

Knowledge @ Noon

The Basics of Pie Making

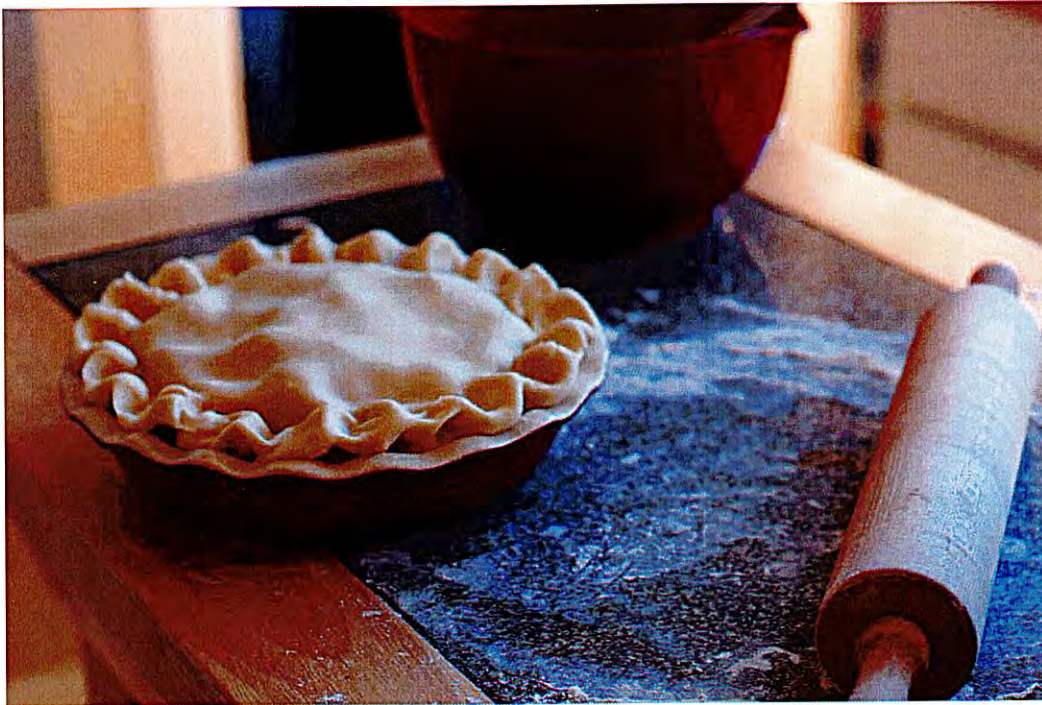


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Wednesday, June 21, 2023

Marais Des Cygnes Extension District

Paola Office

K-STATE | Master Food Volunteer
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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History Of Pies

- Pie has been around since the ancient Egyptians. The first pies were made by early Romans who may have learned about it through the Greeks. These pies were sometimes made in "reeds" which were used for the sole purpose of holding the filling and not for eating with the filling.
- The Romans must have spread the word about pies around Europe as the Oxford English Dictionary notes that the word pie was a popular word in the 14th century. The first pie recipe was published by the Romans and was for a rye-crust goat cheese and honey pie.
- The early pies were predominately meat pies. Pyes (pies) originally appeared in England as early as the twelfth century. The crust of the pie was referred to as "coffyn". There was actually more crust than filling. Often these pies were made using fowl and the legs were left to hang over the side of the dish and used as handles. Fruit pies or tarts (pasties) were probably first made in the 1500s. English tradition credits making the first cherry pie to Queen Elizabeth I.
- Pie came to America with the first English settlers. The early colonists cooked their pies in long narrow pans calling them "coffins" like the crust in England. As in the Roman times, the early American pie crusts often were not eaten, but simply designed to hold the filling during baking. It was during the American Revolution that the term crust was used instead of coffyn.
- Over the years, pie has evolved to become what it is today "the most traditional American dessert". Pie has become so much a part of American culture throughout the years, that we now commonly use the term "as American as apple pie."

Cut my pie into four pieces, I don't think I could eat eight.
Yogi Berra

Perfect Pie Dough

3 cups flour, (12.75-ounces)
1/2 teaspoon kosher salt
1 tablespoon sugar
1/3 cup shortening
12 tablespoons unsalted butter (1-1/2 sticks), cut into 1/3-inch dice
1/2 cup ice water

1. In a medium size mixing bowl, combine the flour with the salt and sugar.
2. With a pastry blender, cut in the shortening, then the butter until you have pea-size pieces throughout the dough.
3. Add the water, a tablespoon at a time, tossing, not stirring, until the dough will hold together.
4. Empty the dough onto a floured counter. Form into 2 disks, one larger than the other: approximately 2/3 of the dough for the bottom crust and 1/3 of the dough for the top crust. Wrap both disks with plastic wrap and refrigerate for 30 minutes. If making two one-crust pies, then divide dough in half.
5. Remove dough from the refrigerator and proceed to rolling out the doughs.

