

MAKING A FRUIT PIE

*In this lesson you will use the piecrust you made to make a fruit pie.*

What is your favorite pie? apple? peach? blueberry? coconut cream? custard? pumpkin? gooseberry? chocolate chess? black raspberry? pecan? lemon meringue? old-fashioned cream? strawberry rhubarb? A quick look at a few cookbooks will reveal hundreds of different pies. In this section we will look at just a couple of the basic kinds of pies to get you started. Then you will be ready to follow almost any recipe in a cookbook. With a little experience, you can let your imagination lead you into dreaming up your own delicious recipes.

The biggest problem most cooks have with fruit pies is having them run over in the oven.



This creates a burned odor in the house, an unsightly pie, and a discouraging mess in the oven. The secret to preventing pie run-overs is to cook the filling before you put it in the pie. You will not be as tempted to overfill the pie and the fruit juices will already be thickened.



**Use the piecrust dough you made and the recipe below to make a pie.**

- 1. Roll out a piecrust and place it into a pie plate. You will probably want to do this before cooking your filling, but you may do it just before filling the pie. If your piecrust dough has been in the refrigerator, it may be better to let it sit at room temperature while you cook the filling.
- 2. Bake this basic fruit pie, using the fruit of your choice. Have your instructor evaluate your completed pie and enter your score for this project on page 30 of the LightUnit.

**BASIC FRUIT PIE**

- 1 c sugar
- 3 T + 1 t cornstarch
- 1 c water
- 3½ c fresh or frozen fruit

Stir sugar and cornstarch together in a saucepan. Slowly add the water, stirring so there are no lumps. Bring to a boil, stirring constantly. Cook about 2 minutes until thick and clear. Remove from heat. Add the fruit and stir together. Fill pie shell. Top with crust. Bake at 375°F for about 45 minutes or until crust is golden brown.

- For apple pie, add 1 t cinnamon and ¼ t nutmeg to filling.
- For peach pie, add ½ t cinnamon and 3 T peach gelatin to the filling after it is removed from the heat.
- For strawberry pie, add 3 T strawberry gelatin to the filling after it is removed from the heat.
- For other berry pies, add 1 c of berries to sugar/cornstarch/water mixture and cook them with the filling. Add the remaining berries after filling is removed from the heat.

This recipe can also be used with prebaked crust. After cooking the filling, cover it to prevent a film from developing on top as it cools. Cool to room temperature; then pile it into the baked crust. Chill and top with whipped cream before serving.

**Lesson 5****Review****REVIEW**

This LightUnit contains no Quiz 1.

The crust and fruit pie you made in Lessons 2, 3, and 4 will count as your Section 1 grade.

Do these Looking Back exercises to review some of what you learned in this section.

## LOOKING BACK . . .



**Write true or false.**

1. \_\_\_\_\_ Fruit pie filling should usually be cooked and thickened before putting it into the crust.
2. \_\_\_\_\_ Cooked fruit pie filling should never be placed in a baked crust.
3. \_\_\_\_\_ Water should be stirred vigorously into flour and shortening.
4. \_\_\_\_\_ Pie dough should be handled quickly and lightly.
5. \_\_\_\_\_ Too much water in pastry dough will make it tough.
6. \_\_\_\_\_ A crust that will be baked unfilled should be pricked to keep puffed places from forming.
7. \_\_\_\_\_ The salt in pastry ensures that the dough will not rise.
8. \_\_\_\_\_ Shortening gives pastry its flakiness.
9. \_\_\_\_\_ Pastry with too little water will not roll out properly.
10. \_\_\_\_\_ Water should be cut into pastry dough with a pastry blender.
11. \_\_\_\_\_ Generally, you should use warm water in making pastry so that it partially melts the shortening and forms a softer dough.
12. \_\_\_\_\_ It is better not to use all butter for the shortening in pastry.
13. \_\_\_\_\_ Using a little butter in place of shortening in pastry will give you a richer crust.
14. \_\_\_\_\_ Small pieces of dough sticking to your rolling pin will not generally cause any problems in forming your piecrust.
15. \_\_\_\_\_ Cooked and cooled pie filling may be placed into a prebaked piecrust and topped with whipped cream.
16. \_\_\_\_\_ The most common problem with fruit pies is having the crust turn too dark in the oven.



