>hold together, moisture</b>

3. 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**

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

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

5. What utensils do you use to add the water?

**fork**

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

**Toughens the dough**

7. 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**

8. Always begin rolling from the center to the outer edge, lifting it up at the edge. It should be at least 1 – 2 inches larger than the inverted pie plate.

9. Stretching the dough will cause the dough to shrink.

10. Poking holes in the dough with a fork or pricking it, will prevent the dough from puffing during baking, but it is only done on a pie shell.

11. Strips of aluminum foil around the edge of a *double crusted pie* will prevent \_\_\_\_\_**excessive**\_\_\_\_\_ \_\_\_\_\_**browning**\_\_\_\_\_.
12. How do you seal the top and bottom crust together?  
**Rub water on the top of the bottom crust before adding top crust**
13. How do you prepare a pie shell?  
**Prepare dough. Roll dough 1 – 2 inches larger than inverted pie plate. Fold dough in half, then fourths. Put dough in pie plate. Unfold, drop, cut off to within ½-inch overhang. Fold under. Crimp edge. Prink with fork. Bake.**
14. How do you prepare a lemon pie filling?  
**Combine sugar, cornstarch and water. Bring to a boil. Boil 1 minute. Add half hot mixture to egg yolks. Add and put back on stove and boil 1 minute more. Remove from heat. Add lemon juice, peel and butter. Stir. Pour in baked pie crust.**
15. How do you prepare a cream pie filling?  
**Combine sugar, salt, cornstarch; mix thoroughly. Scald milk in separate pan. Add milk to sugar mixture in top of double boiler. Stir 10 minutes until thick. Add half of the hot mixture to egg yolks. Add all to hot mixture. Cook 5 more minutes. Remove from stove. Add vanilla and butter. Cool.**
16. How do you prepare a meringue? What ingredients are used?  
**Combine cream of tartar, egg whites and vanilla in small narrow bowl. Whip until soft peaks form. Gradually add sugar. Continue to whip until stiff peaks form.**
17. How do you whip up whipping cream?  
**Use a small narrow bowl, pour cream into bowl. Whip with handmixer until soft peaks form. Add 1 tsp. vanilla and 2 – 3 tbs. sugar to taste.**
18. How do you prepare a *double crusted pie*?  
**Double recipe for single crust pie. Roll dough 1 – 2 inches larger than inverted pie plate. Fold dough in half, then fourths. Put dough in pie plate. Unfold, drop. Fill with filling. Prepare top crust. Fold into fourths. Slit holes for steam. Dot the pie with butter. Seal the bottom edge with water. Add top crust. Squeeze the top and bottom crust together with palm of hand. Remove extra crust. Bake.**
19. What ingredients can be used to thicken up fruit for a *double crusted pie*?  
**Tapioca – starch extracted from the roots of the tropical cassara plant**  
**Flour**  
**Cornstarch**
20. What is 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**
21. What is the difference between all-purpose flour and cake flour?  
**All-purpose – harder wheat, more gluten**  
**Cake flour – softer wheat, less gluten**