

Pie Crust Class

Dear CSFA cooking buddies!

Let's try something new and a little challenging. Pie Crust – one of the most difficult techniques in baking. This will be the best crust you have ever tasted, and it just takes a little attention to detail to master.

In this class, the part that we do together is putting the crust together. Then the crust needs to be chilled for several hours or overnight before rolling. So then you will *watch* me roll and flute the crust. You will roll the crust this evening or within two days. The rolled crust in the pan can be frozen. Great idea!!

I have also given you 2 recipes for a single crust 9½ - 10" pie shell – one sweet, one savory.

If you have only the smaller 9" pan, you will use 2/3 of the filling ingredients.

So the only ingredients you need to follow the class are:

1½ cups all-purpose flour
½ teaspoon salt
1 stick unsalted butter
1 egg yolk
½ tablespoon fresh lemon juice
ice water

a large mixing bowl
measuring cups and spoons

You'll assemble the filling ingredients the day before you bake your pie.
Most important: only *cold* ingredients go into the raw pie crust.

I have also included a sheet, Pie Crust Rules, that I used in my pie classes at the New School. Don't be terrified - it will become second nature!

I will fully demonstrate baking a filled quiche during the class.

Pie Crust Rules

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1. Put the crust together within 2 days of rolling the crust.
2. Form dough into neat flat disk(s)
- 3. For a One-Crust Pie:** Roll, Flute, Egg-white, and Freeze (Unwrapped).
4. To bake right away: Crust needs a 15-20 minute freeze, but may be more.

Prepare filling--which must be cold. **Never put a hot filling into a Raw pie crust!!!**

Preheat oven to 425 degrees with oven rack set in the lowest position. Fill frozen crust and bake immediately. After 10-11 minutes reduce heat to 350 degrees. Bake until done.

5. To bake in the future (within 4 weeks), wrap the frozen pie shell in its pan when it is frozen solid. This takes about an hour or 2. Use plastic wrap or a plastic bag.

When you bake this pie--Do not defrost! Just fill with your cold filling and immediately bake as above: 10- 11 minutes at 425, then reduce to 350 and bake until the pie is done. Use pie rings as necessary. **Always: Place pyrex pans on a cookie sheet to bake!**

For a Two-Crust Pie:

Roll out the bottom crust, trim, leaving a 1" overhang. DO NOT FLUTE!! Egg- white, and refrigerate for about an hour- can be longer- while you prepare the filling. (DO NOT FREEZE at this point, or you won't be able to attach the top crust!)

Remember that the fluting will take place once the top crust is rolled and is placed on top of the filling. For a 2-crust pie, it is not only decorative, but is also functional: the fluting becomes the seal.

Place the filling in the pie shell and roll out the top crust. Lightly and quickly moisten the overhang with a brush dipped in cold water (it's the glue for the seal!). Carefully place the top crust on top of the filling. Trim, seal, trim again, if necessary, and flute. Cut the vents, or the pie will explode!

Place the pie in the freezer for 10 minutes, while you preheat the oven to 425 degrees (lowest rung). Bake 10-11 minutes at 425, then reduce heat to 350 until done. Use pie rings as necessary.

One Pie Crust (Pâte Brisée aux Oeufs)

1 1/2 cups all-purpose flour
1/2 teaspoon salt
1 stick unsalted butter, at room temperature
1 egg yolk
2-3 tablespoons ice water (a few more drops if necessary)-
1/2 TB lemon or lime juice

1. Combine flour and salt in bowl. Rub in butter by hand until mixture feels mealy (small bits of butter are still visible).
2. Beat yolk in measuring cup. Add lemon juice. Add water to the 1/4 cup mark. (1/4cup is the maximum total of egg, lemon juice and water.)
3. Make a well in flour-butter mixture and pour in the liquid. Work liquid in with a rubber spatula. Add a few more drops of water if dough is too dry.
4. Flatten dough into a circle about 1/2"-3/4" thick. Wrap in plastic and chill two hours to overnight.
5. Roll, fold in 1/2, fit into pan, flute, egg white and freeze.

Filling for One Large 10" Quiche (For a 9" pie, use 2/3 of the filling amounts)

Custard: 5 eggs
1 1/2 cups whole milk
1/2 teaspoon salt
freshly ground black pepper (1/4 teaspoon)
1/8 teaspoon nutmeg

Solid ingredients:

4 ounces grated cheese--Swiss, Parmesan, Jarlsberg, etc. (or mixture)
1 cup finely chopped onions, cooked slowly in butter or olive oil for 10 minutes – very lightly browned
1 1/2 cups cooked, chopped, well-seasoned spinach; mushrooms; broccoli; roasted peppers, black olives and garlic; etc. (or mixture)

Layer onions, cheese, and vegetables neatly; then pour on custard. Bake on low rung of preheated 425° oven for 10-11 minutes, lower heat to 350°, and bake 30-50 minutes, depending on size of quiche. Small 9" will bake faster. After the first 10 minutes use pie rings to prevent overbrowning of crust edges.

Sweet Potato or Pumpkin Pie (Serves 10)

Preheat oven to 425°, oven rack in lowest position

Unbaked 9 1/2- or 10-inch pie shell that has been waterproofed with egg white and chilled or frozen

4 T butter

3/4 C dark brown sugar, packed

1 to 1 1/2 tsp ginger

1/2 tsp nutmeg

1/2 tsp allspice

1 1/2 to 2 tsp cinnamon

1/2 tsp salt

4 eggs

2 C mashed sweet potatoes (orange yams that weigh 1 3/4 to 2 pounds raw)

1 1/2 C milk

1. Cream butter and brown sugar.
2. Blend in spices and salt.
3. Beat in 2 eggs, one at a time, and then blend in sweet potatoes.
4. Beat in remaining eggs and then the milk. Taste mixture for spices and salt.
5. Pour into chilled pie crust and bake for exactly 10 minutes at 425°. Immediately reduce heat to 325° and bake about 45-50 minutes longer, until a knife inserted 1" from the edge comes out dry. Cool on a wire rack. Serve cool or cold, decorated with whipped cream.

Whipped Cream:

1 C heavy cream

1 1/2 T sugar

1/2 teaspoon vanilla

For pumpkin pie, substitute 1-pound can of pumpkin (2 cups) for sweet potato.

In place of milk, use Half & Half, light cream, or evaporated milk.