
Kathryn Cooley

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Baking Cakes And Pies

Kathryn Cooley
Assistant Extension Nutritionist

There is a special satisfaction in saying, "I made it all myself". A stylish dress, a cozy room or a tempting cake has an added value when planned or made by you for you or your friends.

In Baking Cakes and Pies you will develop your skill in baking. Though all kinds of products are now available in bakeries and boxes, nothing quite takes the place of truly home baked desserts.

The recipes in this book are an introduction to baking. They illustrate methods that have proved successful.

Each method has an advantage to recommend it. Carefully made, a cake mixed by the conventional method has a special feathery, melt-in-your-mouth texture. It will keep fresh longer than most other cakes. Quick mix cakes are wonderful time savers and have a fine, even grain. Cakes made with lard or cream are practical when these ingredients are plentiful. Plain pastry method pie crusts are crisp and tender, though some beginners find other methods easier to handle.

Try these recipes and find which methods suit you and your family best. Collect a few recipes from reliable sources. Keep a file or cook book of recipes you have tried and found successful.

THIS IS WHAT YOU WILL DO IN BAKING CAKES AND PIES

Practice until you feel that you can make each of these well: sponge cake, shortened cake, chiffon cake, one-crust pie, and two-crust pie.

Help plan the meals for which you prepare these desserts.

Begin a collection of recipes you have tried and liked.

Prepare the foods listed below at least the number of times mentioned:

<table>
<thead>
<tr>
<th>Prepare</th>
<th>Number of Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Sponge Cake</td>
<td>2</td>
</tr>
<tr>
<td>*Shortened Cake</td>
<td>4 (at least 2 methods)</td>
</tr>
<tr>
<td>*Chiffon Cake</td>
<td>1</td>
</tr>
<tr>
<td>Frosting</td>
<td>2</td>
</tr>
<tr>
<td>One-crust Pie</td>
<td>2</td>
</tr>
<tr>
<td>Two-crust Pie</td>
<td>2</td>
</tr>
</tbody>
</table>

*If you live in the higher parts of the state, you will substitute recipes from Altitude Cooking for Western Nebraska for the recipes in this book. Ask your county home or agricultural agent for it.
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FACTS ABOUT...

SPONGE CAKE

INGREDIENTS

Eggs are the main ingredient in sponge cake. Use good quality, medium sized eggs. If the recipe calls for eggs by measure you will find that:

- about 8 egg whites make 1 cup
- about 5 whole eggs make 1 cup

Egg whites beat more quickly when at room temperature, but the eggs separate more easily when cold. For good management take the eggs from the refrigerator and separate them about an hour before time to make the cake.

Cake flour or all purpose flour can be used in sponge cake. Most cakes will be more tender if made with cake flour, which is a soft wheat flour.

Lemon juice adds flavor to the cake. Because it is an acid, it also helps keep the cake from shrinking. Some cake recipes call for cream of tartar, also an acid. When making an angel food cake the acid keeps the cake from shrinking and makes it look whiter.

EQUIPMENT

Beat the eggs for sponge cake with an electric mixer, a rotary beater, or a wire whip. It is generally believed that a rotary beater or electric mixer makes a finer cake, but that beating the whites with a wire whip makes a higher cake.

Bake your sponge cake in either a tube pan (also called an angel food pan) or an oblong pan.

METHODS

Be sure to measure all ingredients accurately. Remember to sift flour before measuring.

Beat the egg whites until they are fine, glossy, and just stiff enough to hold a peak. Beat the egg yolks until they are thick and lemon colored. Fold the ingredients together with care.

Bake a sponge cake in an ungreased pan. Cool in the pan, upside down, so that the cell structure of the cake becomes set. A sponge cake taken from the pan while hot may settle.

Bake sponge cake in a preheated oven at 350° to 375°F. The cake is done when it shrinks slightly, is a delicate brown, and the surface springs back when pressed lightly with the fingers. Overbaking may make the cake tough.

ANGEL FOOD

An angel food cake is another type of sponge cake. It is made from egg whites and is a delicate white cake.
RECIPE....