Makes two, 10-inch crusts

Note: The amount of water used is dependent on how you measure your flour, how compact the flour may be, along with the environmental humidity of the day. The amount of water can vary each time you make the recipe.

Source: Ina Garten (Barefoot Contessa) from Food Network

Nutrition Facts	
16 servings per container	
Serving size	1/16 of recipe
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 1mg	6%
Potassium 33mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Good apple pies are a considerable part of our domestic happiness.

Jane Austin

Deep Dish Apple Pie

4 pounds apples, peeled, cored and thinly sliced (about 6 to 8 apples)
1/2 cup sugar
1/4 cup flour
1/2 teaspoon kosher salt
3/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon allspice
1 tablespoon unsalted butter
2 unbaked pie crusts
Optional: egg white wash and sugar

1. Combine apples, sugar, flour, salt, cinnamon, nutmeg and allspice in a bowl.
2. Line a 9.5-inch pie plate with pastry dough.
3. Fill with apple mixture; dot with butter cut into small pieces.
4. Cover with top crust and flute edges to seal.
5. Cut several slits for steam to escape.
6. Bake 400°F degrees for about an hour or until bubbly. Cool before serving.
7. Optional: Before baking, brush with egg white wash (1 egg white mixed with 1 tablespoon water) and sprinkle with sugar.

Makes 8 generous servings

Notes: Suggested cooking apples are Granny Smith, Jonathon, Golden Delicious, Braeburn, Pink Lady, Gala, Honeycrisp, depending on the time of year. The apple must be crisp enough to hold up in the baking process. Many people like to mix tart with sweet such as Granny Smith with Honeycrisp. Nutritional analysis is for filling only and does not include optional egg white wash.

Source: Adapted by EMFV Cathy Hoffman, from Ina Garten (Barefoot Contessa)

Nutrition Facts	
8 servings per container	
Serving size	1 slice
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 14g	70%
Trans Fat 2g	
Cholesterol 50mg	17%
Sodium 300mg	13%
Total Carbohydrate 82g	30%
Dietary Fiber 6g	21%
Total Sugars 39g	
Includes 14g Added Sugars	28%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 2mg	10%
Potassium 315mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

We must have pie. Stress cannot exist in the presence of a pie.
David Mamet

Streusel Topping

1 cup packed brown sugar
1/2 cup all-purpose flour
1/2 cup unsalted butter, cut into 8 pieces
1/2 cup quick cooking oats

1. In a small mixing bowl, combine the brown sugar and flour.
2. With a pastry blender, cut in the butter until well combined.
3. Stir in the oats.

Makes 2-1/2 cups

Note: Can be used in place of a top crust for any fruit pie or fruit crisp.

Source: Emeril Lagasse, Food Network

Nutrition Facts	
Serving Size (55g)	
Servings Per Container 8	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 110mg	5%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 2g	
Vitamin A 8%	• Vitamin C 0%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

The first law of pies: No Pastry, No Pie!
Janet Clarkson

Gluten Free Pie Crust: Two Crust Pie Dough

1 bag Bob's Red Mill Gluten Free Pie Crust mix
 12 tablespoons cold unsalted butter
 8 tablespoons cold shortening
 6 tablespoons ice water

1. Pour pie crust mix into a food processor.
2. Add the cold butter and cold shortening.
3. Pulse until mixture resembles coarse sand.
4. Add the ice water.
5. Pulse until dough just comes together.
6. Add additional 2 tablespoons water if needed.
7. Divide dough in half.
8. Flatten into discs.
9. Wrap each disc in plastic wrap.
10. Refrigerate for 1 hour.
11. Remove dough from refrigerator.
12. Place one disc of dough between two pieces of plastic wrap.
13. Roll into a 12-inch circle.
14. Remove top layer of plastic wrap.
15. Invert and press dough into a 9-inch pie pan.
16. Remove plastic wrap.
17. Add pie filling.
18. Roll second disc and place on top of filling.
19. Cut slits in top crust to allow steam to release.
20. Bake according to pie recipe.

