

# Perfect Pie Crust

Cooking Principle: pies and pastry

Equipment: large mixing bowl, measuring equipment, pastry blender, rolling pin.

(For a single or double crust pie, this recipe can be made in a food processor; pulse to mix.)



## Ingredients:

For 2 person lab:

185 ml all-purpose flour  
pinch salt  
3 ml sugar  
45 ml cold butter  
20 ml cold shortening  
30 ml cold water

For single crust pie:

375 ml all-purpose flour  
1 ml salt  
7 ml sugar  
90 ml cold butter  
40 ml cold shortening  
60 ml cold water

For double crust pie:

750 ml all-purpose flour  
2 ml salt  
15 ml sugar  
180 ml cold butter  
80 ml cold shortening  
125 ml cold water

## Method:

1. In a large mixing bowl, whisk together the flour, salt and sugar.
2. Dice the butter. Add to the dry ingredients, along with the shortening. Mix with pastry blender until the butter is the size of peas.
2. Add the cold water a bit at a time until the dough begins to form a ball.
3. Place on a floured board or counter and roll into a thick patty. Wrap and let rest in fridge for 30 minutes.
4. Preheat oven to 475F/250C.
5. Remove from fridge and roll into a circle on floured board or counter, rolling from centre to edge, turning and flouring the dough to make sure it doesn't stick to the work surface.
6. Gently fold in half, place in pie pan, and unfold to fit the pan. DO NOT STRETCH. Trim edge 1 1/2 cm from rim of pie pan. Fold and press under; flute with fingertips or fork. Prick bottom and sides of pastry with fork. Bake 8 to 10 minutes or until light brown; cool on wire rack.
7. Once cool, cover in plastic wrap, label with your names. The pie shells will be filled next class.

Foods Level 1

## Banana Cream Pie for 2

(Recipe can be doubled for full-sized pie)

Cooking Principles: thickening, custards, puddings and cream pies

Equipment: medium bowl, fork, medium saucepan, whisk, measuring equipment

Ingredients:

One pastry shell for 2-person pie, baked

2 egg yolks

150 ml sugar

30 ml cornstarch

1 ml salt

375 ml milk

15 ml soft butter or margarine

7 ml vanilla

1 banana



1. Beat egg yolks with fork in medium bowl; set aside.
2. Mix sugar, cornstarch and salt in medium saucepan. Gradually whisk in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for one minute. Do not allow to boil over!
3. Immediately stir about half of the hot mixture gradually into egg yolks, then stir back into hot mixture in saucepan. Boil and stir one minute; remove from heat. Stir in butter and vanilla.
4. Slice banana into pie crust.
5. Pour slightly cooled filling into pie crust. Press plastic wrap on filling to prevent a tough layer from forming on top. Refrigerate at least 2 hours until set.
6. Serve with whipped cream.

Variations:

Chocolate cream pie: Increase cornstarch to 40 ml. Decrease vanilla to 5 ml. Omit butter and banana. Stir in 1 square of semi-sweet chocolate, cut up, after stirring in milk in step 2.

Coconut cream pie: Decrease vanilla to 5 ml. Omit banana. Add 100 ml of toasted coconut after vanilla in step 3. Top with another 25 ml coconut before refrigerating.