SPONGE CAKE

1 tablespoon lemon juice  
1 teaspoon lemon rind  
2 tablespoons water  
1/2 teaspoon salt

1 cup sugar  
6 eggs, separated  
1 cup flour

1. Set oven at 350° F.
2. Add lemon juice, lemon rind, water and salt to 1/2 cup of sugar. Blend well.
3. Add unbeaten egg yolks and beat until very thick, at least 5 minutes.
4. Sift 1/4 of the flour over this mixture, fold with a spatula using 8 to 10 strokes. (All of the flour need not disappear each time). Repeat until all the flour is added and the mixture completely blended.
5. Beat the egg whites until foamy. Add the remaining half of the sugar by tablespoons, beating after each addition. Continue to beat until stiff peaks are formed.
6. Spread the egg yolk-flour mixture over the egg whites and gently fold together until well blended. Remember that folding gently is a secret of success.
7. Pour batter into a 10-inch tube pan. Cut gently through batter to remove large air bubbles.
8. Bake at 350° F. for about 45 minutes. (For oblong cake bake in 13" x 9" pan at 350° F. for about 30 minutes). The cake is done when it shrinks slightly and springs back when touched.
9. Cool cake in the pan, upside down, for 1 to 2 hours. Then loosen sides and center tube with knife and gently pull out cake.

ANGEL FOOD CAKE

1 1/2 cups egg whites  
1 cup plus 2 tablespoons flour  
1 3/4 cups sugar

1 1/2 teaspoons cream of tartar  
1/4 teaspoon salt  
1 teaspoon flavoring

1. Set oven at 325° F.
2. Separate about 12 eggs. Store yolks for future use.
4. Measure the sugar and add 1/4 of it to the flour. Set the remainder aside.
5. Beat the egg whites with a whisk or rotary beater until foamy, then beat in cream of tartar and salt. Continue beating until the egg whites are glossy and fine grained and will stand in fine peaks when the beater is lifted.
6. Sprinkle a little sugar at a time over the egg whites, beating and folding it in. Continue until the remaining three-fourths of sugar has been added. Fold in the flavoring.
7. Sift a small amount of the sugar-flour mixture over the egg whites. Gently cut and fold it in. Continue until all of the flour and sugar has been added.
8. Put the mixture by spoonfuls into an ungreased 10-inch tube pan.
9. Cut through the batter with a knife a few times to release any large air bubbles. Bake at 325° F. for about 65 minutes.
10. Invert the cake pan and cool about 1 hour.
RECIPE...

CHIFFON CAKE

2 1/4 cups sifted flour  
1 1/2 cups sugar  
1 teaspoon salt  
3 teaspoons double-acting baking powder  
5 unbeaten egg yolks (medium size)

3/4 cup cold water  
2 teaspoons vanilla  
Grated rind of 1 lemon (about 2 teaspoons)  
1/2 cup salad oil  
1 cup egg whites (7 or 8)  
1/2 teaspoon cream of tartar

1. Place sifted flour, sugar, salt, and baking powder in flour sifter and sift into a small mixing bowl.
2. Make a hole in the center of these dry ingredients and add the next five ingredients in the order given above. Beat with a spoon until smooth.
3. Measure the egg whites and cream of tartar into a large mixing bowl. Beat until the whites form very stiff peaks.
4. Pour egg-yolk mixture gradually over beaten egg whites, gently folding until just blended. Do not stir.
5. Pour immediately into ungreased 10-inch tube pan 4 inches deep.
6. Bake 55 minutes in moderately slow oven (325° F.), then increase to moderate oven (350° F.) for 10 to 15 minutes, or until top springs back when lightly touched.
7. Immediately turn pan upside down. Let cake hang in pan free from table until cold. Loosen from sides of pan and tube with a spatula. Hold pan upside down and hit edge sharply on table to loosen cake, or shake pan jerkily.
8. You may also bake this cake in a rectangular pan 13 x 9 x 2 inches. Bake for 45 to 50 minutes at 350° F.

FACTS ABOUT.....