Nutrition Facts	
Serving Size 1/8 of pie Servings Per Container 8	
Amount Per Serving	
Calories 470	Calories from Fat 270
% Daily Value*	
Total Fat 31g	48%
Saturated Fat 14g	70%
Trans Fat 2.5g	
Cholesterol 45mg	15%
Sodium 260mg	11%
Total Carbohydrate 47g	16%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 3g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes: If you do not have a food processor, cut in butter and shortening using a pastry blender or two knives, until mixture resembles coarse sand. For single crust pie, make half of recipe. Can make full recipe placing second plastic wrapped disc in baggie and freeze. Nutritional analysis was completed using the entire mix.

Source: Bob's Red Mill Gluten Free Pie Crust

Pies mean Thanksgiving and Christmas and picnics.

Janet Clarkson

Famous Pumpkin Pie

- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3 large eggs
- 1 can (15-ounces) 100% pure pumpkin
- 1 can (12-fluid ounces) evaporated milk
- 1 unbaked 9-inch (4 cup volume) deep-dish pie shell

1. Mix sugar, salt, cinnamon, ginger and cloves in small bowl.
2. Beat eggs in large bowl.
3. Stir in pumpkin and sugar-spice mixture.
4. Gradually stir in evaporated milk.
5. Pour into pie shell.
6. Bake in preheated 425°F oven for 15 minutes.
7. Reduce temperature to 350°F and bake for 40 to 50 minutes or until knife inserted in center comes out clean.
8. Cool on wire rack for 2 hours.
9. Serve immediately or refrigerate.

Makes 8 servings

Source: Libby's 100% Pure Pumpkin can

Nutrition Facts	
Serving Size 1 slice - without top crust	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 150mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

“No Weave” Lattice

1. Roll dough into 12-inch circle, transfer to parchment paper-lined baking sheet, and cut into ten 1.25-inch wide strips with a fluted pastry wheel, pizza wheel, or paring knife. Freeze for 30 minutes.



2. Lay 2 longest strips perpendicular to each other across center of pie to form cross. Place 4 shorter strips along edges of pie, parallel to center strips.



3. Lay 4 remaining strips between each edge strip and center strip. Trim off excess lattice ends, press edges of bottom crust and lattice strips together, and fold under.



From the K-State Rapid Response Newsletter, “You Asked It!” July 2023

Baking Pie in Disposable Pans

Posted on June 19, 2023 by Karen Blakeslee

With county fairs gearing up soon, so are bakers to bake a prize-winning pie. But getting the pie to bake properly in a disposable aluminum pan can be a challenge. Aluminum does not hold heat and bakes slowly.

Here are some tips to prevent soggy bottom crusts:

- For blind baking, increase baking time up to 10 minutes or until golden brown.
- For double-crust pies, place pie pan on a preheated baking sheet or baking stone.
- For double-crust pies, set the pie inside a glass or stoneware pie pan for more heat transfer.

Another option is to shop garage sales for glass pie pans that you don't want returned!

Source: Cook's Illustrated, July 2012

Freezing Food for the Fair

Posted on June 19, 2023 by Karen Blakeslee

To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be blue ribbon quality. Here are some tips:

- Bake the product as usual. Cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.
- Use moisture-vapor resistant packaging. This includes freezer-safe plastic containers or bags, heavy-duty aluminum foil, and rigid containers.
- Make pie crusts ahead of time and freeze. Freezing whole prepared pies can cause the filling to soak into the crust.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair. Once thawed, repackage into the proper packaging according to your fair rules.

Source: Univ. of Georgia

Microwave Chocolate Pie

1 9 inch baked pie shell	2 T butter, softened
1 c white sugar	1 t vanilla
1 1/2 T cornstarch	3 T flour
6 T cocoa	1/4 t salt
2 c milk	3 beaten egg yolks

In a glass bowl, mix together sugar, cornstarch, cocoa, salt and 1/2 c milk until smooth. Mix in remaining milk. Microwave on high for 5 - 8 minutes or until thick. Stir after every 2 minutes. In a small bowl, place a small amount of hot mixture and beat together with egg yolks. Stir back into original mixture. Microwave on high another minute or 2 until thickened. Blend in butter and vanilla. Pour mixture into pie shell and top with meringue or cool and top with whipped cream. Submitted by Gayle Plummer, MFV

Never Fail Meringue

1/2 c water	2 T white sugar
1 T cornstarch	3 egg whites
1/4 t cream of tartar	1 pinch salt
1/2 t vanilla	6 T white sugar

