



COOKING CLASSES
AT SUR LA TABLE

**SMALL AND SWEET:
BERRY HAND PIES**

WITH SUR LA TABLE CHEF

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

- 1 pound assorted fresh or frozen berries
- 1 lemon

Dairy

- 1 stick unsalted butter
- 1 egg

Pantry Items

- All-purpose flour
- Granulated sugar
- Fine kosher salt
- Cornstarch
- Vanilla bean paste or vanilla extract

Dry/Canned Goods

- Sparkling or demerara sugar

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife

Hand Tools/Gadgets

- Cutting board
- Measuring cups and spoons
- Mixing bowls (various sizes)
- Bench scraper
- Rolling pin
- 4 1/2 inch round cookie cutter
- Pastry brush
- Digital scale (optional)
- Silicone spatula
- Citrus juicer or reamer
- Microplane or citrus zester

Appliances

- Food processor or large mixing bowl and pastry blender

Bakeware

- Rimmed baking sheet

Other

- Parchment paper
- Plastic wrap

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.

Flaky Pie Dough

1. Measure all the ingredients and place them in the refrigerator until instructed to take them out.

Berry Hand Pies

1. If using frozen fruit, defrost and drain in a colander.
2. Preheat the oven to 375°F.

FLAKY PIE DOUGH

Yield: 1, 9-inch pie crust

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 it for up to 3 months. Defrost dough for 24 hours in the refrigerator before use. For any latticework or braiding, double the recipe to ensure ample amounts of dough.

1 1/4 cups (6 1/4 ounces) unbleached all-purpose flour

2 tablespoons granulated sugar

1/2 teaspoon fine kosher salt

1 stick (4 ounces) cold, unsalted butter, cut into 1/2-inch cubes

3 to 4 tablespoons of ice water

1. **To prepare the dough:** Place the 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. **To work the dough:** Sprinkle the ice water, 1 tablespoon at a time, over the flour mixture. Pulse or stir the mixture until large clumps form. When enough water has been added to allow the dough to hold together, transfer to a lightly floured work surface. Gather the dough together to form a ball. Flatten the dough into a disk about 6 inches wide, cover in plastic wrap and refrigerate for 30 minutes before using.

BERRY HAND PIES

Yield: 8 hand pies

Celebrate berries when they are in season with this recipe, or with frozen berries during the rest of the year. These hand pies are great as a snack or tucked away into lunchboxes for a treat.

1 pound assorted fresh or frozen berries, thawed and drained of juices
1 cup granulated sugar
1 teaspoon fresh lemon juice
1 teaspoon lemon zest
2 tablespoons cornstarch
1/2 teaspoon vanilla bean paste
1/4 teaspoon kosher salt
1 recipe Flaky Pie Dough (recipe included)
1 large egg beaten, for egg wash
Sparkling or demerara sugar, for sprinkling

Preheat the oven to 375°F and place a rack in the center of it.

- 1. To make the filling:** To a medium bowl, add the berries, sugar, lemon juice, lemon zest, cornstarch, vanilla and salt and toss to thoroughly combine, set aside.
- 2. To assemble the hand pies:** Generously flour a work surface and place the chilled dough disk on the flour. Dust the top of the dough with flour. Using a rolling pin, roll the chilled dough into a circle, turning and flipping the dough as needed with a bench scraper to prevent sticking, until the dough is 1/8 inch thick. Using 4 1/2 inch round cookie cutter, cut 8 circles of dough, gathering scraps and rolling once more, as needed.
3. Place about 2 tablespoons of filling in the center of each dough circle. Do not overfill. Using a small brush, brush the edges of the circles with egg wash. Fold the dough edge over to create a half-circle shape and press to seal and remove any air bubbles. Crimp the edges with fork tines to create a decorative edge and ensure sealing. Place assembled hand pies on a parchment paper-lined baking sheet. Continue with remaining dough circles. Freeze the assembled pies for 15 minutes before baking. Save remaining egg wash.
4. Remove the hand pies from the freezer and cut a small “x” in the top of each pie with a sharp paring knife. Brush the tops of the pies with egg wash, sprinkle each with sparkling sugar and place in the preheated oven. Bake until the hand pies are golden brown, about 12 minutes. Remove the baking sheet from the oven and allow pies to cool for 5 minutes. Using a large spatula, transfer pies to a cooling rack. Pies can be served warm or at room temperature.