CHIFFON CAKE

Chiffon cake is not a real sponge cake because it contains shortening, although when finished the two cakes are much alike.

It is easy to make a good chiffon cake if you follow the directions exactly.

Decide how you would rate your sponge or chiffon cake:

<table>
<thead>
<tr>
<th></th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Not This</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slightly rough surface</td>
<td></td>
<td></td>
<td></td>
<td>Sugary or cracked top</td>
</tr>
<tr>
<td>Straw -brown color</td>
<td></td>
<td></td>
<td></td>
<td>Dark brown or pale</td>
</tr>
<tr>
<td>Slightly moist</td>
<td></td>
<td></td>
<td></td>
<td>Dry or soggy</td>
</tr>
<tr>
<td>Fine-textured cells</td>
<td></td>
<td></td>
<td></td>
<td>Coarse, uneven cells</td>
</tr>
<tr>
<td>Feathery light</td>
<td></td>
<td></td>
<td></td>
<td>Heavy</td>
</tr>
<tr>
<td>Delicate flavor</td>
<td></td>
<td></td>
<td></td>
<td>Tough</td>
</tr>
</tbody>
</table>

HOW CAN YOU DO BETTER NEXT TIME?
FACTS ABOUT......

SHORTENED CAKES

INGREDIENTS

Most cakes are made from solid shortening, such as butter, margarine, or hydrogenated shortening. You may prefer to use butter for its flavor or hydrogenated shortening because it creams easily.

Only the special hydrogenated shortenings should be used for quick-mix cakes.

If you use lard in cake making, be sure that it is smooth and mild in flavor. Special mixing methods are suggested for lard cakes.

Cake flour is usually preferred for cake making. If you use all-purpose flour in shortened cakes use 2 tablespoons less per cup than the recipe calls for.

EQUIPMENT

Cakes may be baked in a loaf or layer pan. Be sure you use the right size for the recipe, as too large a pan may result in the cake not browning correctly.

Cakes brown evenly when baked in pans made of fairly light, shiny metal. If you plan to use a glass baking pan, you may wish to lower the oven temperature about 25° F.

A cake rack is helpful for cooling the cake.

METHOD

Have all ingredients at room temperature. This is especially important for quick-mix cakes.

In preparing the pans to bake your cake, grease the bottom of the pan thoroughly and dust it lightly with flour or line the bottom of the pan with paper. Cut wax or plain paper to fit, then grease the side of the paper next to the cake.

It is generally believed that you will have a better volume if you do not grease the sides of the cake pan.

BAKING

Bake cakes in a preheated oven. You will bake layer cakes at about 375° F. and loaf cakes at about 325° F.

Your cake is done when the center of the top springs back when touched lightly, when a toothpick inserted in the cake comes out clean, and when the cake shrinks slightly from the sides of the pan.

When your cake is done, cool it on a rack right side up (still in the pan) for 10 to 15 minutes. Then loosen cake from edges of the pan. Place a rack over the top of the cake and turn quickly. Remove paper from the bottom of the cake.
RECIPE FOR...

PLAIN CAKE
(Conventional Method)

3 cups sifted cake flour 1 1/2 cups sugar
1/2 teaspoon salt 1 teaspoon flavoring
3 teaspoons double acting baking powder 2 medium-sized eggs
1/2 cup shortening 1 cup milk

1. Sift flour, salt, and baking powder together.
2. Cream shortening until soft; gradually add sugar, creaming until mixture is very light and fluffy. Add flavoring and continue creaming.
3. Add eggs, one at a time, beating after each addition.
4. Add 1/3 of the sifted flour mixture and 1/2 of the milk, then another third of the flour mixture, and so on until all of the flour and milk have been used. Beat after each addition of flour and milk. (Most cooks have best results by using 45 strokes for each addition—a total of 225 strokes for adding the flour and milk.)
5. Pour batter into baking pan.
6. Bake layer cakes at 375°F. for about 25 minutes, oblong cake at 350°F. for about 35 minutes.
7. This recipe makes two 9-inch layers, or one cake 9x13x2 inches.