**Follow the directions.**

17. List the four ingredients that go into piecrusts.

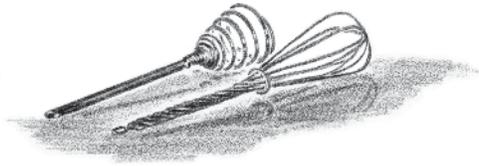
\_\_\_\_\_

18. Tell how to keep from rolling the edges of a piecrust too thin.

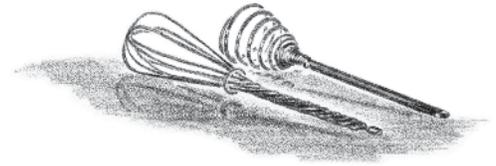
\_\_\_\_\_

19. Tell how to prevent fruit pies from running over in the oven.

\_\_\_\_\_



## SECTION 2



# Cream Pies; Toppings

You will choose one of the cream pies in Lessons 6, 7 and make it. Lesson 8 guides you in making a topping for the pie. You will want to look ahead at Lesson 8 in order to plan a topping if you make one. Discuss top-

pings with your teacher to see if you should plan to make one or not. In Lesson 9 you will make a pumpkin pie. Lessons 6, 7 include no exercises, but Lesson 10 includes exercises based on these lessons.

### Section Objectives

**Read these objectives.** When you finish this section, you will . . .

- be able to make cream pies of various types.
- be able to make a variety of pie toppings.

## Lessons 6, 7

## Baking a Cream Pie

### BAKING A CREAM PIE

Cream pies require a few more steps to make, but their rich, creamy flavor is certainly worth the extra effort. The crust is baked and cooled. The filling is made separately, cooled, and then placed into the baked crust. The filling needs to be chilled so that when the pie is cut, the pieces will hold their shape. Cream pies must be kept in the refrigerator because of the milk and eggs in them. They cannot be frozen.

The old-fashioned way to make cream pies required a double boiler. It was quite time consuming since the steam in the bottom of the pan took some time to heat the milk, eggs, sugar, etc., in the top pan to the point of thickening. However, this prevented any possibility of scorching. The microwave oven has made this procedure much easier. You can also use a heavy

saucepan to cook the filling if you are careful to stir well to keep the filling from burning on the bottom. If you use a microwave oven, stop it about every two minutes and stir the filling with a wire whisk to prevent a lumpy filling.



Cream pie recipes may call for beaten egg yolks. To separate egg yolks from egg whites, it is easiest to break the egg into a little gadget called an egg separator that holds the yolk while the whites fall into a bowl. If you do not

have an egg separator, you can tap the egg firmly against the side of a bowl so that the shell breaks cleanly in half. Carefully tip the yolk from one shell half to the other to let the whites fall into the bowl. It is important that the yolk does not break and get mixed with the whites if you want to whip the whites for meringue or some other

use. Separating each egg into a small bowl first is safer than separating numerous eggs into one large bowl. If even a tiny bit of yolk gets into the egg whites, they will not whip properly.

Another place you need to be careful in making cream pie filling is when you mix the egg yolks into the heated mixture. If you dump them together quickly, some of the egg yolks will “fry”—that is, they will congeal, as egg yolks do when they are fried or cooked. This turns your filling into a stringy, lumpy, and eggy mess. Here is how you do it so that doesn’t happen:

Ladle a teaspoon or two of the hot mix-

ture into the egg yolks while stirring rapidly. Ladle another small amount of the hot mixture into the egg yolks and keep stirring. Keep repeating the process until you have about two cups of mixture, stirring thoroughly all the time. Return the egg mixture slowly to the rest of the milk mixture and continue following the recipe directions. This gradual mixing keeps the egg yolks from hardening.