In a small saucepan, combine water, 2 T sugar and cornstarch. Cook over low heat until clear., stirring constantly. Remove from heat. In a large glass or metal bowl, beat egg whites, cream of tartar, and salt until mixture is foamy. Mix in vanilla, then gradually add the 6 T of sugar, beating constantly until meringue forms soft peaks. Gradually pour in cornstarch mixture, beating until stiff. Spread over top of pie and seal to the crust. Brown in oven if desired. Submitted by Gayle Plummer, MFV

CHOCOLATE PIE

Servings: 8

Amount per serving

Calories 348

% Daily Value*

Total Fat 13.8g	18%
Saturated Fat 5g	25%
Cholesterol 91mg	30%
Sodium 441mg	19%
Total Carbohydrate 53.8g	20%
Dietary Fiber 1.8g	6%
Total Sugars 39.5g	
Protein 5.3g	
Vitamin D 9mcg	46%
Calcium 93mg	7%
Iron 2mg	9%
Potassium 176mg	4%

MERINGUE

Servings: 8

Amount per serving

Calories 58

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 33mg	1%
Total Carbohydrate 13.3g	5%
Dietary Fiber 0g	0%
Total Sugars 12.2g	
Protein 1.4g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 68mg	1%

Caramel-Apple Pie

Piecrust (recipe follows)

- 1 cup sugar
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 6 cups peeled and coarsely chopped Jonathan apples
- 1/2 cup caramel-apple dip
- 2 tablespoons milk
- 1 cup all-purpose flour
- 1/2 cup packed brown sugar
- 1/2 cup butter

1. Prepare piecrust. On a lightly floured surface, roll dough from center to edges into a 12-inch circle. Wrap pastry around a rolling pin. Unroll into a 9-inch pie plate. Ease pastry into pie plate. Trim to 1/2 inch beyond edge of plate. Fold under pastry; crimp. Don't prick pastry.

2. For filling: In large bowl, mix sugar, 1/4 cup flour and cinnamon. Add the apples and toss to coat. Transfer to pastry-lined pie plate. Combine 2

tablespoons of the caramel-apple dip and 2 tablespoons milk; drizzle over apples.

3. In mixing bowl, combine the 1 cup flour and brown sugar. Cut in 1/2 cup butter until mixture resembles coarse crumbs. Sprinkle over filling. Cover edge of pie with foil to prevent overbrowning. Place on baking sheet.

4. Bake in 350° oven 30 minutes. Remove foil. Bake 25 to 30 minutes more or until golden. Cool 10 minutes. Drizzle remaining caramel dip over top. Cool pie on wire rack. Makes 8 to 10 servings.

Old Fashioned Coconut Cream Pie

1 c sweetened flaked coconut
 1 1/2 c coconut milk
 1 1/2 c half n half
 2 eggs, beaten
 3/4 c sugar
 1/3 c cornstarch

1/4 t salt
 1 t vanilla extract
 1 t coconut extract
 1 9-inch baked pie shell

Spread coconut on a baking sheet and bake it in a 350 degree oven until golden brown, about 5 minutes. In a large glass bowl, combine the milks, egg, sugar, cornstarch and salt and mix well. Cook in microwave for approximately 7 minutes stirring at each 2 minute intervals until thick. This will depend on your microwave. Stir in 3/4 c of toasted coconut and the extracts. Pour filling in baked pie shell and chill about 4 hours. Top with whipped topping and remainder of coconut. I use 2 c of whipping cream, whipped and add 2 T powdered sugar and 1 tsp vanilla. Submitted by Gayle Plummer, MFV

CARAMEL APPLE PIE

Servings: 9

Amount per serving

Calories **340**

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1.4g	7%
Cholesterol 1mg	0%
Sodium 78mg	3%
Total Carbohydrate 81.1g	29%
Dietary Fiber 4.2g	15%
Total Sugars 57.1g	
Protein 3.1g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 2mg	10%
Potassium 208mg	4%

COCONUT PIE

Servings: 8

Amount per serving

Calories **457**

% Daily Value*

Total Fat 27.8g	36%
Saturated Fat 17.6g	88%
Cholesterol 58mg	19%
Sodium 431mg	19%
Total Carbohydrate 49.3g	18%
Dietary Fiber 2.4g	9%
Total Sugars 32.7g	
Protein 5.4g	
Vitamin D 4mcg	19%
Calcium 68mg	5%
Iron 3mg	17%
Potassium 257mg	5%

*Pilates? Oh, heavens no!
I thought you said, "Pie and lattes."*

Notes