PLAIN CAKE
(Conventional Sponge Method)

This recipe has been found to be especially satisfactory when making cake with lard. Use the recipe above except use 1 tablespoon less shortening.

1. Sift flour, salt, and baking powder together.
2. Cream shortening until soft; gradually add 3/4 cup sugar, creaming until mixture is very light and fluffy. Add flavoring and continue creaming.
3. Add 1/3 of the sifted flour mixture and 1/2 of the milk, then another third of the flour mixture, and so on until all of the flour and milk have been used. Beat after each addition of flour and milk.
4. Beat the eggs, adding the remaining 3/4 cup of sugar to them gradually. Continue to beat until the mixture is light and looks like sponge cake.
5. Combine eggs quickly with the batter, folding until just mixed.
6. Pour batter into baking pan and bake as above.

Until you have experience, you may wish to count the strokes so that you will neither undermix nor overmix your cake.

In the recipe above:
Cream shortening until soft, then add the sugar in six additions, creaming 50 strokes after each. Clean the sides of the bowl and spoon and cream 75 more strokes. Beat 100 strokes after adding each egg. Use 225 strokes for adding flour and milk.

A richer cake may require more mixing.
RECIPE....

PLAIN CAKE (QUICK-MIX)

2 1 1/4 cups sifted cake flour
1 1 1/2 cups sugar
1 teaspoon salt
3 teaspoons double-acting baking powder

1/2 cup shortening
1 cup milk
1 teaspoon flavoring
2 medium eggs

1. Have all ingredients at room temperature. This is very important.
2. Sift flour, sugar, salt and baking powder together.
3. Measure shortening into mixing bowl, and stir just enough to soften it.
4. Sift in dry ingredients.
5. Add about 3/4 cup of milk and mix until all flour is dampened. Then beat 2 minutes or 300 strokes.
6. Add flavoring, eggs, and rest of milk; beat 1 minute longer or 150 strokes more. (Mix by hand or at low speed in electric mixer. When mixing by hand, take time out to rest as necessary, and scrape bowl and spoon often).
7. Pour batter into two round 9-inch layer pans, or a 13x9x2-inch pan.
8. Bake at 375° F. ---layer cake for 25 minutes, rectangular cake for about 35 minutes.

FACTS ABOUT....

SOUR CREAM CAKE

Sour cream cakes are a convenience for those who have cream on hand. Judgment is needed to make them successfully. Cream that is too sour will give the cake an unpleasant taste. Too rich cream may make the cake fall, but too thin cream may cause the cake to be tough. Use cream of 30% to 35% butterfat (whipping cream) that is just sour enough to be thick.

Soda is used as a leavening agent when acid ingredients such as sour cream are used. Most modern recipes use enough soda to neutralize the acid, but require some baking powder to make the cake rise. This prevents using too much soda and having a bitter cake.

Old chocolate cake recipes often call for large quantities of soda. The extra soda gives the cake a red color, but may also give it an unpleasant taste.

Sift the soda with the dry ingredients, as this gives better results than dissolving it in water.

A good sour cream cake will be tender and moist, though not so velvety and fluffy as other shortened cakes.
SOUR CREAM CHOCOLATE CAKE

1 1/2 cups flour
1/2 cup cocoa
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon baking powder
2 eggs
1 cup sugar
1 cup sour cream
1 teaspoon vanilla

1. Sift flour, cocoa, soda, salt and baking powder together.
2. Beat eggs until very thick (about 5 minutes).
3. Gradually beat in the sugar.
4. Add dry ingredients alternately with the sour cream. Add vanilla.
5. Pour into two 8-inch layer pans.

CAKE MAKING

You have learned the cake mixing methods found to be successful by food research workers and many other good cooks. When you become skillful with these methods you should be able to follow any good cake recipe.

Begin to collect recipes you like. Keep a cook book or file of those you would like to use again. To make your collection valuable, save only those you prefer, not every recipe you can find!

SERVING CAKE

Cakes can be served with or without frosting. Plain cakes can be served with fruit or custard toppings, or in refrigerator desserts. If rich, frosted cakes are served, keep the rest of the meal simple.

