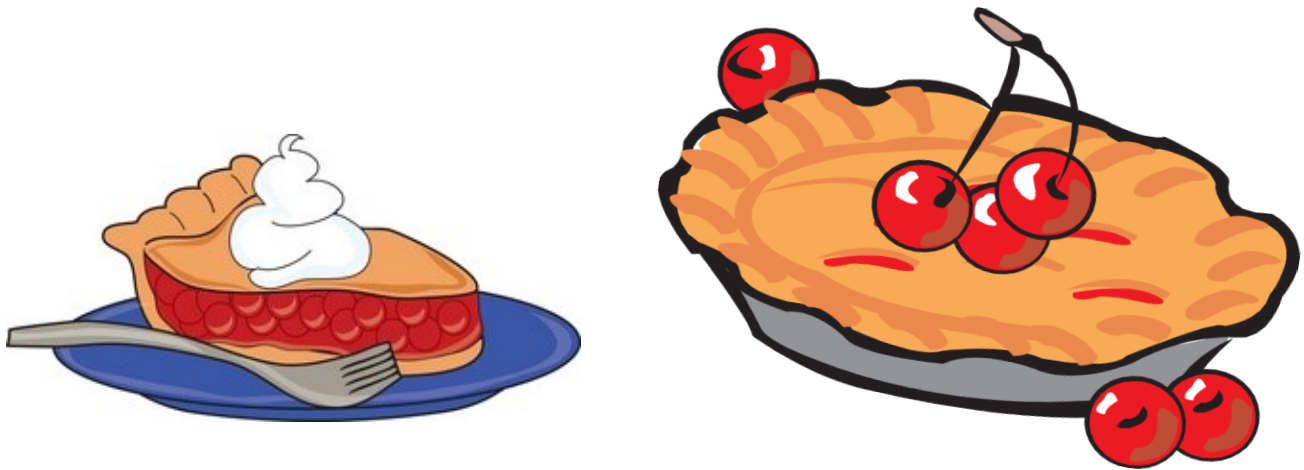


# Making Pastries, Its Easy as Pie



Name: \_\_\_\_\_ Age: \_\_\_\_\_

4-H Club: \_\_\_\_\_

Advisor: \_\_\_\_\_



THE OHIO STATE UNIVERSITY  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



# MEMBER PROJECT GUIDE

## Project Background

Members are reminded to check county project guidelines if they choose to exhibit projects at the county fair or take part in county project judging.

There is no state fair category for this county project.

The first thing you probably think of when you hear the word “pie” is good ole fashioned apple pie or maybe pumpkin pie. The definition for pie is a “a baked dish of fruit, fish, meat, milk or poultry with an upper or under crust or both.” This project will teach you how to make different types of pastries and pie crusts as well as fillings and help you discover how to incorporate pies into various meals.

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# PLANNING YOUR PROJECT

## Step 1: Project Activities

Plan to Complete all of the project activities (1-8) listed below.

- ◆ Through these activities you should make a minimum of 5 pies, trying at least 3 different crusts recipes and at least one pie from each of the 4 filling varieties outlined in this book. Any recipe maybe used. If you use a recipe not found in the project book please include a copy of the recipe in your portfolio.
- ◆ Complete the pie record at the end of the book as you bake your pies.

Project Activity	Date Completed
#1 Tools & Basic Ingredients	
#2 Pie Crust Tips & Tricks	
#3 Pie Crust Trials	
#4 Fruity Fun!	
#5 Pie as the Main Course	
#6 Custard, Cream, & Meringue	
My Pie Record	

## Step 2: Learning & Service Activities

Complete two learning & service activities, options include but are not limited to; attend clinic or workshop, give a talk or demonstration, help a younger member with their project, deliver or help the elderly or shut in with groceries and/or meals, or organize a tour or speaker for your club.



Learning & Service Activity	Date Completed

# ACTIVITY #1 - Tools & Basic Ingredients

You will need an assortment of equipment and basic ingredients for making pastries and pies. You may have some but there may be a few you need to borrow or invest in as well. Review the list below and do an inventory of you kitchen to make sure you are prepared to make your pies!

