

Apple / Pear Pie with Flaky Pastry



Ingredients for Flaky Pastry:

- 300g Plain Flour
- 150ml (approximately) Cold Water
- 113g Butter
- 112g Lard or Trex
- 3 Teaspoons Lemon Juice: School to Provide
- Pinch Salt: School to Provide
- Milk and Egg Wash: School to provide



You will need a round tin: 18 - 20cm in diameter and a piece of tin foil to cover your dish at the end of the lesson. Alternatively you can use individual portion dishes.

Ingredients for Filling:

- 500g Cooking Apples or Pears
- 50g Caster or Demerara Sugar
- 50g Dried Fruit (e.g. Sultanas, Raisins) (Optional)
- 1 Teaspoon Cinnamon (Optional): School to Provide



Ingredients for Top:

- 10g Caster or Demerara Sugar
- Milk or Egg for the Glaze: School to Provide



Method:

1. Pre-heat the oven to 220°C or Gas Mark 7.
2. Fill a small saucepan a quarter full with water. Place at the back of the hob and bring to the boil.
3. Weigh and measure out all the ingredients accurately. Ensure you measure out the cold water for the pastry accurately using the weighing scales.
4. Remove the apple / pear skins, remove the core and cut into even size pieces. Place in the boiling water along with the caster sugar. Simmer for 5 minutes.
5. To make the flaky pastry: Mix fat together on a plate until soft, use a fork to do this. Divide the fat into four portions using a knife.
6. Sieve flour into a large bowl and rub in a ¼ fat, the mixture should resemble breadcrumbs.
7. Add the lemon juice and enough cold water to mix to a soft dough.
8. Knead and roll out into a rectangle shape.
9. Dot a quarter of the fat over the top 2/3rd's and fold the bottom 1/3rd up over the middle 1/3 and seal the edges and fold the top 1/3rd over the middle 1/3rd and firmly seal the edges.
10. Quarter turn the pastry, so the long seal is on the right.
11. Repeat step 9.
12. Turn once more and fold in half.
13. Chill to allow fat to set (you can chill between each addition of fat if time). Complete the washing up.
14. Once the pastry has had time to chill, remove from the fridge and divide into two sections, the base piece will need to be larger than the top.
15. Roll the pastry out carefully. Remember to always roll forward to ensure there is an even pressure on the pastry. Flour the rolling pin if the pastry sticks. Ensure the pastry for the base is rolled large enough to line the pie dish, the pastry should be approximately 0.5cm thick, use the pastry levellers to ensure consistency. Carefully line the dish and cut off any excess pastry using a sharp knife.
16. Place the stewed fruit onto the pastry base. Sprinkle with cinnamon.
17. Dampen the edges of the pastry in the dish with the milk and egg glaze.
18. Roll out the other piece of pastry to approximately 0.5cm thick. You can create a lattice pastry top or a solid lid. Place the pastry top over the pastry base and fruit filling. If you are creating a solid lid, make sure you place two slits in pastry so the steam can escape.
19. Seal the edges with a fork and brush the pastry top with a milk and egg glaze; you can sprinkle with a little sugar if you wish.
20. Bake in the oven for 25 to 35 minutes until the pastry is golden brown and flaky.