Decide how you would rate your shortened cake:

<table>
<thead>
<tr>
<th>This</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>Not This</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slightly rounded or level top</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Fallen or peaked top</td>
</tr>
<tr>
<td>Good volume</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Small volume</td>
</tr>
<tr>
<td>Smooth crust</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Cracked, sticky, sugary</td>
</tr>
<tr>
<td>Golden brown</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Pale or dark brown</td>
</tr>
<tr>
<td>Slightly moist</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Dry or soggy</td>
</tr>
<tr>
<td>Fine texture</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Coarse grain</td>
</tr>
<tr>
<td>Velvety</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Harsh</td>
</tr>
<tr>
<td>Light and fluffy</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Heavy</td>
</tr>
<tr>
<td>Delicate flavor</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>Tasteless or off-flavor</td>
</tr>
</tbody>
</table>

HOW CAN YOU DO BETTER NEXT TIME?
FACTS ABOUT....

FROSTINGS

Cakes should be cooled before frosting. To frost a layer cake place the bottom layer on a plate. Arrange strips of waxed paper under the edges of the cake to protect the plate. These can be pulled out after the cake is frosted. Frost the top of the bottom layer, then place the upper layer straight on the lower one. Frost the sides of the cake next, and the top of the cake last.

Brush any crumbs from the cake before frosting. Use a spatula and spread frosting with bold, firm strokes. Strive for swirls and ridges rather than smooth, flat surfaces. Any design in the frosting should be simple, and if artificial color is used it should be in soft, pastel shades.

Rectangular cakes are often frosted in the pan. For special occasions each piece can be frosted on the sides as well as the top.

Of the many cooked and uncooked frostings available, only two are included here because of lack of space.

UNCOOKED CHOCOLATE FROSTING

3 squares unsweetened chocolate 1 egg
1 1/2 cups sifted powdered sugar 1/4 cup softened
2 tablespoons hot water butter or margarine

1. Melt chocolate in top of double boiler.
2. Remove from heat; add sugar and water and stir until blended.
3. Beat in the egg, then gradually beat in the softened butter.
4. Frost cake. (Set pan in warm water if frosting becomes too firm).

For a simpler Uncooked Chocolate Frosting combine and beat until smooth:

2 cups sifted powdered sugar 1 tablespoon butter
2 tablespoons cocoa or margarine
1 teaspoon vanilla about 2 tablespoons cream

7-MINUTE FROSTING

2 egg whites 1/4 teaspoon cream of tartar
1 1/2 cups sugar 1/3 cup water
1 1/2 teaspoons vanilla

1. Stir egg whites, sugar, cream of tartar, and water together in the top of a double boiler.
2. Place over rapidly boiling water and beat the mixture with a rotary beater or electric mixer until the frosting stands in peaks. (This may take about 7 minutes with a rotary beater, and about 4 with an electric mixer).
3. Remove from heat and beat in the vanilla. Continue to beat until the frosting will swirl when the beater is lifted.
4. Spread over cake.
5. If frosting seems to thin, return to the hot water and cook for a short time; if too thick, add a few drops of water.
Sometimes your cake may not turn out as you expected. Possible causes for failure are:

