



COOKING CLASSES
AT SUR LA TABLE

**PREP NOW, EAT LATER:
DECORATIVE LATTICE-TOPPED
PEACH PIE**

WITH SUR LA TABLE CHEF

MENU:

**DOUBLE CRUST FLAKY PIE DOUGH
DECORATIVE LATTICE PEACH PIE**

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- ☐ 3 1/2 pounds fresh peaches
- ☐ 1 lemon

Dairy

- ☐ 1 egg
- ☐ 10 ounces (2 1/2 sticks) unsalted butter

Pantry Items

- ☐ Granulated sugar
- ☐ All-purpose flour
- ☐ Kosher salt
- ☐ Cornstarch

Dry/Canned Goods

- ☐ Sparkling sugar, demerara sugar, or granulated sugar

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Kitchen scissors
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Digital scale (optional)
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls (various sizes)
- ☐ Rolling pin (French-style preferred)
- ☐ Wooden spoon
- ☐ Silicone spatula
- ☐ Whisk
- ☐ Pastry wheel cutter or pizza cutter (optional)
- ☐ Ruler
- ☐ Pastry brush
- ☐ Citrus juicer or reamer
- ☐ Spider or slotted spoon

Cookware

- ☐ Stockpot or large saucepan

Appliances

- ☐ Food processor or large mixing bowl and pastry blender

Bakeware

- ☐ Pie plate
- ☐ Rimmed baking sheet
- ☐ Cookie cutters (optional for decorating crust)

Other

- ☐ Plastic wrap
- ☐ Parchment

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Double Crust Flaky Pie Dough

1. Measure all ingredients and place in refrigerator until instructed to remove.

Decorative Lattice-Topped Peach Pie

1. Wash and dry produce.

You will prepare all recipes and assemble your pie. You have the option of baking the pie after class or freezing the pie and baking later.

DOUBLE CRUST FLAKY PIE DOUGH

Yield: 2, 9-inch pie crusts with extra for decor

This recipe produces a simple, lightly sweetened crust that can be used with all types of fillings. You can make the dough ahead of time, wrap it in plastic and refrigerate for up to 3 days or freeze for up to 3 months. Defrost dough for 24 hours in the refrigerator before use. This recipe is enough for two crusts and extra for decoration or latticework.

3 cups plus 2 tablespoons (15 2/3 ounces) all-purpose flour

5 tablespoons granulated sugar

1 1/4 teaspoons fine kosher salt

10 ounces unsalted butter, cold, cut into 1/2-inch cubes

1/3 to 2/3 cup of ice water

1. ***To prepare dough:*** Place flour, sugar and salt in the bowl of a food processor or large mixing bowl. By pulsing or using a pastry blender, cut the butter into the flour until the butter is the size of small peas.

2. Sprinkle ice water, 1 tablespoon at a time, over flour mixture. Pulse or stir mixture until large clumps form. When enough water has been added to allow dough to hold together, transfer to a lightly floured work surface. Gather dough together to form a ball. Divide into two equal pieces and flatten dough into 2 disks about 6 inches wide. Cover in plastic wrap and refrigerate for 30 minutes before using.

LATTICE-TOPPED PEACH PIE

Yield: 1, 9" pie, serving 8 to 10

The pie will keep at room temperature under a cake dome for up to 2 days. For longer storage, cover with plastic wrap and refrigerate. Reheat at 375°F for 15 to 20 minutes to warm the filling and re-crisp the crust.

1 recipe Double Crust Flaky Pie Dough (recipe included)

1 egg, beaten

1 tablespoon sparkling sugar, demerara sugar, or granulated sugar

Filling:

3 1/2 pounds (6 to 7) fresh peaches

1/2 cup to 3/4 cup granulated sugar, depending on sweetness of fruit

1 tablespoon fresh lemon juice

1/8 teaspoon kosher salt

1/4 cup all-purpose flour

1 tablespoon cornstarch

1. **To shape bottom crust:** Roll out 1 disc of pie dough on a floured surface to a 13" round that is 1/8" thick. Starting at edge furthest from you, roll edge of dough over and around rolling pin. Lift rolling pin and center in middle of pie plate. Slowly unroll dough into your plate. Use kitchen scissors to trim dough so it overhangs edge of pan by 1"; chill until ready to use.

2. **To prepare the lattice crust strips:** With second disc, firmly shape dough into a small rectangle and then roll it into a large 1/8" thick rectangle. Trim to a 14" x 12" rectangle. Use a pastry wheel, pizza cutter, or kitchen knife to cut dough into fourteen 1" wide strips. If strips of dough are warm and difficult to move, chill them on a baking sheet for 10 minutes.

3. **To blanch peaches:** Bring a large pot of water to boil. While it heats, score an x in the bottom of each peach. Fill a large bowl with ice water. Blanch peaches in boiling water for 1 to 2 minutes until skins begin to peel back. Using a slotted spoon or spider, plunge peaches into ice water. Once they are cool enough to handle, remove peach skins, pits and cut into 1" slices.

