



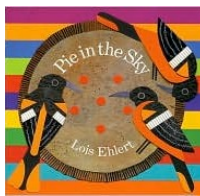
## Book and Bake: Easy as Pie

### Leader introduction: “Book and Bake” is designed for all ages.

1. Teens, ‘tweens or adults read and assist pre-K to 5<sup>th</sup> graders
2. Divide into teams of two. Review Thrill of Skill age-appropriate baking.
3. Allow about two hours for this activity OR use two days--make the crust Day 1, fill and bake galette pie Day 2.

TIP: Thrill of Skill and Ten Tips for Baking found at [www.HomeBaking.org](http://www.HomeBaking.org)

### Easy-as Pie Outcomes include:



- Develop literacy skills; reading and following directions
- Connect with historical or cultural characters, language and events
- Apply baking science to prepare, fill and bake a pastry dough
- Develop eye-hand coordination; measure, stir, “cut in,” “roll out” pastry
- Build school, family or community relationships
- Develop resource-saving food skills

**Getting started: Book it!** Choose a story to read with younger children the day before you bake, while the dough chills or pies bake. Book ideas to get started:

Pre K-1<sup>st</sup> *Eating the Alphabet* by Lois Ehlert (Ask: Which alphabet foods can go in pie?)

Grades 1<sup>st</sup>-3<sup>rd</sup> *Pie in the Sky* by Lois Ehlert

Grades 4-6<sup>th</sup> Read an excerpt describing fruit tarts from *Red Wall* by Brian Jacques.

### Build Your Pie IQ? Ask your group what their favorite pie is.

--Don't be surprised—there are many **types** of pie! Tarts, pizza, quiche, empanadas, fruit, cream, meat pot pies, crostata, galette, hand pies.

--**Pie ingredients are a piece of My Plate.** See what ingredients are from each section of the plate! <https://www.myplate.gov/>

--What nutrients may be found in a fruit or vegetable pie? **Vitamins:** A, B, C, E; **minerals:** potassium, magnesium, sodium **protein:** pizza, meat, custard pies **antioxidants:** whole wheat crust, **fruits** (raisins, cherries, apples, blueberries, peaches..veggies pumpkin, squash)

**What's Next?** *Mix and Match pastry with experience- Pastry dough made with all shortening or half shortening and butter will be better to handle for beginners.*

- *How to Make Pie Crust*, a great step-by-step. <https://bakerbettie.com/how-to-make-pie-crust/>
- View *pastry and galette “how to”* <https://youtu.be/RPQxydVn3hw?si=5GKVmth1QQZPQ07e>

### Butter Pie Crust TIP: Keep dough chilled until rolling out.

Makes 1, double-crust 9-in pie; two, single-crust pie shells or two galettes or 4, small galettes

#### **Ingredients**

3 cups pastry or all-purpose flour (12 oz/360g) (stirred and spooned into dry measuring cup; level off)

2 Tablespoons powdered sugar (optional for fruit pie)

1 teaspoon salt

1 cup (8 oz./1 ½ sticks) cold butter, cut into pieces (or half butter, half shortening)

½ cup (4 oz) ice water

\*Pastry flour may be **whole wheat** or **enriched** flour- may use half whole wheat, half all-purpose flour

#### **Directions:** (View how – Click on Tips & Techniques, Baking Demonstrations)

1. In a medium bowl, whisk together flour, powdered sugar (if fruit or cream pie), salt.
2. Cut in shortening, then butter that's cut into pieces and scattered on top of the flour mixture.
3. Using fingers, pastry blender or food processor, cut the butter into the flour until it's in navy-bean or pea-sized pieces throughout the flour.
4. Sprinkle the ice water over the flour mixture, tossing with a fork, until the mixture begins to look crumbly. (But not wet or sticky.)

### Pie Factoids

“Pie” was first used with

- a) apple pie
  - b) pumpkin pie
  - c) meat and cheese pie
- Answer: C - savory pies, not sweet pies, came first

The word pie was used in everyday language by

- a) 793 A.D.
  - b) 1362
  - c) 1854
- Answer: B-1362 (Vikings, exploring N. America and Ottoman Empire had reached Europe)

The term “pot pie” first appeared in print in America, 1785, during

- a) The American Revolution
  - b) The Civil War
  - c) Spanish- American War
- Answer: A - “Pot pie” was an English staple. The pastry was made very tough! It was the cooking “pot” for a stew.

Pie pastry originated with

- a) Greeks
  - b) Romans
  - c) English
- Answer: A - Greeks passed pie on to Romans and Egyptians

Open crust pastries were called “traps.” They called those with “lids” (top crust)

- a) casseroles
  - b) coffins (coffins)
  - c) funeral pie
- Answer: B - tall, straight-sided pie with sealed-on lid

America's favorite pie is

- a) cherry
  - b) pumpkin
  - c) apple
- Answer: C - apple

A recipe for “grene apple pye” first appeared in

- a) 1492
  - b) 1502
  - c) 1545
- Answer: C - Early Colonial days

When cold, the butter or shortening in pie is

- a) melted
  - b) not necessary
  - c) cut-into the flour/salt
- Answer: C- cut-in cold

The best flour for pastry is

- a) soft wheat or all-purpose
  - b) high protein
  - c) whole wheat or enriched
- Answer: A & C - soft or all-purpose and may be whole wheat or enriched

More A Pie's Place in History, <https://www.dominosugar.com/baking-tips-how-tos/pies-place-history>

**Directions, continued:** Rolling pin \$\$\$ TIP: Have the hardware store cut thick (1 1/4-inch) dowel rods into 12-inch lengths; sand ends, wash, rinse, dry and oil with butcher block (food) oil.

