8.4

Pies & Pastries
Pies

- **Basic 3-2-1 dough**
  - 3 parts flour
  - 2 parts fat
  - 1 part 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.