



PASTRY AND PIES

Exhibit Guidelines

Exhibits should be made according to project recipes

- One 8" or 9" double crust peach or apricot pie
- One 8" or 9" double crust berry pie
- Two fruit-filled turnovers or empanadas
- One 8" or 9" double crust apple pie
- Apple Green Chili empanadas
- Apricot Pastelitos- three 2X2 inch squares
- Viscosity display including experiment result sheets and line spread viscometer, laminated or enclosed in plastic cover.

Project Overview

The 4-H Pastry and Pies project introduces members to the art of making flaky pastry or pie crusts. Pastry can serve as the base for many wonderful fillings that serve as snacks, appetizers, main dishes or desserts.

Key Learning Topics

- To make tender, flaky pastry that have good flavor
- To make flavorful cream, custard and fruit fillings.
- To make attractive meringue.
- To make unique pastries such as turnovers, empanadas, and quiche.

Expanding the Project

- Give a demonstration at a club meeting
- FCS Skill A Thon Contest
- FCS Bowl
- Favorite Foods
- State 4-H Food Challenge

Resources

- Pastry and Pies R-2025
- "High Altitude Cooking" – NMSU CES Guide E-215
- Food Project Record Sheet 300.A-20 (R-18)

Targeting Life Skills:

- Wise use of resources
- Planning and organizing
- Goal setting
- Critical thinking
- Problem solving
- Decision Making
- Healthy Lifestyle Choices
- Self-esteem

