

8.4

Pies & Pastries



Pies



- **Basic 3-2-1 dough**
 - 3 parts flour
 - 2 parts fat
 - 1part water (by weight)

- When made properly, crust is ...

Pâte Brisée (*paht breeze AY*)

- Flaky
- Crisp

General Pie Crust Baking



- As fat particles melt, pastry forms flaky, tender layers
- If crust is browning too much, top pie loosely with aluminum foil near the end of the baking process

Pie Crust Tips



- **Both fat and liquid should be cold**
 - ▣ **Fat:** Shortening, butter, lard

 - ▣ **Liquid:** Water or Milk
 - If using milk, decrease the amount of fat in the overall formula in proportion to the amount of fat in the dairy

- **Handle dough as little as possible**
 - Cut solid fat into the flour to create small pieces of fat covered in flour
 - Need to “shorten” gluten fibers of wheat flours
 - When rolling, roll quickly

Crumb Crusts

- Crumb crusts contribute a nutty, buttery flavor that highlights cheesecake or frozen fillings.
- Prepared from:
 - ▣ Crumbled graham crackers, nuts, or cookies
 - ▣ Mix with butter, sugar, & cinnamon
- Can be baked alone or with the filling



Pie Terminology

- **Baking blind:** Procedure for preparing a pre-baked pie shell

1. Prepare dough
2. Roll out and fit to pan
3. **Dock** (*pierce*) it in several places with a fork



- **Cheesecake:**

- Similar to pie but unique in several ways
- Pastry chefs usually bake cheesecake from a cream cheese or **quark** (*a cheese similar to sour cream*) and egg batter on a crumb crust, using a spring-form pan.



Pastries

- 3-2-1 method for basic pie crust (shortcrust)

Danish, croissant, and puff pastries use...

- **Roll-in dough method**

- ▣ Also called “Laminated Dough”
- ▣ Requires proper mixing methods, rolling techniques, and temperature control



Roll-In Dough Method

- Roll into a rectangle
- Fold it in thirds
- Spread with butter, chill, and roll again
- Fold it the appropriate number of times to create the right shape for the item



Roll-In Dough Tips

- ❑ Keep the dough chilled
- ❑ Use a sharp knife when cutting
- ❑ Mark the dough with a small indentation to help avoid over-rolling
- ❑ Do not run the roller over the dough's edge
- ❑ Chill puff pastry before baking them
- ❑ Save puff pastry scraps for use in other items

Pastry Terminology

□ Puff pastry

- An elegant product also called **pâte feuilletée** (*paht PHOO e tay*)
- Used in both sweet and savory applications



Pastry Terminology

- **Phyllo** (*FEE-low*)
 - ▣ Tissue paper thin pastry
 - ▣ Used to prepare baklava, a dessert made of thin pastry, nuts, and honey.



Pastry Terminology



- **Pâte à choux** (*paht ah SHOE*)
 - ▣ Make pâte à choux by combining water (or another liquid), butter, flour, and eggs into a smooth batter.

 - ▣ Used to prepare éclairs, cream puffs, and **profiteroles**.
 - Small round pastries filled with ice cream
 - Can also be used in appetizers as a savory item filled with items such as chicken salad

Assignment (also on notetaker)

Assignment:

1. Using reputable websites, research various pastry websites. Find at least 1 recipe that USES the particular pastry or technique for each of the following. **Write the recipe name below** and on another sheet of paper, choose **5** to write creative names and descriptions as though appearing on a menu.

Pie Crust (Shortcrust): _____

Baking Blind/Docking: _____

Cheesecake: _____

Roll-in dough method: _____

Pâte feuilletée: _____

Phyllo: _____

Pâte à choux: _____

Profiteroles: _____

2. Using the same sheet of paper from #1's menu descriptions, answer **questions #1-3, 5-8 on pg. 541** in complete sentences.