4. **To prepare filling:** To a large mixing bowl add peach slices and remaining filling ingredients; stir thoroughly. Transfer filling into chilled pie shell.

5. **To assemble pie:** Lay 7 chilled lattice strips, evenly spaced, horizontally across pie filling. Working from right side, fold back every other strip (4 strips in total) so that they are doubled back on themselves. Lay a vertical strip of dough next to this new fold. The new strip should be perpendicular to and a half an inch away from first vertical strip. Repeat twice more, until half

of pie has been latticed. Turn pie so un-latticed side faces you and continue weaving in same manner until all strips have been used.

6. With a pair of kitchen scissors, trim lattice ends even with overhanging bottom crust. Fold any lattice overhang under bottom crust and crimp or form a decorative border.

7. Freeze pie for at least 10 minutes before baking.

8. Preheat oven to 400°F and position an oven rack in bottom third of oven.

9. **To bake pie:** Using a pastry brush, lightly brush lattice with a thin layer of beaten egg. Sprinkle crust with 1 tablespoon of sugar. Using a pie crust shield or aluminum foil, cover outside edge of crust to prevent it from burning. Bake for 35 to 40 minutes. Remove pie crust shield and continue to bake until golden brown and fruit is bubbling and tender, 50 to 60 minutes total. Transfer pie to a cooling rack and allow the pie to cool for at least 20 minutes.

10. Serve warm or at room temperature with a scoop of ice cream.

Recipe variations:

- Substitute apples, pears and cranberries in the winter or strawberries and rhubarb in the spring.

The Perfect Pie Crust

Flaky dough is a member of the “cut-in” family of pastries, requiring a technique similar to biscuits and scones. This method of mixing cuts the butter into pieces that remain separate from the flour. Once liquid is added to the mixture, a dough forms, surrounding and enveloping the butter pieces which remain distinct within the dough. As the dough is rolled, the butter pieces are flattened into flakes. During baking, the dough sets around these flakes. Then, as the flakes melt, they leave behind an empty space, creating the texture associated with a flaky crust. Simple enough, yes, but lots can go wrong if you don’t understand the role that each ingredient plays. Once you do, you’ll be making fabulously flaky pie crust in no time.

Weighing Ingredients

For the best results with pie dough, as with any baking, weighing ingredients with a scale is preferred over volume measuring.

Flour

For pie dough, the two key attributes of flour are protein and water absorption. Protein, when combined with liquid (such as water in pie dough) and agitation (such as stirring, kneading and rolling) forms strands of gluten. In pie dough, you want just enough gluten to hold the dough together, provide shape, flakiness and strength without making it tough.

Cake Flour has very low protein content and will not produce enough gluten to form sufficient structure. Pastry flour has a bit more protein than cake flour and has long been used for pie doughs, though hard to source. Bread flour, which contains a high level of protein, forms strong gluten strands too quickly to be of value in pie-making as it produces dry, tough pie crusts. All-purpose flour is easy to use and is readily available. It produces pie dough which is full of flavor. The protein content should be between 10 1/2 to 11% (not every all-purpose flour has the same amount of protein).

Butter

Butter not only adds the best flavor possible to your pie crust, but it also browns and crisps the crust. Many people swear by using shortening in their crust. Its high melting point means more time for the dough to set around the flakes of fat, ensuring a very flaky crust. However, shortening produces a crust with greasy taste and texture. By practice and proper technique, you can produce an all-butter crust with ample flakes and wonderful flavor.

When choosing butter, quality counts. Purchase a name-brand unsalted butter, which is usually higher quality than the store’s brand. Avoid salted butter, which will make your crust too salty. For richest and most buttery crust, purchase European-style unsalted butter. This type of butter has high fat and low moisture, perfect for pie crusts. Although trickier to master, the flavor of a crust using European-style butter is unparalleled.

The most important thing to remember when making all-butter pie dough is to keep the butter *cold*. Butter has a low melting point which means that the heat from your fingers can soften or melt the butter, allowing it to blend with the flour during the mixing and rolling stages rather than remaining separate. If there's no separation, there are no flakes. Cold butter = flakiness.

Salt

Salt enhances flavor. Without it, your crust will taste flat. When it's there, you don't notice it, but when it's missing, the crust is not nearly as delicious.

Water

Water blends with the flour, activating its proteins and helping to create the gluten strands necessary for proper structure. Most recipes give a range for the amount of water needed, say, from 4 to 5 tablespoons. Water content will also vary depending on the temperature and humidity of your kitchen. As you practice making dough, you'll learn what the dough feels like with the right amount of moisture. Since flours vary in protein and moisture content and weather conditions change, water content is always expressed as a range in recipes.

Mixing the dry ingredients

Measure the flour, sugar and salt into the bowl of a food processor and blend well. You don't have to use a food processor to make the dough, but it is a fast and efficient way to cut the butter into the flour, producing perfect size butter pieces in seconds.