Recipe variations:

- Hand pies can be filled with any of your favorite fruit. Try apples and cinnamon or peach and raspberry. Add an additional 1/4 cup of sugar to your filling if your fruit is very tart.

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 fat (*usually butter, shortening, or lard*) into pieces and coats them with flour. Once the liquid is added to the mixture, a dough forms surrounding and enveloping the pieces of fat which remain distinct within the dough. As the dough is rolled, the fat is flattened into flakes. During baking, the dough bakes around these flakes. Then, as the flakes melt, they leave behind an empty space in the setting dough, creating the texture associated with a flaky crust. It is simple enough to make pie dough, 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 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 in the dough to provide shape, flakiness and strength to your dough without making it tough.

Types of flour: Cake flour has a very low protein content and will not produce enough gluten to form a sufficient structure. Pastry flour has a bit more protein than cake flour and has long been used for pie doughs, but it is now difficult to find. 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. **The most recommended flour for pie dough is unbleached all-purpose flour.** It is easy to use and is readily available and it produces pie dough which is full of flavor.

Fats: Butter not only adds the best flavor possible to your pie crust, it also browns and crisps the crust better than other fats. Many people swear by using shortening in their crust because its high melting point means there is more time for the dough to set around the flakes of fat, ensuring a very flaky crust. However, proper technique with the butter dough will produce a flaky crust with a much better 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.

The most important thing to remember when making a 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 is no separation, there are no flakes. Thus, it is best to keep the butter cold.

Salt: Salt enhances the flavor. Without it, your crust will taste flat. When it is 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 the proper structure. Most recipes give a range for the amount of water needed. Experienced pie makers know when the dough feels like it has just the right amount of moisture content, but this type of measurement can be confusing to baking novices. Since flours vary in their protein and moisture content, it can be difficult to specify an exact amount of water that will work across all circumstances.

How to Make Flaky Pie Crust

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, but 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. Once you have reached the desired texture in the processor, transfer the ingredients to a bowl, add the water and finish bringing the dough together by hand; this the best way to ensure your crust turns out flaky.

Adding the water: It is not a good idea to add the water while the dough is in the processor. As you pulse in the water, you also continue to cut the butter into smaller and smaller pieces, resulting in a mealy rather than a flaky crust. Instead, transfer the mixture to a mixing bowl.

Testing the dough: Grab a handful of the shaggy crumbs and clumps, squeeze them 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 there are patches of flour, or the dough falls 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.

Assembling the Pie

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 it together.

Transferring the dough: Starting at the edge furthest from you, roll the edge of the dough over and around the rolling pin. Lift the rolling pin and center in the middle of your pie plate. Slowly unroll the dough into your plate.

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 inch. 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 inch. Fold this overhang under the bottom crust around the pan edge, then crimp or form a decorative border.

Making a lattice top: For a lattice-top pie, use a pair of kitchen scissors to trim the dough so it overhangs the edge of the pan by 1 inch. Chill while you cut the lattice strips. Firmly shape the dough into a small rectangle and then roll it into a large 1/8 inch thick rectangle. Trim to a 14 by 12-inch rectangle. Use a pastry wheel, pizza cutter, or kitchen knife to cut the dough into fourteen 1-inch wide strips. If the strips of dough are warm and difficult to move, chill them on a baking sheet for 10 minutes. Spoon the filling into the pie shell. Lay 7 of the lattice strips, evenly spaced, horizontally across the filling. Working from the 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 parallel to and 1/2 inch from the first vertical strip. Repeat twice more, until half of the pie has been latticed. Turn the pie so that the un-latticed side faces you and continue weaving in the same manner until all the strips have been used. With a pair of kitchen scissors, trim any lattice ends even with the overhanging bottom crust. Fold the overhang under and 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 inches and then roll it toward the center of the pie. This forms a thick rope along the edge for a tall, prominent, decorative edge. Most commonly, though, the overhanging dough is trimmed to 1 inch 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 or 15 minutes in the freezer 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 the egg along the edge. Don't brush the edges of pies, which will get plenty brown all on their own, but do cover every inch of the top crust or lattice with a thin coating of wash. You might want to sprinkle the top with a dusting of 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.