

Fun Nutrition Pie Making

Purpose:

- Measure ingredients
- Practice making a pie
- Demonstrate that cooking is fun

Supplies:

- Table covering
- Measuring cups
- Measuring spoons
- Pastry blenders (or forks)
- Rolling pins
- 9" – 10" pie pan for each participant

Activity 1: Measuring Ingredients

Demonstrate how to accurately measure dry ingredients. Show youth how to measure liquid ingredients. Demonstrate using water displacement to measure the shortening needed for the pie crust.

Activity 2: Rolling Dough

Demonstrate how to roll dough using a rolling pin. Show participants how to properly handle the dough:

- flour the rolling surface
- roll disk of dough into a circle
- handle dough carefully so it doesn't tear
- transfer dough from rolling surface to pie pan
- cut simple or decorative vents in top crust

Activity 2: Making the Pie Crust

Basic Pie Crust Recipe

3 c. all-purpose flour
1 c. Crisco brand shortening (or lard)
1 1/2 t. salt
6 - 8 T. ice water

Mix flour and salt in mixing bowl. Cut shortening into the flour with a pastry cutter, until mixture resembles the texture of tiny split peas. Do not use your hands to mix it, because the heat from your hands will melt the shortening, causing the pastry to be "heavy", not light and flaky.

Once mixture is the right texture, add the ice water and combine with a pastry blender or fork. It may appear as if it needs more water, but it does not. Quickly gather the dough into a ball and flatten into a 4-inch-wide disk. On a floured surface, with a rolling pin, roll pie crust dough into a 10-12" disk.

Place crust into pie pan, gently forming crust to pan. Add 2 cups of sweetened cherries or apples to fill the pie pan. Roll out second crust. Cut vents for top pie crust. Lay over fruit, and attach second crust to bottom crust by pinching (crimping) dough together around the edge.

Youth can take pie home to bake with adult help and these instructions: Bake on lowest rack in oven preheated to 450 degrees F. for 10 minutes, then reduce oven temperature to 350 degrees F. Bake for 30 to 35 minutes longer. Serve warm or cold.



**COLORADO STATE UNIVERSITY
EXTENSION**

2 activities for grades 1 - 6. Allow 60 minutes. Math Standard - Measuring.
Colorado State University Cooperative Extension 4-H Youth Development