



Pastry & Pies



Pastry Pizazz
Marla Prusa, Howell, NE
A [HomeBaking.org](https://www.homebaking.org) Educator Award Lesson

Pastry

Pastry is made of a layered or flaky dough that can be used to make a variety of breads, desserts, and of course, pie crusts.



Types of Pie Crusts



Pie Shell

crust is pricked, baked separately and filled later
(banana cream)



Single-Crust Pie

bottom crust and filling are baked together
(pecan, pumpkin)



Double-Crust Pie

bottom crust, filling and top crust are baked together
(cherry, apple)

Pastry Ingredients

Ingredient	Function
Flour	Structure
Salt	Flavor
Cold Fat (shortening, lard, butter, oil)	Tenderness
Cold Liquid	Moisture

Making the Pastry Dough

Flaky pastry relies on being **cold**:
40°F fat, ice water and even
chilled flour, if needed.

Basic pie crust is called “3-2-1 Dough”

The weight of ingredients is a ratio of:

3 parts flour + **2** parts cold fat + **1** part ice cold water



Making the Pastry Dough

Measure flour and salt into a mixing bowl. Put the solid fat into the bowl also.

Use a pastry blender to “cut in” the fat, making coarse crumbs.

Use a fork to toss the flour while gradually adding cold water.

Did You Know?

Pie pastry is best made with a soft—or lower protein—flour, made from soft red or white wheat.

Making the Pastry Dough (cont.)

The flour mixture begins to cling together as the water is added.

Use your hands to form dough into a soft, but not sticky ball.

If doing other steps before you will roll out dough, flatten into a 1-inch-thick disc, wrap and chill until rolling.



Rolling the Dough into a Pie Crust

Flatten the dough with your hands. Flour the surface, both sides of the dough and the rolling pin, or roll between 2 pieces of waxed or parchment paper, from the center outward.

Pick up the rolling pin and return to the center to roll again; avoid rolling back and forth over the dough. Maintain a circle shape.



Rustic Pies or Galettes

Make a pie without a pie plate using an oven-proof plate or pizza pan. Line with parchment or foil.

Roll dough about 13- to 14-inches in diameter, fill with fresh or frozen fruit mixed with a little flour and sugar as the recipe directs.



Fold up the edges to hold filling. See how at biggerbolderbaking.com/rustic-summer-fruit-galette/

EXTRA recipe: Brown Sugar Peach Galette
chsugar.com/recipe/brown-sugar-peach-galette

Putting the Crust into the Pie Pan

Fold the crust in half, pick up the dough at the fold and place it across the diameter of the pie plate. Unfold the dough covering the entire pan. Avoid stretching the dough.



Type of Pie Pan Matters

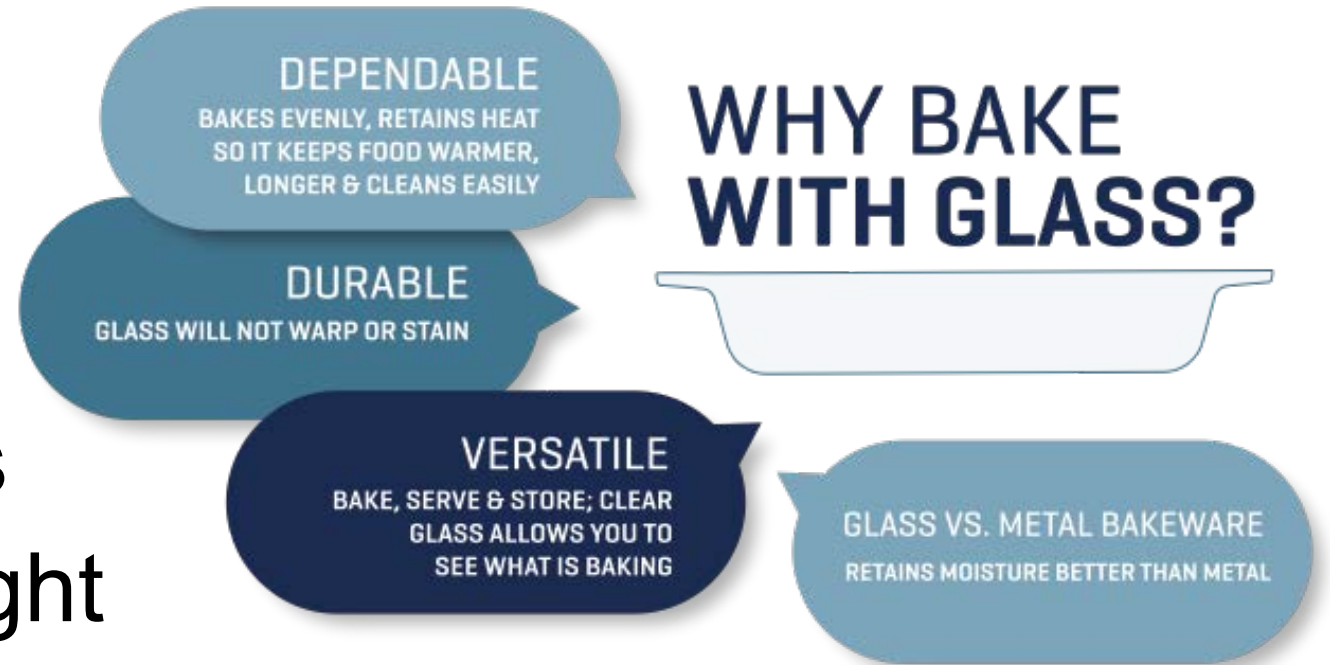
Learn more!

