



Camp AH-HA Food Friday: Pie Crust

Use this recipe for sweet or savory pies!

Who: You and your family

What:

- Do you like pie? What is your favorite type of pie?
- Did you know pies have been around for thousands of years?
- Ancient Egyptians made pies as did the Ancient Greeks and Romans.
- These early pies were mainly filled with meat and not the fruit pies we love today.
- In England in the 1100s, pies (or pyes as it was spelled then) were very popular. They were made with a thick crust called a coffyn that wasn't meant to be eaten. The crust was mainly used to hold the meat and perhaps vegetables inside. Some of these meat pyes used turkey or pheasant drumsticks with the bones still attached. The bones would hang out the sides of the crust and be used as handles!
- The Pilgrims brought pie making with them, but the thick heavy crust was still not meant to be eaten.
- It wasn't until the American Revolution that the pie crust like we know it today came into being.
- Today, pies are one of our most popular desserts. There is even a National Pie Day to celebrate all things pie!

How:

- Today, we are sharing this recipe for Camp Counselor Sarah's pie crust. It is fun and easy to make, and you probably have everything you need right in your own home.

Homemade Pie Crust:

2 C. all-purpose flour, extra for rolling
Pinch of salt
2 sticks of butter
Water

Add salt to the flour in a large bowl. Use a pastry blender or a fork and blend together the butter and flour. Your dough will look grainy or sandy and this is exactly what you want! Blend until all the butter is blended and there are no large clumps. (You may need to use a butter knife to “declog” the blades of the pastry blender while mixing.). Add water a few tablespoons at a time until the dough comes together. As soon as you can press the flour into a ball of dough you have enough water. Divide in half and roll out and use immediately or chill and use later. This is enough crust for a top and bottom crust.

To use this crust to make a traditional apple pie:

Apple Filling:

Mix the following together:

1/2 cup to 1 cup all-purpose flour
6 to 7 cups apples cut into thin slices (recommended: Green Golden and Jonathans)
1 cup white sugar
1 cup brown sugar
1 teaspoon cinnamon

1. Preheat the oven to 375 degrees F. Divide the dough in half and roll into a ball. Using a rolling pin, roll 1 ball into a circle to fit a 9 to 10-inch pie plate. To transfer the pastry to the pie plate, wrap it around a rolling pin and ease it into the pie plate. Be careful not to stretch the pastry. Trim it even with the edges of the pie plate. Add the apple filling into the pastry lined pie plate. Make sure they are lying flat. Cut 2 tablespoons of butter into small pieces and put on top of the filling.

2. Roll the remaining pastry into a 12-inch circle. Place on top of the filling. Trim off 1-inch beyond the edge of the pie plate. Crimp the edges as desired. Cut slits to allow steam to escape when baking. Sprinkle a little sugar and cinnamon over the pie.
 3. Cover the edges with foil to prevent over browning. Bake for 25 minutes. Remove the foil and bake for another 20 to 25 minutes, or until it is golden brown. Serve warm with vanilla ice cream.
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