<table>
<thead>
<tr>
<th>SHORTENED CAKE</th>
<th>SPONGE CAKE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAKE TOO SMALL</strong></td>
<td><strong>Eggs underbeaten or overbeaten</strong></td>
</tr>
<tr>
<td>Not enough leavening</td>
<td><strong>Eggs too cold</strong></td>
</tr>
<tr>
<td>Baked in too large a pan</td>
<td><strong>Ingredients overmixed</strong></td>
</tr>
<tr>
<td>Oven too hot</td>
<td><strong>Oven too hot</strong></td>
</tr>
<tr>
<td><strong>CAKE FALLS</strong></td>
<td><strong>Cooled without inverting pan</strong></td>
</tr>
<tr>
<td>Too much shortening, sugar, liquid, or leavening</td>
<td></td>
</tr>
<tr>
<td>Too little flour</td>
<td></td>
</tr>
<tr>
<td>Too slow baking</td>
<td></td>
</tr>
<tr>
<td><strong>CAKE HEAVY</strong></td>
<td><strong>Flour not folded in enough</strong></td>
</tr>
<tr>
<td>Final overmixing of batter</td>
<td></td>
</tr>
<tr>
<td>Too much shortening or liquid</td>
<td><strong>Baked in greased or floured pan</strong></td>
</tr>
<tr>
<td>Oven too hot or too slow</td>
<td><strong>Too slow baking</strong></td>
</tr>
<tr>
<td><strong>CAKE COARSE</strong></td>
<td></td>
</tr>
<tr>
<td>Not enough creaming or mixing</td>
<td><strong>Eggs under or overbeaten</strong></td>
</tr>
<tr>
<td>Too soft shortening</td>
<td><strong>Oven too slow</strong></td>
</tr>
<tr>
<td>Wrong kind of flour</td>
<td><strong>Undermixed</strong></td>
</tr>
<tr>
<td>Oven too slow</td>
<td></td>
</tr>
<tr>
<td><strong>CAKE TOUGH</strong></td>
<td></td>
</tr>
<tr>
<td>Too little fat or sugar</td>
<td><strong>Oven too hot</strong></td>
</tr>
<tr>
<td>Too much flour</td>
<td><strong>Over mixed</strong></td>
</tr>
<tr>
<td>Oven too hot</td>
<td></td>
</tr>
<tr>
<td>Baked too long</td>
<td></td>
</tr>
<tr>
<td><strong>CRUST STICKY</strong></td>
<td><strong>Too much sugar</strong></td>
</tr>
<tr>
<td>Too much sugar</td>
<td><strong>Damp flour</strong></td>
</tr>
<tr>
<td>Underbaked</td>
<td><strong>Underbaked</strong></td>
</tr>
<tr>
<td>Not cooled properly</td>
<td></td>
</tr>
<tr>
<td>Damp weather</td>
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</tr>
<tr>
<td><strong>CAKE BURNS</strong></td>
<td><strong>Same as shortened cakes</strong></td>
</tr>
<tr>
<td>Uneven heat</td>
<td></td>
</tr>
<tr>
<td>Oven too full</td>
<td></td>
</tr>
<tr>
<td>Baked too long</td>
<td></td>
</tr>
<tr>
<td>Oven too hot for kind of pan</td>
<td></td>
</tr>
<tr>
<td>Baked too near sides of oven</td>
<td></td>
</tr>
<tr>
<td><strong>CAKE HIGH ON ONE SIDE</strong></td>
<td><strong>Same as shortened cakes</strong></td>
</tr>
<tr>
<td>Oven rack not level</td>
<td></td>
</tr>
<tr>
<td>Temperature uneven</td>
<td></td>
</tr>
<tr>
<td>Warped pan</td>
<td></td>
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<tr>
<td>Pan too near edge of oven</td>
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<tr>
<td><strong>CAKE FALLS FROM PAN</strong></td>
<td><strong>Used greased pan</strong></td>
</tr>
<tr>
<td>Oven not hot enough</td>
<td><strong>Too much sugar</strong></td>
</tr>
<tr>
<td>Wrong proportions</td>
<td><strong>Not baked enough</strong></td>
</tr>
<tr>
<td>Too little batter for depth of pan</td>
<td><strong>Cooled in draft</strong></td>
</tr>
<tr>
<td>Oven too slow for kind of pan</td>
<td><strong>Oven not hot enough</strong></td>
</tr>
<tr>
<td><strong>CRUST PALE</strong></td>
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</tr>
<tr>
<td><strong>A RELIABLE RECIPE, GOOD INGREDIENTS, ACCURATE MEASUREMENT, CORRECT METHODS--THESE MAKE FOR SUCCESSFUL BAKING</strong></td>
<td><strong>Too much flour</strong></td>
</tr>
<tr>
<td>Oven too hot slow for kind of pan</td>
<td><strong>Not enough batter for depth of pan</strong></td>
</tr>
</tbody>
</table>
FACTS ABOUT....

