

Apple / Pear Pie with Shortcrust Pastry



Ingredients for Shortcrust Pastry:

300g Plain Flour
75g Block Butter
75g Lard / Trex
60ml Cold Water (approximately)
Pinch of Salt



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



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.

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 shortcrust pastry, cut the block butter and lard / trex into small pieces.
6. Sieve the flour into a large bowl and add the salt.
7. Add the block butter and lard / trex in a mixing bowl.
8. Rub fat into the flour with your fingertips until it resembles breadcrumbs.
9. Once the apples / pears have stewed, use a colander to drain the water from the fruit. Cool the fruit under cold water.
10. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough. You may not need to use all the water!
11. Wrap the pastry in cling-film and allow to chill in the fridge while you do some washing up.
12. Remove the pastry from the fridge and knead the shortcrust pastry lightly on a floured work surface.
13. Divide the pastry into two, one piece needs to be slightly bigger than the other.
14. Take the larger pieces and roll out onto a floured surface, using a rolling pin. Make sure you roll forward to ensure you get an even pressure on the pastry. The shortcrust pastry needs to be approximately 0.5cm thick, use the pastry levelers to ensure consistency.
15. Line the dish with the pastry and trim edges. (Keep remains of pastry for decoration). Place the dish on a baking tray. Place greaseproof paper and baking beans on top of the pastry, blind-bake for 15 minutes. Once blind-baked, remove greaseproof paper and baking beans.
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 30 to 35 minutes until the pastry is golden brown.