**Cooling racks** - These are important to allow air to circulate when cooling.

**Measuring spoons & cups** - A complete set of these is needed for measuring all ingredients.

**Mixer or Food Processor** - These two appliances are handy for making your dough or whipping meringue or whipped cream. Follow the manufacturer's instructions.

**Mixing bowls** - Stainless steel or glass are best. Plastic bowls will absorb fat and also absorb flavors and odors.

**Pastry/Dough Blender** - This hand tool with wires or blades attached is used to incorporate the fat into the flour. (See picture to the right.)



**Pie plates or pans** - These come in a variety of sizes. The most common are 8", 9", or 10". Be sure to use the size specified by the recipe you are making. They are also made from a variety of materials, each providing different baking results. Most common are; glass, ceramic, pottery, metal, and aluminum foil.

**Rolling pin** - These are typically wooden or marble. They can come in a variety of shapes, weights, and sizes.

**Rubber spatulas** - These are invaluable for mixing, folding, and scraping bowls and come in a variety of sizes.

**Wire whisk** - This tool is great for combining various mixtures of ingredients, especially custard pie, cream pie and meringue pie fillings. Best tool to use to stir these fillings while cooking.

Complete the table as you do your inventory.

Item	I Have This	I can Borrow This	I Plan to Purchase This	Store / Cost
				/
				/
				/
				/
				/
				/
				/
				/
				/

## Pie crust starts with 3 basic ingredients!

Flour~ This ingredient is the basis of all pastries. Stick with all purpose or pastry flour as it has less gluten content. Try to avoid cake or bread flour as it rarely results in the proper consistency.

Fat~ This ingredient causes great debate; Options include lard, shortening, butter, or some combination and everyone has a favorite! As you mix a pie crust, the flour and fat combine. While baking the fat will melt and cause steam pockets which create the flaky texture of pastry.

Water~ This is the glue that holds the flour and fat together. Always start with small amounts and gradually add the liquid as too much can quickly make your dough tough.

You will often find salt, sugar, eggs, milk and other ingredients in a recipe which can enhance a pie crust, but the basic 3 are the only ones necessary.

### Pie Crust Recipes

*Each recipe listed makes a single pie crust.*

*Double crust pies require a top and bottom crust (make two).*

#### Basic Shortening Pie Crust

1 1/2 cups all purpose flour  
1/2 teaspoon salt  
1/2 cup vegetable shortening or lard  
3-4 tablespoons iced water



#### All Butter Pie Crust

1 1/2 cups all purpose flour  
1/2 teaspoon salt  
8 tablespoons unsalted butter  
3-4 tablespoons iced water

#### Butter & Shortening Pie Crust

1 1/2 cups all purpose flour  
1/2 teaspoon salt  
4 tablespoons unsalted butter  
3 tablespoons vegetable shortening or lard  
3-4 tablespoons iced water

Explore different methods of mixing and handling pie crusts in Activity #2!

## ACTIVITY #2 - Pie Crust Tips & Tricks

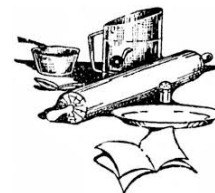
There are lots of recipes and recommendations when it comes to making pie crusts. It usually boils down to personal preference. If you have never made pie crust before, you may find it easiest to work with a project helper the first time or two. The tips in this section can also help make your first pie making experience a successful one!



### Keys to Pie Crust Perfection!

#### Temperature - Chilled is Best!

- 🔑 Feel free to put your bowls, utensils, rolling pin even your food processor blade in the fridge or freezer.
- 🔑 Ingredients can be chilled too.
  - ◇ Chilling your fat ingredient is the most important piece. Cut your fat into 1 inch pieces and place in the refrigerator for a minimum of 15 minutes or as long as overnight in the freezer. Anything in between is acceptable!
  - ◇ To chill your water, keep it in the refrigerator or add ice cubes to make it as cold as possible. (Do not mix ice cubes into your dough - only the cold water.)