PAstry

INGREDIENTS

The crust of a pie is called pastry. Plain pastry is made from flour, shortening, liquid, and salt.

Use all-purpose flour for a flaky pie crust.

Lard is the most popular fat for pastry, but you can use other shortenings if you wish. If you make pie crust with home rendered lard use 1 to 2 tablespoons less than the recipe calls for unless you want a very rich crust.

Water is the usual liquid for pie crust. Use cold water with home rendered lard. The amount of water needed varies a little, but use just enough to hold the dough together. Too much water makes the pie crust tough.

EQUIPMENT

You will find a pastry blender or blending fork the best choice for cutting the shortening into the flour.

Use a pastry cloth and rolling pin cover. They will make it possible to roll out the crust with little added flour.

METHOD

You will find many methods for making pie crust, but the standard method is one of the most successful. The Easy Method, and the Paste Method are sometimes helpful for a beginner.

Cut the fat into the flour, but stop when the mixture is quite coarse. Rubbing or blending the flour shortening mixture too much makes a crumbly crust. Mix the crust quickly. Too much handling makes the crust tough.

Let the dough rest between mixing and rolling. This makes the dough easier to handle. Roll the dough quickly, with as little flour as possible. Roll from the center toward the outer edge, using a light, rolling motion.

BAKING

BAKE a pie shell for a single crust pie in a hot oven, 450° F., for about 10 minutes.

You can bake a two-crust pie either of the following ways. Time will vary with the fruit used.

Two temperature--450° F. for 10 minutes, 350° F. for the remaining time.
One temperature--425° F.

Meringue on a pie is usually baked at 400° F.
RECIPE.....

PIE CRUST
(Standard Method)

2/3 cup shortening
2 cups flour
1 teaspoon salt
4 to 5 tablespoons water

1. Mix flour and salt.
2. Cut shortening into flour until the mixture is the consistency of cornmeal and small peas.
4. Form pastry into a ball. Let rest 15 or 20 minutes.
5. Place ball of little more than half the dough on lightly floured pastry cloth. Roll from the center out in all directions. Lift dough now and then so that it does not stick, but do not turn it over.
6. Roll dough about 1/8 inch thick until it makes a circle about 1 1/2 inch larger than the pie plate on all sides.
7. Transfer dough to pie plate by folding pastry over rolling pin, or by carefully folding the pastry in half. Fit pastry into the pan loosely. Do not stretch it.
8. Use remaining dough for top crust. Finish edges as described below.

One-crust Pies — Trim off extra pastry with scissors, leaving about 1/2 inch all around. Turn under edge, and crimp the folded edge against the rim of the pan. Use a fork, spoon, or fingers to make the crimping, but be sure to seal the crust against the pan to prevent shrinking. Prick the bottom and sides of the crust to prevent blisters. Bake at 450° F. for about 12 minutes.

Two-Crust Pies — Fill the lower crust with fruit filling. Rollout the top crust about 1/2 inch larger than the pan top. Cut slashes in the top to allow the steam to escape. Moisten the bottom crust. Put the top crust in place and trim the crusts to about 1/2 inch. Fold the crusts under and flute or crimp the folded edge. (A lattice top may be woven from strips of pastry and used in place of the top crust.)

Easy Method — Mix flour and salt. Blend shortening with an equal amount of flour with a metal spoon, until no dry particles of flour remain in the bottom of the bowl (1 to 2 minutes). Add the rest of the flour-salt mixture and cut it in with the edge of the spoon until the flour-fat particles stop getting smaller and start getting larger (1 to 2 minutes). Add water all at once and stir until a ball of dough is formed and the bowl is clean.

Paste Method — Sift flour and salt together. Take out 1/3 cup of flour mixture and mix with the water to make a paste. Cut shortening into remaining flour until particles are size of small peas. Add flour paste to mixture. Mix thoroughly until dough comes together and can be shaped into a ball.
RECIPE.....

