



## Book and Bake: Easy as Pie

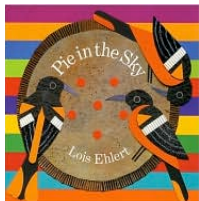
**Leader introduction: “Book and Bake” is designed for all ages.**

1. Teens, tweens or adults read and assist pre-K to 3<sup>rd</sup> graders
2. Divide into teams of two
3. **Allow about two hours for this activity OR use two days--make the crust Day 1, fill and bake pie Day 2.**

TIP: View how-to demonstration at DIY Food Channel,

[www.homebaking.org](http://www.homebaking.org)

### Easy-as Pie Outcomes include:



- Develop literacy skills; reading and following directions
- Connect with historical characters, language and events
- Apply baking science to prepare, fill and bake a pastry dough
- Develop eye-hand coordination; measure, stir, “cut in,” “roll out” pastry
- Build family relationships and community
- Establish self-reliance and resource savings by “DIY” (Doing-it-Yourself)

**Getting started: Book it!** Choose a story to read with younger children before beginning to bake OR while the pies bake. Book ideas to get started:

Pre K-1<sup>st</sup>: *Eating the Alphabet* Lois Ehlert (Ask: Which alphabet foods can go in pie?)

Grades 1<sup>st</sup>-3<sup>rd</sup>: *Pie in the Sky* by Lois Ehlert

Grades 4-6<sup>th</sup>: Read an excerpt describing fruit tarts from *Red Wall* by Brian Jacques.

### Build Your Pie IQ? Ask your group what their favorite pie is.

--You'll be surprised--there are many **types** of pie! Tarts, pizza, quiche, empanadas, pasties; fruit, cream, pork, chicken, lamb or beef pot pies

--**Pie ingredients are a piece of Choose My Plate.** See what ingredients are from each section of the plate!

--What nutrients may be found in a fruit or vegetable pie? (Vitamins—A, B, C, E; minerals—potassium, magnesium, sodium; protein—pizza, meat, custard pies; antioxidants—whole wheat crust, fruits (raisins, cherries, apples, blueberries, peaches...veggies pumpkin, squash)

### What's Next? Mix and Match pastry with experience:

#### Press-in, “Rustic,” or Rolled

**Butter Pie Crust** TIP: *Keep dough chilled until pressing or rolling out.*

Makes 1, double-crust 9-in pie; 2, single-crust pie shells or rustic pies; 4, small double crust pies

#### Ingredients

2 cups pastry or all purpose flour\* (stirred and spooned into dry measuring cup; level off)

2 tablespoons powdered sugar (optional)

¼ teaspoon salt

¾ cup (6 oz./1 ½ sticks) cold butter, cut into pieces (do not use low fat butter or margarine)

4-5 tablespoons ice water

\*Pastry flour may be **whole wheat** or **enriched** flour, or use half of each.

\*OR, use all purpose flour and substitute ¼ c. corn starch for ¼ c. all purpose flour in this recipe

**Directions:** (View how @ [www.landolakes.com](http://www.landolakes.com) – Click on Tips & Techniques, Baking Demonstrations)

1. In a medium bowl, whisk together the flour, powdered sugar (use in fruit or cream pie) and salt.
2. Cut butter into pieces and scatter on top of the flour mixture.
3. Using a pastry blender or food processor, cut the butter into the flour until it's in little pea-sized pieces throughout the flour.
4. Sprinkle the ice water over the flour mixture, tossing with a fork, until the mixture begins to look crumbly. (But not wet or sticky.)

### Pie Factoids

“Pie” was first used with

- a) apple pie
  - b) pumpkin pie
  - c) meat and cheese pie
- A: c—savory pies, not sweet pies, were most often eaten

The word pie was used in everyday language by

- a) 793 A.D.
  - b) 1362
  - c) 1854
- A: 1362 (At this time Vikings were exploring N. America and the Ottoman Empire had reached Europe)

The term “pot pie” first appeared in print in America in 1785. This was during

- a) The Revolution
  - b) The Civil War
  - c) Spanish- American War
- A: A—“Pot pie” was an English staple. The pastry was made very tough! It was the cooking “pot” for a stew.

Pie pastry originated with

- a) Greeks
  - b) Romans
  - c) English
- A: A—Greeks passed pie on to Romans and Egyptians

Open crust pastries were called “traps.” They called those with “lids” (top crust)

- a) casseroles
  - b) coffins (coffins)
  - c) funeral pie
- A: b- tall, straight-sided pie with a sealed-on lid

America's favorite pie is

- a) cherry
  - b) pumpkin
  - c) apple
- A: c-apple

A recipe for “grene apple pye” first appeared in

- a) 1492
  - b) 1502
  - c) 1545
- A: c – Early Colonial days

The butter or shortening in pie crust is

- a) melted
  - b) not necessary
  - c) cut-into the flour/salt
- A: c-cut-in

The flour used in pastry is

- a) soft wheat or all-purpose
  - b) high protein
  - c) whole wheat or enriched
- A: a and c—soft or all-purpose and may be whole wheat or enriched

→**Proceed to one of the following methods to complete the pie or tart.**

**Press-in crust** (no rolling required): For one-crust pies: Divide the mixture between two, 9-inch pie pans or four small pie tins; press firmly into the bottom of each pan and up the sides, making sure it covers the whole pie pan. Prick the pastry with a fork about 1-inch apart before baking. (This prevents crust from bubbling up). OR, after pressing in pastry, line w/foil and spread dry beans in bottom. Fill or pre-bake crust in preheated oven as recipe directs.

