

- Pastries
- Guide to Good Food textbook Chapter 23 page 416
- And
- [http://www.baking911.com/pies\\_tarts/101\\_intro.htm](http://www.baking911.com/pies_tarts/101_intro.htm)
- Pies
- Pastry:
  - Most pies begin with a pastry shell
  - The dough used to make pie crust
  - Also used for tarts, turnovers, and other dishes
  - Takes patience and practice
- Kinds of Pie:
  - Fruit pie
  - Cream pie
  - Custard pie
  - Chiffon pie
- Fruit Pie
- Usually 2 crust pie
- Top crust:
  - Solid top
  - Lattice or other decorative top
- Filling can be made from:
  - Canned fruit
  - Dried fruit
  - Frozen fruit
  - Fresh fruit
  - Or be premade pie filling
- Examples:
  - Apple
  - Peach
  - Cherry
  - Blueberry
  - Cream Pie
- Usually 1 crust pie
- Filling:
  - Usually made from a cornstarch-thickened pudding mixture
  - May or may not have:
    - Fruit
    - Coconut
    - Nuts
- Topping:
  - Meringue
  - Whipped topping
- Examples:
  - Lemon meringue

- Chocolate cream
  - Boston cream
  - French silk
  - Custard Pie
- 1 crust pie
- Filling:
  - Usually custard made from milk, eggs and sugar
  - May or may not have other ingredients
  - May or may not be baked in crust
    - Sometimes baked in separate pie plate and slipped into crust
- Example:
  - Pumpkin
  - Coconut custard
- Chiffon Pie
- Light and airy
- 1 crust pie
- Filling:
  - Mixture of gelatin and beaten egg whites
  - Some have whipped cream
- Need chilled until filling sets
- Examples:
  - Lemon chiffon
  - Chocolate chiffon
- Ingredients
- Flour:
  - Structure
  - Pastry/cake or all-purpose flour used
    - Lower amount of proteins
    - Need smaller amount of fat to tenderize gluten
- Fat:
  - Makes pastry tender
  - Tenderizes gluten
  - Separates layers of gluten, makes pastry flaky
  - Lard or shortening usually used
    - Are oil recipes, not as flaky
- Ingredients
- Water:
  - Moisture
    - Aids in development of gluten
    - Creates steam for baking
  - Only small amount needed
    - 1 Cup flour=2 T water
- Salt:
  - Flavor

- If not salt, pastry will turn out the same
- Preparation
- For tender pastry need correct ingredients measured accurately
- Handle dough gently
- Gluten developed when flour is moistened holds air and steam, which make pastry flaky
- Preparation
- Too much flour makes tough pastry
- Too little fat makes tough pastry
- Too much fat makes crumbly pastry
- Too much liquid makes tough pastry
- Too little liquid makes pastry crumbly and difficult to roll
- Preparation
- Too much handling makes tough pastry
  - Causes gluten to over develop
- Handle pastry gently
- Handle as little as possible
- DO NOT overmix dough when adding liquid
- DO NOT be too vigorous with rolling pin
- DO NOT stretch pastry when fitting in pie plate
- Preparation
- Mixing:
  - Biscuit method, sometimes called pastry method
- Flute the edges
- Prick bottom and sides of crust to prevent blistering during baking for pies that are filled after baking
- Do not prick crust if filled before baking
- Characteristics
- High-quality pastry is tender and flaky
- Tender pastry cuts easily with fork
- Flaky pastry has thin layers
- Crust should be evenly browned
- Microwaving
- Both crusts and fillings can be prepared in microwave
- Crusts microwaved for 6 to 7 minutes
  - Will not brown in microwave
- Uses of Pastries
- Desserts
- Pies
- Main dishes, such as quiche, pot pie, and meat pies
- Tarts
- Weeping
- When water seeps between the filling and the meringue, the pie is weeping. Weeping is a common problem with meringue pies, but it is avoidable
- **Some Theories as to Why:**

- Break down of meringue
- May be a watery layer that forms because of the interaction between the filling and the meringue; caused by undercooked meringue
- May occur when beaten meringue is spooned onto a cool filling
- Egg whites weep if they are over-beaten or are from old eggs
- Refrigeration makes a meringue pie "weep" even more than if you just cover it (with an inverted bowl) and set it on the counter
- Also, as with all whipped and uncooked egg whites, as they sit atop the pie in storage, they start to break down or denature, forming water in the bottom of your pie, called weeping
- Weeping
- SEVERAL SOLUTIONS TO WEEPING MERINGUE:
  - Add some cornstarch
  - Pre-cook the meringue
  - Beat egg whites to almost their full capacity
  - Dissolve the sugar thoroughly
  - Always seal the edges of the pie or any other recipe with meringue
  - Make sure the filling is hot, even boiling, before pouring it into the pie shell
  - Store properly
- Review
- Complete To Review questions 11-14 page 424
- Write out and define pastry