#### Mixing and Rolling Out the Dough

- 🔑 Start with dry ingredients, then cut fat into the dry ingredients.
- 🔑 Once the fat and dry ingredients are combined gradually add water in small amounts.
  - ◇ When mixing dough, less is more! If you choose to use your hands for mixing focus on using your fingertips rather than palm of your hand which is warmer.
  - ◇ For more information about ways to mix your dough, see Activity 3 - Pie Crust Trials!
- 🔑 Once your dough is combined, form a disc (a slightly flattened ball), wrap it in plastic wrap or wax paper and refrigerate for 30 minutes to 3 hours.
- 🔑 You may need to rest a room temperature for a few minutes before rolling out your dough.
- 🔑 Always roll out dough on a lightly floured surface or on wax paper. Feel free to roll out on a chilled surface if you have one.
- 🔑 Starting from a disc, use steady pressure through the rolling pin, working from the center pushing outwards, maintaining a circular shape.
- 🔑 Roll towards and away from you or turn the dough itself to get the desired shape.
- 🔑 Work quickly to keep the dough from getting too warm and soft.
- 🔑 1/8th-1/16th is typical desired thickness for a finished crust.
- 🔑 The final size of your dough should be a circle 1-2 inches larger than your pie plate.



## Moving the Dough to the Pie Plate



- ☞ To move your dough into the plate there are several methods.
  - 1) Fold in half or thirds and move over pie plate and then unfold.
  - 2) If using waxed paper lift whole dough circle and invert over pie plate.
  - 3) Wrap dough around floured rolling pin from rolling surface and unroll over pie plate.
- ☞ Once dough is in pie plate, pick up on the edges as you gently press into the pie plate.
  - ◇ Be careful not to stretch dough as that can cause cracking and shrinking.

## Finishing the Crust

Options for finishing a crust are endless. We will outline the most basic here but feel free to research and attempt as many as you like.

- ☞ For a single crust pie:
  - ◇ Once the crust is pressed in you can trim the edge evenly all the way around typically one inch from the edge of the pie plate.
  - ◇ Once trimmed, turn the cut edge under to form a thick lip resting on the pie plate.
- ☞ With a double crust pie:
  - ◇ Once your bottom crust is in place leave the over hang in place and add your filling per the recipe.
  - ◇ Lay your top crust over the filling. Create a rim by tucking the top crust underneath the bottom crust around the entire edge of the pie plate to create a thick lip.
  - ◇ You can stand the lip straight up and have a rustic edge, or add a decorative edge.
  - ◇ Most recipes require crust vents, or small slices through the top crust to allow water vapor to escape. These can be cut before placing your top crust on the pie (required for elaborate designs) or after (simple designs). You can even use small cookie cutters to create decorative vents.

## Decorative Crust Options

- ☞ Simply press a fork into the lip around the edge to make decorative indents.
- ☞ One step further is to flute the crust.
  - ◇ To create this look, work with one hand on the inside of the edge, and one hand on the outside, and use the index finger of your inside hand to push the dough between the thumb and index finger of your outside hand to form a U or V shape. Then, continue the same motion all around the pie plate, spacing your flutes about an inch apart.
  - ◇ You will need to experiment with the method to find what you like best.
- ☞ Creating a lattice top takes a little more time and patience, but is often used for some fruit pies, including cherry.
  - ◇ Lattice top pies are created by cutting your top crust into strips before moving it to the pie, then weaving the pieces back together.
  - ◇ Lattice pies have built in vents and do not need any additional cutting before baking.



# ACTIVITY #3 - Pie Crust Trials

The best way to learn what you like is to experiment with some options.

**Try at least one of these experiments to help you on your road to your “perfect pie” crust.** It is important to vary or change only one thing in each experiment. The parameter you are changing is called the experiment’s variable. If you decide to test more than one variable, you will need to run more than one trial.