After making the filling, cool it before putting it into the prebaked pie shell. To prevent a skin from forming on top of the filling as it cools, cover it by placing plastic wrap or waxed paper directly on the filling.



**Read these recipes. Bake one of these pies.**

1. Have your instructor evaluate your completed pie and enter your score for this project on page 30 of the LightUnit.

### BASIC CREAM PIE

1  $\frac{3}{4}$  c milk

$\frac{1}{4}$  t salt

3 T flour

2 T cornstarch

$\frac{2}{3}$  c sugar

3 egg yolks, beaten

1 T butter or margarine

1 t vanilla

Heat 1  $\frac{1}{4}$  c milk to boiling point.

Combine sugar, salt, flour, and cornstarch. Stir in  $\frac{1}{2}$  cup milk to make a smooth paste. Stir the paste into the hot milk. Cook until thick, stirring constantly if you are using a saucepan on the stove. Remove from heat. Beat egg yolks in a small mixing bowl. Mix the egg yolks with the hot milk mixture as explained above. Put it back on the stove and cook about two minutes. Remove from heat and stir in margarine and vanilla. Cool and place in a nine-inch baked pie shell.

Make a meringue topping or chill in refrigerator and top with whipped cream when you are ready to serve.

---

For banana cream pie, slice 1 large banana into the crust before filling. Use  $\frac{1}{2}$  t banana extract in place of the vanilla.

For coconut pie, add  $\frac{2}{3}$  c coconut and  $\frac{1}{2}$  t coconut extract to the filling.

For chocolate pie, add 3 T cocoa to flour mixture. Increase sugar to  $\frac{3}{4}$  cup.

For peanut butter pie, cut  $\frac{1}{2}$  c peanut butter into  $\frac{3}{4}$  c powdered sugar. Sprinkle  $\frac{2}{3}$  c of crumbs in pie shell before adding filling. Sprinkle remaining crumbs on top of filling.

This is best if made in an iron skillet, but any heavy skillet will do.

## BASIC INFORMATION FOR DELIGHTFUL CAKES

## Types of Cakes

**Shortening-type cakes** are made with shortening of some kind. They are sometimes called butter cakes because originally farmwives made them with fresh country butter. The baker creams the shortening with the sugar. Sometimes she adds the whole egg and continues creaming until the mixture is light, creamy, and foamy. Sometimes the recipe calls for separating the eggs, and only the yolks are creamed into the shortening and sugar. Then the dry ingredients are sifted and added alternately with the liquid. If the eggs are separated, the whites are beaten and folded into the batter just before baking.

Variations of the butter cake include the pound cake and the fruitcake. Pound cakes used to be made from a pound of each major ingredient—flour, butter, and eggs. They were beaten for a very long time until they were light and fluffy; no other leavening agent than air was used to make them rise. Today's recipes specify some leavening agents, but the eggs should still be added one at a time and beaten well. Fruitcakes are loaded with fruit and nuts and need to be baked a long time, perhaps an hour or more. Lining the pan with waxed paper makes it easier to get this heavy cake out of the pan. Its taste improves if you allow it to mellow several weeks in a cool place.

*Do You Know?*

Do you know the difference between 1 cup flour sifted and 1 cup sifted flour? *One cup flour sifted* means measure the flour first, then sift it. *One cup sifted flour* means to sift the flour, then spoon it lightly into a measuring cup.



**Foam cakes** are made without any fat. True foam or sponge cakes depend entirely on the air beaten into them for leavening. Often this air is added in the form of beaten egg whites. Some modern recipes call for some baking powder as well. These cakes often do best if made with cake flour, with its softer texture and more delicate gluten.

**Basic Ingredients**

**Flour** is the framework of the cake. Gluten, the protein in the flour, absorbs the liquid in the batter. It swells, and the leavening and the heat help it form the cellular structure of the cake.

All-purpose flour will work well for most cakes if it is sifted. Cake flour is milled from soft wheat only and contains less gluten. If you rub it between your fingers, you will detect that it is much more velvety and soft to the touch. Using cake flour in angel food, sponge, and chiffon cakes will produce very light, tender, and delicate cakes.

