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

Procedures 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

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

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