*Crusts created while doing experiments can be used towards the 5 pies you should prepare. For example, you can bake the empty crusts now to fill with a custard or pudding pie later. Or if you would prefer to test your crusts with your favorite pie, you can make two or three of the same kind and share with others.*

## Option #1: By hand or machine?

Use any basic crust recipe for this experiment. See Activity #1 for recipes or choose your own. Prepare the recipe twice using the two different methods outlined below, then bake empty or fill and bake as directed using recipe of your choice.

### By hand

Measure the flour and salt into a large chilled bowl. Toss well using your hands, fork or wooden spoon. Scatter the fat over the dry ingredients and toss again. Using a pastry blender, forks, or your hands, cut or rub the fat into the flour until it resembles course meal. Add half the water over the mixture and toss again. Add remaining water in stages continuing to mix until dough just begins to hold together or pulls up from the bottom of the bowl, gently forming it into a disc.

### Using a food processor

Measure the flour and salt into the food processor. Pulse several times to mix. Scatter the fat over the dry ingredients and pulse 3-6 times just until it resembles course meal. Add half the water through the chute and pulse a few times until crumbly. Add remaining water in stages through the chute pulsing each time until dough just begins to hold together or forms clumps. Then turn contents out and form into disc.



Method of Mixing	Results Describe color, tenderness, flakiness

Which method did you prefer and explain why.



## Option #2: What's the better fat?

Prepare at least 2 of the recipes listed in Activity #1. You can bake empty crusts or fill with your choice of filling, but be sure you do the same for each recipe. Compare the results based on their color, tenderness, flakiness, etc.

Type of Fat	Results Describe color, tenderness, flakiness

Which recipe did you prefer and explain why.

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## Option 3: Pie Plate Experiment

Compare two or three different types of pie plates for baking pies, at least one should be an aluminum foil pan. Prepare pie crust using a conventional recipe (enough for 2-3 single crusts!) Place one crust in each of your different types of pie plates. Use the exact same procedure & recipe for each crust. Bake crusts one at a time following the recipe. (use the same filling in all your crusts or use them for recipes using pre-baked crusts, and use same oven temperature baking time, position in the oven, etc.

Compare the results describing color, tenderness and flakiness using the table below.



Type of Pie Plate/Pan	Results Describe color, tenderness, flakiness

Which pie plate or pan provided the best results? Research and explain why.

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## ACTIVITY #4 - Fruity Fun

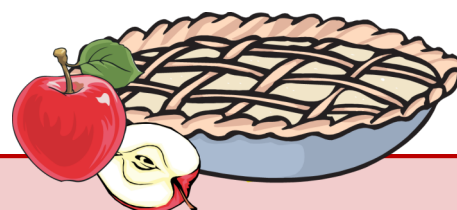
Fruit pies are an all time favorite for just about everyone. Fruit is the most commonly thought of filling for pie and there are endless possibilities. Here are just a few recipes to show the variety of fruits and thickening options when it comes to baking a pie. Feel free to use these recipes or research and choose your own.

### Peach Pie

Pastry for Double Crust Pie	2 lbs/ 6 cups peeled, sliced peaches	3/4 cup sugar
3 TB flour	1/2 tsp cinnamon	1/4 tsp nutmeg
1 tsp lemon juice	1/2 tsp almond extract	2 TB butter

- 1) Preheat oven to 425\*
- 2) Line pie plate with one crust
- 3) Mix sugar, flour, and spices
- 4) Add to peaches
- 5) Sprinkle juice and extract
- 6) Pour peaches into pie plate
- 7) Dot with butter slices
- 8) Add top crust and vent with slits or create lattice top
- 9) Bake for 40-45 minutes until crust is browned and peaches tender

### Old Fashioned Apple Pie



2 Options for Crust - A. Double Crust or B. Crumb Topping

1 cup sugar	2 TB flour	6-7 cups sliced, peeled apples (approx. 2lbs)
1/4 tsp nutmeg	1/4 tsp salt	Pastry for Double Crust Pie
2 TB butter	1/2 tsp cinnamon	(or pastry for single pie for Option B)