Learn more about pie pans at
homebaking.org/glossary/#p

Glass pie plates will yield a less-soggy crust with the best crust color.

Heavy aluminum pie pans are next best, but avoid light weight disposable aluminum pans.

Ceramic and cast-iron pans may be used but expect a darker bottom crust. homebaking.org/visuals/



Making a Pie Shell

Prepare dough. Roll dough 1-2 inches larger than inverted pie pan. Fold dough in half, then fourths. Put dough in pie plate. Unfold, drop, cut off to within ½ inch overhang. Fold under. Crimp edge. Prick (dock) with a fork. Bake.



Cream & Meringue Pies

Cream pies are made by preparing a cooked filling and pouring it into baked pie shell. They can be topped with whipped cream after baking.

Meringue pies are made by topping the cooked filling with a mixture of egg whites, vanilla, and sugar, then baking to brown the meringue.

dominosugar.com/baking-tips-how-tos/how-to-make-the-perfect-meringue/tips-on-how-to-make-meringue-successfully



For higher volume whipped cream, use chilled bowl, cream and beaters.

For higher volume meringue, use room temperature egg whites.

Try a brown sugar or chocolate whipped cream, too! chsugar.com

Preparing a Double Crust Pie

- Double single crust pie recipe.
- 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. Cut evenly spaced slits – about 8 – in top crust for steam to escape.
- Dot the pie filling with butter.
- Brush the edge of the bottom crust with water to improve seal. Add top crust.
- Pinch the top and bottom crusts or use the tines of a fork to create a fluted or decorative edge that is sealed.
- Remove extra crust. Bake.



Finishing the Pie

Types of Sugar: sugar.org/sugar/types/

The top crust can be glazed by brushing with cream, milk or egg wash and sprinkling with granulated, golden, raw or coarse sugar.



Cut vents in the top of the pie to allow steam to escape. Strips of aluminum foil around the edge of a double crusted pie will prevent excessive browning.

Lattice Crust

A **lattice crust** is made by rolling out the top crust of the pie, cutting it into strips 1/2 inch wide, laying part of the strips across the pie filling, spaced 1/2 inch apart, and then weaving the remaining strips over and under the first strips. Flute the edges.



Tarts

A **tart** is a plain or puff pastry dish, usually filled with a sweet filling. It is most often open, without a top crust.

Breakfast tarts are also a popular hand-held tart!

[dominosugar.com/recipe/
apple-cinnamon-breakfast-tarts](https://dominosugar.com/recipe/apple-cinnamon-breakfast-tarts)



Puff Pastries

The *roll-in dough method* is used in making **puff pastries**. Dough must be rolled, folded, rolled again, layered with butter, refolded and re-rolled numerous times to create a very flaky product.



Phyllo Dough

Phyllo dough consists of paper-thin sheets of pastry. As it bakes, the layers separate into delicate sheets.



Choux Dough

Choux (pronounced “shoo”) **dough** is made by combining liquid, butter, flour and eggs into a smooth batter. This mixture is dropped or piped into individual servings and baked for eclairs and cream puffs.



Step-by-step Cream Puffs
hudsoncream.com/cream-puffs.html



**Find more great pastry recipes
and resources at
HomeBaking.org**