Pie Dough 1-2-3

"Cold temperature is the most important element in pie crusts. Maintaining small, pea-sized or coarse cornmeal-sized fat pockets is what gives you a flaky or mealy crust. Flour should surround cold fats, not become absorbed by warm ones." -Chef Todd Mohr

Procedure for Making Pie Dough

For both Flaky and Mealy dough, a cold fat, such as butter or shortening is cut into the flour. The amount of flakiness in the baked crust depends on the size of the fat particles in the dough. The larger the pieces of fat, the flakier the crust will be. This is because the flakes are actually the sides of fat pockets created during the baking by the melting fat and steam. When preparing flaky dough, the fat is left in larger pieces, about the size of peas or peanuts. When preparing mealy dough, the fat is blended in more thoroughly, until the mixture resembles coarse cornmeal. Because the resulting fat pockets are smaller, the crust is less flaky.

Procedure for making flaky and mealy doughs:

1. Sift flour, salt and sugar together in large bowl
2. Cut the fat into the flour
3. Gradually add cold liquid, mixing gently until the dough holds together
4. Cover the dough with plastic wrap and chill thoroughly before using

Pie Dough 1 – 2 - 3: Make a pie crust anytime by remembering 1 part water, 2 parts fat, 3 parts flour

Types of Pie Fillings

Old Fashioned—For firm flesh fruit like apples, pears.

Toss fruit with cornstarch slurry, sugar and spices.

Fill pie shell and bake

Cooked Juice Method

Use any fruit canned or packed in juice, drain the fruit from canned juice

Bring juice to a boil

Combine cornstarch and water for slurry

Combine slurry and boiling juice mixture

Add fruit and bring to second boil

Fill pie shell

Cooked Fruit Method

Used for fruit that doesn't have much juice

Take portion of the fruit and puree it, making juice

Bring puree to boil

Add cornstarch slurry

Add fruit and bring to second boil

Pies, General Facts

- A Pie is a sweet or savory filling baked into a crust. It can be open faced, with full top crust, or with lattice top crust.
- A Tart is made in a shallow, straight-sided pan. A Tart is generally open faced, with arrangement of sliced or whole ingredients.
- Pie crusts and tart shells can be made from doughs or crumbs.
- Flaky dough – best for top crusts, lattice coverings, prebaked pies
- Mealy dough – resists moisture better than flaky dough, making it good for when a soggy bottom crust may be a problem, like with custard pies.

Both Flaky and Mealy doughs are too delicate for tarts, as they'll be taken out of the pan and displayed.

Things that effect cooking times

Type of heat transfer
Size of product
Applied temperature
Characteristics of food item
Type of Cooking Vessel

Copyright 2009 Todd Mohr Unauthorized Duplication Prohibited