- 1) Preheat oven to 425\*
- 2) Line pie plate with one crust
- 3) Mix sugar, flour, and spices
- 4) Toss mixture over apples
- 5) Pile coated apples in pie plate
- 6) Dot with butter slices

#### Option A: Double Crust

- 7) Cover with second crust, trim, seal and crimp
- 8) Cut several slits in crust
- 9) Bake for 50-60 minutes or until crust is golden brown and apples feel tender

#### Crumb Topping for Option B

1/2 cup butter, softened not melted  
1/2 cup brown sugar  
1 cup flour  
Combine ingredients until mixture is crumbly

- 7) Sprinkle crumbs evenly over apples
- 8) Bake for 45-55 minutes or until crust is golden brown and apples feel tender

Fresh, frozen or canned fruit is sweetened, if necessary, and thickened to make a delicious filling. The most common thickening agents are flour, cornstarch, or tapioca. Follow the specific instructions found in recipes for each type of thickener.

**Here are some general principles to keep in mind:**

- ◆ Generally the thickener is mixed with other ingredients, usually sugar, before any liquid or fruit is added. This separates the particles in the thickener so they will not stick together and form lumps when liquid is added.
- ◆ Generally cornstarch has twice the thickening power of flour, so a recipe will require two times more flour than cornstarch.
- ◆ When cornstarch is used as the thickener, the filling is often cooked in a sauce pan before it is placed in the pie crust.
- ◆ Corn starch will produce a translucent filling where flour will produce a more cloudy filling.
- ◆ When tapioca is used as the thickener, it is usually mixed in with the fruit, sugar & other filling ingredients and allowed to stand for 15 minutes before the filling is added to the pie crust.

### Diner Cherry Pie

Pastry for Double Crust Pie  
1 1/4 cup sugar  
2 tsp quick cooking tapioca  
1/2 tsp almond flavoring

4 cups pitted sour cherries  
4 TB flour  
1 TB lemon juice

- 1) Preheat oven to 450\*
- 2) Line pie plate with one crust
- 3) Place cherries in large mixing bowl
- 4) In another bowl mix sugar, flour, tapioca and lemon juice and almond flavoring
- 5) Sprinkle over cherries, stirring gently until well blended
- 6) Pour into pie shell
- 7) Add top crust and vent with slits or create lattice top
- 8) Bake for 10 minutes then reduce temperature to 350\* and bake additional 35-40minutes.

### Double Good Blueberry Pie

Baked Single Crust Pie Shell  
3/4 cup sugar  
Dash of salt  
1 TB lemon juice

4 cups fresh blueberries  
3 TB cornstarch  
1/4 cup water  
1 TB butter

- 1) Combine sugar, cornstarch and salt in saucepan
- 2) Add water and 2 cups of blueberries
- 3) Cook over medium heat, stirring constantly until mixture begins to boil & thicken
- 4) Remove from heat and stir in lemon juice and butter
- 5) Let cool completely
- 6) Place other 2 cups of blueberries in pie shell
- 7) Pour cooked blueberry mixture into pie shell
- 8) Chill completely before serving



## ACTIVITY #5 - Custard, Cream & Meringue

Traditional Cream & Meringue go hand in hand as typically the egg yolks are used in a cream filling that is baked separate and the whites create the meringue added at the end of the baking process.

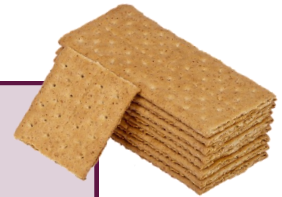
Traditional custard pies consist of an egg and milk mixture in which the egg cooks and thus thickens the pie during baking. However, there are many recipes that offer shortcuts of the most popular custard, cream and meringue pies and some that don't even require baking!

The other great aspect of this pie category is the use of non traditional crusts, often the pressed in or crumb variety. Again, feel free to use these recipes or research and choose your own.