- Form dough into a 1-inch thick disc shape and wrap in plastic wrap.
- Refrigerate 30 minutes or up to overnight OR freeze until firm (about 20-30 minutes)
- Tap chilled dough a few times before rolling out.

Lightly flour the pastry disk; cut in half. Roll the crust into a 12-inch circle.

--**Rolling Tip:** Roll out pastry between two lightly floured waxed or parchment paper sheets for easier handling.

--Gently remove sheet, turn pastry over centering it into the pie pan; without stretching, flatten onto pie plate or pan; remove sheet.

--Roll out the top crust and make slits in the center before filling the bottom crust; then top with a second circle of pastry. The slits in the center of the top crust are important to let out steam.

--OR, use a pizza or pastry cutter and cut strips of pastry to weave a lattice top.



**Galette or Rustic Pie:** Great for a simple, no-pie-plate pastry - savory or fruit. Roll pie dough into a 12-to-14-inch circle and place on ungreased baking sheet pan or oven-safe plate. Place fruit or vegetable filling in center of crust, dot with butter and fold crust up, overlapping to cover about 2 to 3 inches over the filling, all around the circle. Press gently to keep in place; leave a 4-5-inch center circle open. Brush with egg wash or cream. If it is a fruit pie, sprinkle with sugar and bake. Find **Savory Zucchini Galette** (left), <https://www.kingarthurbaking.com>

**Artist's touch:** Two-crust pies open endless opportunities for creative top crusts.

- Cut out leaf, flower, heart or other small shapes with cookie cutters and lay on top crust or weave a lattice top crust.
- Glaze top crust and shapes with an egg wash→ Whisk 1 egg and 1 tablespoon ice water until yellow-colored. Brush egg wash over top crust and shapes, sprinkle with sugar if desired, then bake.
- Add sparkle! Just before putting pie into the oven, brush crust with egg wash, cream or milk; sprinkle with sugar and bake.

**OVEN TIP:** Bake pies on large baking sheets for easier handling, catch spills. Place oven racks in lower (not bottom) and middle settings to bake two pans of pies; bake ten minutes, switch pans, repeat, for even browning and baking.



## **Serve it UP! Sharing skills confirms what you've learned!**

Do you bake for a special dietary need? See *Kitchen Science: Baking for Special Needs*, [https://www.homebaking.org/wp-content/uploads/2019/07/final\\_kitchenscience-1.pdf](https://www.homebaking.org/wp-content/uploads/2019/07/final_kitchenscience-1.pdf)

**Plan a Family Night.** Bake a family favorite with a parent, sister, brother, cousins, aunt, grand parent, or other families. Get started with guides like *Thrill of Skill* and more.

- Getting Started, <https://www.homebaking.org/learn-to-bake/>
- Bake for Family Fun, <https://www.homebaking.org/bffm/> offers resources to help.

**Bake to Give.** Raise money for a group or concern. You'll love the recipes, ideas and printable gift labels at <https://www.homebaking.org/bake-to-give/>

- Use the guide **Bake for Funds** to help you plan and market your baked goods.

**Book and Bake** <https://www.homebaking.org/book-and-bake/> with children through schools, 4-H, Boys & Girls clubs, Head Start, or Parents as Teacher's professionals, a Sr. Center, school or extension Family & Consumer Sciences or food educators.

- *Baking with Friends* <https://www.homebaking.org/baking-with-friends/>



**Bake and Take:** Bake small pies or a galette for neighbors, family or friends- share a slice of pie and your time to make a difference. <https://www.homebaking.org/bake-and-take-recipes/>

Get **Pastry Pizazz!** <https://www.homebaking.org/lesson-plans/>

### **Fruit Galette**

**Egyptian galettes (4000 B.C) were the earliest pie.**

- 1, 9-in single pie pastry
- ½ cup brown sugar
- ¼ cup all-purpose flour
- 1 teaspoon cinnamon
- Pinch ground nutmeg
- 3 ½ cups peeled and sliced tart pie apples or peaches
- 1 Tbsp. lemon juice
- 1 T. cold butter cut in pieces
- Egg wash (1 egg + 1 T cold water, beaten)
- Coarse sugar

**Directions:** Heat oven to 375°F., rack at middle setting.

1. In medium mixing bowl, mix sugar, cornstarch, spices; stir in with fruit and lemon juice.
2. Roll pie pastry 1/8 inch thick in a large circle on a floured surface or between parchment. Place rolled out pie crust on baking sheet pan.
3. Spoon fruit in center, leaving 1-inch of crust around the edge of fruit. Dot with cold butter pieces. Fold crust around fruit; pressing gently.
4. Brush with egg wash; sprinkle with sugar.
5. Bake at 375°F., 40-50 minutes until golden and bubbling at center. Cool before slicing.