**Country “Rustic” Pie:** Press the dough into a disk, flatten to about 1 ½ -inches thick and wrap with plastic food wrap. Freeze pie pastry 30 minutes or refrigerate 4 hours or overnight before rolling out. Roll into a 12 to 14-inch circle and place on **ungreased** baking sheet pan or oven-safe plate. Place fruit filling in center of crust, dot with butter and pull crust up 2 to 3 inches over the filling, overlapping edges of dough all around the circle. Press gently to keep in place; leave a 4-5-inch center circle open.

**Rolled Pie Crust:** \$\$\$ **TIP:** Have the hardware supply store cut thick (1 ¼-inch) dowel rods into 12-inch lengths; sand ends, wash in soapy water, rinse, dry and oil with butcher block (food) oil.

--Form dough into a disk shape and wrap in plastic wrap.

--Refrigerate 4 hours or overnight OR freeze until firm (about 20-30 minutes)

--Lightly flour the pastry disk; cut in half. Roll the crust into a 12-inch circle.

--**Rolling Tip:** Roll out pastry between two lightly floured waxed pr parchment paper sheets for easier handling.

--Fold or roll the pastry over the rolling pin and gently lay over and down into a 9-inch pie pan. Ease the bottom crust into the pie pan and trim edges.

--Roll out the top crust and make slits in the center before filling the bottom crust; then top with a second circle of pastry. The slits in the center of the top crust are important to let out steam.

--Use a pizza or pastry cutter and cut strips of pastry to weave a lattice top.

### **Artist's touch:**



- Cut out leaf, flower, heart or other small shapes with cookie cutters and lay on top crust.
- Glaze top crust and shapes with an egg wash→Whisk 1 egg and 1 tablespoon ice water until yellow-colored. Brush egg wash over top crust and shapes, sprinkle with sugar if desired, then bake.
- Add sparkle! Just before putting pie into the oven, brush crust with cream or milk; sprinkle with sugar and bake.

**OVEN TIP:** Bake pies on large baking sheets for easier handling, catching spills. Place oven racks in lower (not bottom) and middle settings to bake two pans of pies; bake ten minutes, switch pans, repeat, for even browning and baking.

### **Rustic Fruit Pie**

½ cup brown sugar  
¼ cup cornstarch  
1 teaspoon cinnamon  
Pinch ground nutmeg  
2 ½ cups peeled and sliced green or tart pie apples  
1 ½ cups tart cherries-  
(or ¾ cup dried cherries)  
1 Tbsp. lemon juice  
1, 9-in country/rustic pie crust  
2 tsp. cold butter, cut into ½-in. pieces

### **Directions**

Mix sugar, cornstarch, spices, fruit, lemon juice. Place in rolled out pie crust on baking sheet pan. Dot with butter pieces. Fold up crust around fruit; press gently. Brush with milk; sprinkle with sugar. Preheat oven with oven rack in the middle setting. Bake at 375° F., 40-50 minutes. View how at [www.homebaking.org](http://www.homebaking.org)

### **Serve it UP! Sharing skills confirms what you've learned!**

**Plan a Family Night.** Bake with a parent, sister, brother, cousins, aunt, grand parent, other families...learn to bake a family favorite pie. Check out [www.bakeforfamilyfun.org](http://www.bakeforfamilyfun.org) for more great ideas.

**Bakers Lend a Hand.** Raise money for a group concern. Use High Yield Bake Sales @ [www.homebaking.org](http://www.homebaking.org) and plan a Great American Bake Sale in your city. Learn more at [www.greatamericanbakesale.org](http://www.greatamericanbakesale.org)

Check out Baking resources at your fingertips:  
A Baker's Dozen DVD,  
DIY Food Channel video clips and Member links at [www.homebaking.org](http://www.homebaking.org)



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**Book and Bake** with younger children at through a local library program, Head Start, out-of-school group or Parents as Teacher's group meeting. Use the book **Baking with Friends** to help you get started. See at [www.homebaking.org](http://www.homebaking.org)

**Bake for Good.** [www.kingarthurflour.com](http://www.kingarthurflour.com)

**Bake and Take.** Bake small pies for neighbors, friends or someone you could share an hour of your time with and a slice of pie. Information @ [www.bakeandtakeday.org](http://www.bakeandtakeday.org)

**Bake for No Kid Hungry.** [www.nokidhungry.org](http://www.nokidhungry.org)

