

Kids' Cooking Camp #2 - Pie and Pastry

On Wednesday, January 5 we're going to learn how to make pastry! And then we're going to take that pastry and make butter tarts OR an apple galette OR a butter tart pie! I will make all three, just to show you, but you can choose whichever you like! (And if you want to make a different kind of galette instead of apple, use the fruit you have -if it's frozen, don't thaw it!- and I'll talk you through how much sugar and flour or cornstarch you need!)

Kids' Cooking Camp #2 - Pie and Pastry!

Wednesday, Jan 5, 2022 10:00 AM MT

Join Zoom Meeting: <https://us02web.zoom.us/j/81938152046?pwd=UUhPNDRFR1pSOTRQbGt5cDhCOWlwQT09>

My Grandma's Pastry

This makes enough pastry for a single crust pie—or a batch of tarts, or a galette—so it's perfect for any of the recipes below. If you want to make a double crust pie, double the quantities, then divide the dough into two pieces, shape each into a disc, wrap and refrigerate or freeze until needed.

1 1/4 cups all-purpose flour

1/4 tsp salt

1/2 cup butter, shortening or lard, or some of each (cold)

1/4 cup cold water

In a large bowl, stir together the flour and salt. Add the butter—you could do this by grating it in using the large-holed side of a box grater, or slice it in with a knife, then use a fork, pastry blender or your fingers to blend the mixture until it's crumbly, with lumps of fat that range in size with the biggest ones being about as big as a large blueberry.

Drizzle the water over the mixture and stir gently until the dough comes together, adding an extra tablespoon or two more only if you need it. (It might look dry, but sometimes you can't quite tell until you get in there with your hands.)

Gather the dough into a ball, flatten it into a disc, wrap in plastic and let rest for about 15 minutes. (At this point your pastry could be kept in the fridge for up to a few days, or frozen for up to 6 months; thaw it on the countertop when you need it.)

Apple Galette

A galette is the easiest kind of pie, and you'll only need 2-3 apples—any kind. They don't have to be Granny Smith, which is often thought of as a pie apple because they are tart and hold their shape. (The only apples I'd avoid are MacIntosh, which tend to

break down as they cook, and red/golden delicious, which also tend to fall apart and don't have much flavour.)

Pastry for a single crust pie

Filling:

2-3 tart apples, peeled (or not), cored and sliced

1/4-1/3 cup sugar (or to taste)

a shake of cinnamon

about 2 Tbsp butter—you'll slice this over your apples (optional)

milk, cream or beaten egg, for brushing (optional)

coarse sugar, for sprinkling (optional)

Preheat the oven to 375°F. On a lightly floured surface, roll your pastry out to a rough circle about 10-12 inches in diameter—if you have one, I like to do this directly on a silicone baking mat. Transfer to a baking sheet (lined with parchment, if you don't have a mat).

In a medium bowl (you can use the same one you made your pastry in), toss the apples with the sugar and cinnamon. Pile the fruit onto the middle of the pastry, arranging and overlapping the slices if you like, leaving an inch or so around the edge, and then fold the edge of the pastry over to enclose the fruit, folding it wherever it naturally folds. If you like, dot the fruit with butter, brush the edge of the pastry with milk or cream and sprinkle with coarse sugar.

Bake for 45-60 minutes, until golden and bubbling and the juices appear thicker and more syrupy. Cool slightly before slicing. Serves 6-8.

Butter Tarts

This is my grandma's — she made the very best butter tarts, and kept them in an old cookie tin in her kitchen in Windsor, Ontario.

Pastry for a single crust pie

Filling:

1/2 cup packed brown sugar

1/2 cup Roger's Golden or corn syrup

3-4 Tbsp butter, soft or melted (my grandma's recipe says "butter the size of an egg")

1 large egg

a squeeze of lemon juice (about 1-3 tsp - optional)

1 tsp vanilla

a handful of currants, raisins and/or chopped pecans (optional)

Preheat oven to 400°F.

On a lightly floured surface, roll the pastry out 1/4-inch thick. Cut out circles using a 4-inch cookie cutter or the rim of a glass or can, and press into muffin cups that have been sprayed with nonstick spray (mostly around the top, for any goo that overflows).

In a medium bowl, stir together the brown sugar, syrup, eggs and vanilla. Stir in the currants and pecans, if you're using them.

Fill the tart shells about 2/3 full and bake for 20 minutes, or until bubbly and golden. Take them out of the pan by running a butter knife around the edge while they are still warm—otherwise any goo that has bubbled over may stick to the pan as it cools. If it does, pop them back in the oven for a minute to soften the goo again. Cool on a wire rack.

Makes about 1 dozen tarts.

Butter Tart Pie

Yes, this is a butter tart in pie form! It's essentially a giant butter tart. You're welcome.

Pastry for a single crust pie

Filling:

3/4 cup packed brown sugar

3/4 cup Roger's Golden, maple or corn syrup

2 large eggs

1/4-1/3 cup soft, grated or melted butter

1 tsp vanilla

1/4 tsp salt

a handful of currants, raisins or chopped pecans (optional)

Preheat the oven to 425°F.

On a lightly floured surface, roll the pastry out slightly larger than your pie plate, and loosely fit it into the pan. Trim and crimp the edge however you like.

In a medium bowl (or the same one you used to make pastry), stir together the brown sugar, syrup, eggs, butter, vanilla and salt. Scatter a handful of currants, raisins and/or pecans over the bottom of the pie and pour the filling overtop.

Bake for 15 minutes, then reduce the heat to 350°F and bake for another 40-45 minutes, until the pastry is deep golden and the filling wobbles evenly, and doesn't look runny in the middle. Let cool completely (or almost) before slicing.

Serves 8.