**Eggs** add flavor, color, and texture to cakes and strengthen the framework of the cell walls. Beaten eggs supply air for leavening. Eggs at room temperature beat up more

## Lesson 11

quickly and produce a higher volume. However, cold eggs are much easier to separate.

Add beaten egg whites to the batter at the last minute. They should be folded into the batter, never beaten into it. Beating breaks down the air cells and decreases the leavening action of the whites.

**Sugar** adds sweetness, tenderness, and flavor. It also affects the browning of the cake. Use granulated sugar in cake recipes unless the recipe specifies another type.

**Leavening** makes cakes rise. Three things make cakes light and porous: air, steam, and carbon dioxide. The rising action in cakes is usually caused by a combination of the three. Beating forces air into the batter. Steam forms when the liquids in the batter are heated. Carbon dioxide forms from

the reaction between the baking powder and moisture or between baking soda and an acid such as vinegar or molasses.

Always sift baking soda or baking powder with the flour and other dry ingredients to distribute it evenly through the cake batter.

**Shortening** adds richness and makes a cake tender. It prolongs freshness and distributes flavor. Be sure to use the type of shortening specified in the recipe. Do not use whipped butter or the soft, tub-type margarine in recipes that call for butter or margarine. Shortening should be at room temperature, so that it is easy to cream, but never melted, unless specified.

**Liquids** help all the other ingredients do their work. They help to dissolve the sugar and salt, develop the starch and gluten in the flour, and form steam.



### Complete the sentences.

1. \_\_\_\_\_ flour is good for most kinds of cakes, as long as it is \_\_\_\_\_ first.
2. Cake flour will produce light and delicate \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ cakes.
3. Use \_\_\_\_\_ sugar in cake recipes unless another kind is specified.
4. The three things that cause most cakes to rise are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
5. Air is added to cake batter by \_\_\_\_\_, or by folding beaten \_\_\_\_\_ into the batter.
6. Steam forms in the batter when the \_\_\_\_\_ in the batter evaporate while baking.
7. Carbon dioxide forms from a chemical reaction between \_\_\_\_\_ and moisture, or between baking soda and an acid such as \_\_\_\_\_ or \_\_\_\_\_.



### Underline the correct choice.

8. Eggs separate better when they are **cold, at room temperature.**
9. Eggs beat better when they are **cold, at room temperature.**
10. When a recipe calls for margarine, use **stick, tub** margarine.
11. Margarine will cream best when it is **cold, at room temperature.**



**Answer these questions.**

12. When should beaten egg whites be added to the batter?

---

13. How should egg whites be added to the batter? Why?

---

14. How do you make sure baking powder or soda is evenly distributed through the batter?

---

## Lesson 12

## Butter Cakes and Loaf Cakes

### BUTTER CAKES

There are no written exercises in Lessons 12 and 13 in order to give you time to bake your cake. Choose one of the cakes in this lesson. Lesson 14 and the self check include exercises based on these lessons.

#### Nine Steps for a Perfect Butter Cake

1. *Preheat the oven and prepare the pans.* All cakes should be baked in shiny metal pans. Bright pans reflect heat and help produce a light, tender-brown crust. Dark metal pans absorb too much heat and make cakes too brown and crusty. Grease the pans according to recipe directions.

Some bakers grease their layer cake pans and line the bottoms of the pans with a piece of waxed paper cut to the size of the pan bottom. This insures that the cake

will come out of the pan, and you won't have the disappointing experience of having a torn or broken cake. The waxed paper is removed immediately after removing the baked cake from the oven. Other bakers feel that removing the waxed paper after baking is so difficult it is not worth the trouble.

Follow your instructor's directions in this.

Make sure the pans are the size specified in the recipe. Undersized pans may cause the cake to fall. Oversized pans produce a flat cake with poor volume.

2. *Measure all ingredients.* Everything should be ready when you start mixing the cake. Shortening, eggs, and milk should be at room temperature.