APPLE PIE

4 to 5 cups sliced, tart apples
3/4 to 1 cup sugar
1 teaspoon cinnamon or
1/2 teaspoon nutmeg
1 tablespoon butter

1. Wash and pare the apples. Cut them in thin slices.
2. Mix apples, sugar, and spices and place them in a pastry lined pie plate.
3. Cover with top crust or lattice.
4. Bake until the apples are tender and the crust brown. 450° F, 10 minutes and 350° F. for about 30 minutes or 425° F. for 45 minutes.
5. Note: If apples are very mild, add 1 tablespoon lemon juice, if very juicy, add 1 tablespoon flour.

CANNED FRUIT PIE

3/4 to 1 cup sugar
2 1/2 cups fruit and juice
4 tablespoons flour
1 tablespoon butter

1. Mix sugar and flour
2. Drain the juice from the fruit and stir into the flour-sugar mixture.
3. Cook over moderate heat, stirring constantly, until the mixture thickens.
4. Add fruit and bring to a boil.
5. Pour into pastry lined pie plate and cover with top crust or lattice.
6. Bake until the crust is browned and the juice begins to boil up through the slashes in the crust. 450° F. for 10 minutes and 350° F. for about 20 minutes or 425° F. for about 30 minutes.
7. Note: Berry, cherry, peach or apricot pie may be made from this recipe. If the fruit is sweetened, use the lesser amount of sugar. About 2 tablespoons cornstarch or 2 tablespoons tapioca may be substituted for the flour. If tapioca is used, allow it to stand in the juice for 15 minutes but do not pre-cook it. Flavor the fruit with 1/2 teaspoon cinnamon or 1/4 teaspoon almond if desired.

FACTS ABOUT....

ONE-CRUST PIE

Meringue Secrets - Beat eggs at room temperature; add sugar gradually and beat until sugar is dissolved; add only 2 tablespoons sugar for each egg. Neither underbeat nor overbeat. Do not bake longer than necessary. Cool away from drafts.

Filling Secrets - Cook filling long enough so the starch does not taste raw; cook for 1 to 3 minutes after adding egg yolk; do not overcook fillings or they may become thin.

Keep cream-type pies in the refrigerator unless they will be eaten soon after making. Illness-causing bacteria sometimes grow in lukewarm egg-milk mixtures.
CREAM PIE

3 cups milk
2/3 cup sugar
1/2 teaspoon salt

1/3 cup cornstarch
3 egg yolks
2 tablespoons butter
1 teaspoon vanilla

1. Scald the milk in the double boiler.
2. Mix the sugar, salt, and cornstarch and add to the scalded milk; stir.
3. Cook the mixture over direct heat until thickened, stirring constantly; then place over hot water and cook for 15 minutes, stirring occasionally.
4. Beat the egg yolks slightly.
5. Pour about 1 cup of the thickened milk mixture slowly over the egg yolks, stirring constantly. Add this to the remaining filling mixture. Cook for 3 minutes, continuing to stir. Remove from heat.
6. Add butter and vanilla and pour into baked shell. Cover with meringue.
7. Note: Use 2/3 cup flour instead of 1/3 cup cornstarch if you wish.

Variations

Banana Cream Pie - Slice 2 or 3 bananas on a baked pie shell. Cover with filling and top with meringue.

Coconut Cream Pie - Fold 3/4 cup moist, shredded coconut into the filling. Sprinkle 1/4 cup coconut over the meringue before baking.

Butterscotch Pie - Substitute light brown sugar for white sugar and double the amount of butter.

MERINGUE

3 egg whites
1/4 teaspoon cream of tartar

6 tablespoons sugar

1. Beat the egg whites with cream of tartar until foamy.
2. Gradually beat in the sugar and continue to beat until the meringue is stiff and glossy and forms definite peaks.
3. Spread the meringue over the warm filling; be sure to spread it to touch the crust all around. Form swirls or ridges of the meringue.
4. Bake at 400° F. for about 8 minutes or until golden brown.

Decide how you would rate your pie:

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<td>Tough or crumbly crust</td>
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HOW CAN YOU DO BETTER NEXT TIME?