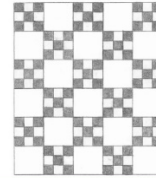
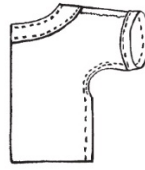




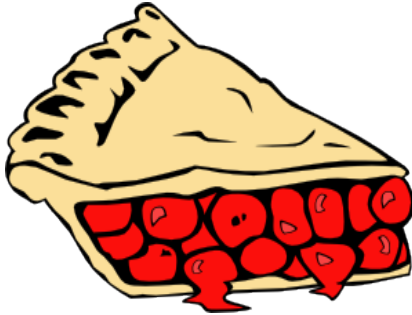
All About Discovery!
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development

Home Economics



4-H Pastry and Pies – Greentop

400.E-85 (R-18)



The 4-H Pastry and Pies Baking Project is designed for youth who have completed Baking 1, 2, and 3. The project contains food science experiments that teach basic principles related to making excellent pastry and an assortment of pies.

What 4-H members will learn:

- Techniques for making high quality pastry.
- Methods for making cream and custard pies.
- Two methods for making double crust fruit pies.
- Preparation techniques for pastry variations.
- To use different fats in making pastry.
- How to use a viscometer for measuring thickness.
- The effect of using various food thickeners.
- To use raw, canned, and frozen fruit in pies.
- The advantage of home baked and purchased pies.
- How to evaluate pastry, pies, and variations.

These are other publications that may be of help as you complete your project:

- Food web sites such as www.food.com
- Commercial cookbooks
- Ethnic cookbooks
- Gourmet, high school, or community college cooking classes.
- Television cooking shows

Resources:

- Pastry and Pies Project Book – 100.E-85
- General Project Record Sheet 300.A-20 (R-18)

4-H Members Should:

- Attend 4-H Club and Baking Project meetings.
- Give a presentation teaching others about pastry or pies.
- Evaluate the baked products you make.
- Practice making the recipe until you achieve good results.
- Complete the record book; take photographs of your project work.
- Enter your baked items in an Achievement Day/County Fair.
- Assist younger 4-Hers with their Baking project.
- Serve as a Baking leader.
- Make and serve pies/variations at community events.
- Volunteer to make pies for special family occasions.
- Donate pies to auctions or concession stands.
- Consider entering a presentation or Favorite Foods entry in county, district, or state contests.

Porter, 2001