### Graham Cracker Crust

18 graham cracker squares  
1/4 cup sugar  
6 tablespoons butter or margarine, melted

- 1) Place graham crackers in a plastic bag and crush into fine crumbs or crush crackers into fine crumbs in blender should measure 1 1/4 cups crumbs
- 2) Place crumbs in medium mixing bowl; stir in sugar.
- 3) Stir melted butter or margarine into crumb mixture; toss to thoroughly combine.
- 4) Turn the crumb-butter mixture into a 9-inch pie plate. Spread the crumb mixture evenly in the pie plate. Press onto the bottom and sides to form a firm, even crust. Chill about 1 hour until firm or bake for 6-9 minutes on 375\* & cool before filling



### Heavenly Peanut Butter Pie

8 ounces package cream cheese, softened  
1 cup peanut butter (creamy or chunky)  
1 cup powdered sugar  
8 ounces container frozen whipped topping, thawed  
1 graham cracker crust, baked

- 1) In large bowl beat cream cheese on high until fluffy
- 2) Add peanut butter and sugar and beat thoroughly
- 3) Fold in whipped topping.
- 4) Spoon into crust.
- 5) Chill at least 5 hours before serving

### Simple Pudding Pie

1 box favorite pudding mix  
1 2/3 cups milk  
8 ounces container frozen whipped topping, thawed  
1 graham cracker crust, baked

- 1) In large bowl, mix pudding as directed on box
- 2) Spoon into crust.
- 3) Chill at least 1 hour
- 4) Top with whipped topping before serving



## Lemon Meringue Pie



1 baked pie crust	3 egg yolks, slightly beaten
1 cup sugar	Grated peel of 1 lemon
½ cup corn starch	¼ cup lemon juice
1 ½ cups cold water	1 Tablespoon butter or margarine
3 egg whites	⅓ cup sugar

- 1) Preheat oven to 350F. In medium saucepan combine 1 cup sugar and corn starch. Stir in water until smooth. Stir in egg yolks.
- 2) Stirring constantly, bring to boil over medium heat; boil for 1 minute. Remove from heat. Stir in lemon peel, juice and butter. Spoon hot filling into pie crust.
- 3) In small mixing bowl, beat egg whites at high speed until foamy. Gradually beat in remaining ⅓ cup sugar; continue beating until stiff peaks form. Spread meringue evenly over hot filling, sealing to crust.
- 4) Bake 15 to 20 minutes or until golden.
- 5) Cool on wire rack; refrigerate.

## Pecan Pie



Pastry for Single-Crust Pie	1 cup dark corn syrup
3 eggs	⅓ cup butter or margarine, melted
⅔ cup sugar	1 cup pecan halves
Dash salt	

- 1) Preheat oven to 350F\*
- 2) In mixing bowl beat eggs slightly with whisk or fork
- 3) Add sugar and salt, stirring until dissolved
- 4) Stir in dark corn syrup and melted butter or margarine; mix well
- 5) Stir in pecan halves. Pour into pie shell
- 6) Place pie shell on oven rack; pour filling in the pastry-lined pie plate To prevent overbrowning, cover edge of pie with foil
- 7) Bake for 25 minutes
- 8) Remove foil; bake about 25 minutes more or till knife inserted in center comes out clean.
- 9) Cool thoroughly on rack before serving.

## Pumpkin Pie

Pastry for Single-Crust Pie (9-inch)	¾ cup sugar
1 ½ teaspoons pumpkin pie spice	½ teaspoon salt
1 can (15 oz) pumpkin (not pumpkin pie mix)	1 ¼ cups evaporated milk or half and half
2 eggs, beaten	

1. Preheat oven to 425F\*
2. In mixing bowl beat all ingredients with whisk or fork.
3. Pour filling in the pastry-lined pie plate.
4. Bake for 55 minutes.
5. Reduce oven heat to 350\* bake 40-50 minutes more or till knife inserted in center comes out clean. Cool thoroughly on rack before serving.