Cutting in the butter

The speed of the food processor will allow the butter to stay cold as long as possible. You can certainly cut the butter into the flour by hand using your fingers or a pastry blender. Remember to work quickly and set the bowl in the refrigerator if the butter softens. Some pie makers even freeze the dry ingredients along with the butter, just to make sure everything stays cold.

Adding the water

Remember when using a food processor, as you pulse in the water, you also continue to cut the butter into smaller and smaller pieces, which can result in a mealy rather than a flaky crust. To help ensure a flaky crust avoid overmixing when combining the water.

Testing the dough

Grab a handful of the shaggy crumbs and clumps and squeeze together briefly. When you open your hand, they should hold together in a moist, but not sticky, mass. The dough should release easily from your hand, leaving very little residue. If clumps of dough or patches of flour fall through your fingers, the dough needs more water.

Kneading the dough

Turn the dough clumps out onto a lightly floured work surface and gently knead them together. It will take between 3 and 6 kneads to bring the clumps into a cohesive dough.

Chilling the dough

Wrap the finished dough in parchment or plastic and refrigerate for 30 minutes. This resting time allows the gluten strands to relax and the dough to finish hydrating. Plus, it firms up the butter. Shape the dough into the shape you intend to roll, such as a round or a square.

Rolling the dough

If the dough is chilled longer than 30 minutes it can become very firm. If this happens, let it sit on the counter for 10 to 20 minutes, until cool but malleable. You should be able to gently bend the dough without breaking it. Dust your work surface with flour, and then lightly dust the top of the dough as well. If a crack or hole forms while rolling, you will need to patch it. Your patch will not hold if you simply pinch the dough back together. You need to use a little water as glue. Brush any flour from the problem area. Then use your finger to lightly run a thin film of cold water over it. To repair a crack, gently lift one side and position it so that it overlaps the other side and press together. To repair a hole, pinch a small piece of dough off the outer edge, lay it over the moistened area and press together.

Transferring the dough

If the rolled-out round has been stored in the refrigerator or freezer for a length of time, you may need to let it sit at room temperature for 5 minutes or longer, until it is malleable enough to fold without cracking. Starting at edge furthest from you, roll the edge of the dough over and around your rolling pin. Lift the rolling pin and center it in the middle of the pie plate. Slowly unroll dough into your plate. Lift the dough slightly as necessary to ease it into the crevices of the pan. Do not stretch or pull the dough; this can cause thin spots, holes and/or shrinkage during baking. If you are making a double batch for a double-crust pie, keep the rolled-out dough for the top crust on a baking sheet in the refrigerator until you have filled the pie shell. .

Finishing the dough in the pie pan

For a single-crust pie, use a pair of kitchen scissors to trim the dough so it overhangs the edge of the pan by 1". Fold the overhanging dough under itself around the pan edge, then crimp or form a decorative border. For a double-crust pie, roll out two batches of dough. Fit one round into the pie plate and chill the other on a baking sheet until needed. With a pair of kitchen scissors, trim the bottom dough so it is even with the rim of the pie pan. Spoon filling into the pie shell. Top with the remaining round of dough so it overhangs the edge of the pan by 1". Fold this overhang under the bottom crust around the pan edge, then crimp or form a decorative border.

Crimping or decorating the edges

Some professionals like to leave a lot of overhang, 1 1/2 to 2", and then roll it toward the center of the pie, forming a thick rope along the edge for a tall, prominent, decorative edge. Most commonly, though, the overhanging dough is trimmed to 1", and then folded under at the edge of the pan. To crimp the edges, use the first two fingers of your right hand on the inside and a knuckle on your left hand on the outside and press together firmly to form a pattern. Alternatively, you can simply press the edges together with the tines of a fork. Trimmed dough scraps may be used to make a decorative border instead of crimping or using a fork. Cut shapes out of the trimmings using any cookie cutters, then fix them to the edge of the pie, using a bit of water as glue.

Chilling the pie

No matter how fast you work, pie dough always needs to be chilled before baking. Repeat the mantra “cold pastry, hot oven”. To create flakes, the dough needs to cook before the butter completely melts and to keep that butter as cold as possible, it must be chilled. Thirty minutes in the refrigerator is usually long enough. Do not chill a filled pie longer than 1 hour, as the sugar in the filling will turn to liquid, soaking the bottom of the crust and making it soggy.

Glazing and venting the pie

Double-crust or lattice-top pies are at their most beautiful when brushed with the sheerest egg wash, usually a combination of egg yolk and milk or cream. You won't use all of the wash – you want a thin layer, without gloppy drips or pools of egg along the edge. You might want to sprinkle the top with sparkling or demerara sugar for color and a crispy contrast to the soft filling within. Always make a few vents in the top crust before baking (unless you have a lattice top). Simmering fruit creates a lot of steam, and if you do not create an escape hatch, it will create one on its own, ruining the look of the pie. Three to four vents are adequate and may be cut with the tip of a paring knife, or you can create decorative vents with a tiny cookie cutter.