## ACTIVITY #6 - Pie as a Main Course

Most people think of fruit and custard fillings when they hear pie but this is a mindset that has evolved, as pies were once the staple dish at a meal. Main dish or savory pies and quiches fit here. These can be a great all in one meal item that contains your protein, vegetables and starch to meet your daily nutritional needs. Try one of these recipes or research and choose your own.

### Ultimate Chicken Pot Pie

Pastry for Double Crust Pie	2 cups cubed or shredded cooked chicken
1/2 cup milk	1 10.75oz Cream of Chicken Soup
12oz frozen mixed vegetables	1 cup shredded cheese

- 1) Preheat oven to 400\*
- 2) Line pie plate with one crust
- 3) Stir soup, milk, chicken, and vegetables together in a bowl
- 4) Spoon mixture into pie plate
- 5) Sprinkle 3/4 cup of cheese over mixture
- 6) Cover with second crust, trim, seal & crimp
- 7) Cut several slits in crust
- 8) Bake for 35 minutes or until crust is golden brown
- 9) Sprinkle remaining cheese over crust before serving



### Classic Chicken Pot Pie

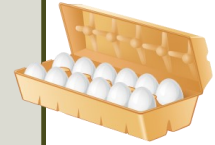
Pastry for Double Crust Pie	1/4 tsp pepper
1/3 cup butter	1 3/4 cup chicken broth
1/3 cup chopped onion	1/2 cup milk
1/3 cup flour	2 cups cubed or shredded cooked chicken
1/2 tsp salt	2 cups frozen mixed vegetables, thawed

- 1) Preheat oven to 425\*
- 2) Line pie plate with one crust
- 3) In sauce pan melt butter over medium heat
- 4) Add onion cook for 2 minutes, stirring frequently
- 5) Stir in flour, salt, and pepper until well blended
- 6) Gradually add broth and milk stirring until mixture is bubbly and thickened
- 7) Stir in chicken and vegetables and remove from heat
- 8) Spoon mixture into pie plate
- 9) Cover with second crust, trim, seal and crimp
- 10) Cut several slits in crust
- 11) Bake for 30-40 minutes or until crust is golden brown, covering crust with foil if excessive browning occurs

*Pay attention as some main dish pies may have a crust recommendation that is slightly different from the traditional pastry used for desert pies. This is often to support and compliment your main dish filling. These differences can be; using specific ingredients in the crust recipe, call for a different crust on bottom and top, or only have a top crust*

## Breakfast Quiche

Pastry for Single Crust Pie	4 eggs
1/3 cup chopped onion	2 cups half and half or heavy cream
1 cup cheese	1/4 tsp pepper
1 cup cooked breakfast meat ( <i>crumbled bacon or sausage, diced ham</i> )	1/2 tsp salt



- 1) Preheat oven to 425\*
- 2) Line pie plate with crust, prick, and bake for 10-12 minutes until golden brown, remove and let cool
- 3) Set oven to 375\*
- 4) Sprinkle meat, cheese and onion in crust
- 5) In bowl beat eggs, cream, and salt and pepper together
- 6) Pour egg mixture into crust over filling
- 7) Bake for 30-35 minutes or until knife inserted into center comes out clean

## Shepard's Pie

1 lb ground beef	1 cup shredded cheese
2 cups mashed potatoes	4 cups frozen mixed vegetables
4 oz cream cheese, cubed	1 cup gravy

- 1) Preheat oven to 375\*
- 2) In large skillet, cook beef over medium heat until meat is no longer pink & drain
- 3) Mix meat, vegetables and gravy together
- 4) Spoon into 9 in square baking dish
- 5) Mix potatoes, 1/2 cup shredded cheese and cream cheese together
- 6) Cover meat and vegetable mixture with potato mixture
- 7) Sprinkle remaining shredded cheese on top
- 8) Bake for 20 minutes or heated through



## Taco Pie

1 lb ground beef	1 medium onion, chopped	1/2 cup salsa
2 TB taco seasoning	1 cup shredded cheese	2 eggs
1 cup milk	1/2 cup biscuit/baking mix	

- 1) In large skillet, cook beef and onion over medium heat until meat is no longer pink and drain
- 2) Add salsa and taco seasoning to meat mixture
- 3) Set oven to 400\*
- 4) Transfer meat into greased 9in pie plate
- 5) Sprinkle with cheese
- 6) In bowl beat baking mix, eggs, and milk until just combined
- 7) Pour mixture over meat and cheese
- 8) Bake for 20-30 minutes or until knife inserted into center comes out clean
- 9) Can be served with your favorite taco toppings like lettuce, tomato, and sour cream

## MY PIE RECORD

Record each baking experience you have had as part of this project.

DATE	PIE TITLE	CRUST TYPE	FILLING TYPE	COMMENTS	PROJECT HELPER INITIALS

**Remember: To meet project requirements you should have:**

- At least five pies
- At least one fruit, one custard/cream & meringue, and one main dish pie
- Use at least three different types/recipes of crust





## Helpful Hints: Pie Storage & Freezing

Keep pies with cream, custard, whipped cream or chiffon fillings in the refrigerator and use within a day to two.

Store fruit pies (as long as they contain no eggs or dairy products) at room temperature and use within 2 to 3 days.

Balls of unbaked pastry, wrapped in plastic wrap or foil, may be stored in the refrigerator for 1 or 2 days.

To freeze balls of unbaked pastry dough, double wrap dough and store in freezer for up to two months. The balls of dough can be thawed overnight in the refrigerator or at room temp for 2 to 4 hours.

Sheets of rolled, unbaked pastry can be stored in the freezer for up to two months as well. Roll pastry into circles that are 3 inches larger than your pie plates. Stack the pastry circles on a baking sheet with 2 sheets of plastic wrap or waxed paper between each. Wrap well, label and freeze. To use, place circle on pie plate and allow to thaw 10 to 15 minutes before shaping.

Pie crusts can also be frozen, baked or unbaked, in the pie plate or pan. Wrap, then stack with crumpled waxed paper between each. Baked pie crusts can be stored frozen for 4 to 6 months. Thaw unwrapped at room temperature for 15 minutes. Unbaked crusts can be stored for 2 to 3 months in the freezer. Bake unthawed and unfilled for about 20 minutes at 425°F or add filling to unthawed crust and bake as directed in recipe.

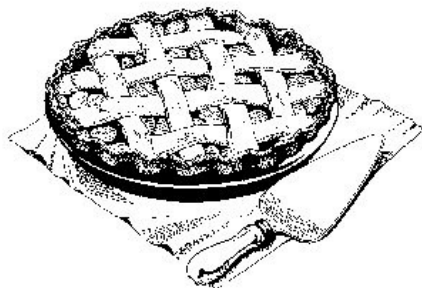
When thawed, pastry will be slightly more fragile than if it had not been frozen.

Some baked pies freeze well, especially fruit pies. However, the texture of the pastry may lose some crispness in the freezing and defrosting process and the texture of the fruit will soften slightly, too.

To freeze baked pies, freeze them for 24 hours unwrapped first. Then wrap them securely, label, and return them to the freezer for up to two months. Thaw baked pies at room temperature 30 minutes, then bake at 350°F 30 minutes or until warm, if reheating is desired.

Pies can be frozen unbaked as well. If the fruit is very juicy, add 1 to 2 tablespoons extra thickening per pie. Do not cut vents in top crust of pie. Wrap and freeze. Or, if pie is fragile, first freeze uncovered until firm, then cover top with a paper plate for protection, wrap and store in freezer 3 to 4 months. To bake an unbaked fruit pie, unwrap, cut slits in the top crust and bake still frozen, allowing 15 to 20 minutes additional baking time or bake until filling is bubbling.

Do not freeze cream, custard, chiffon, or meringue pies. Fillings may separate and become watery and meringue will shrink and become tough.



The is a county project developed by  
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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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## **4-H Pledge**

I pledge  
My Head to clearer thinking,  
My Heart to greater loyalty,  
My Hands to larger service,  
And My Health to better living,  
For My Club, My Community,  
My Country, and My World.