DOUGH DELICACIES

Name: ____________________________________________________
Club: _____________________________________________________
Age as of 01/01: __________________
**Project Requirements:**

1. Learn what food nutrients and values are contributed to the daily diet by each food prepared.
2. Learn the importance of selecting quality ingredients.
3. Learn proper use of tools and techniques with dough to secure a standard (acceptable) product.
4. Learn to clean up as you go and keep an orderly kitchen.
5. Write menus and learn to plan nutritious family meals with dough products included as part of the MyPyramid requirements.
6. Learn to judge a quality product made from dough.
7. Give a demonstration to younger members on something learned from this project (e.g. rolling dough, fluting edges, preparing a pie filling, making noodles, etc.).
8. Make the following bakings:
   - 1 baked pie shell pie using a vinegar and egg crust – either one pudding or one fruit filled from this book.
   - 2 baked pies – one using a shortening crust, one using an oil crust (choosing a lattice top, crumb top, partial lid top, completely covered top, or meringue top).
   - 2 pies using your favorite fillings and recipes (not necessarily from this book).
   - 1 of the noodle recipes, and use in a casserole or soup for the family.

**Judging Requirements:**

1. A table setting with non-edible centerpiece.
2. A complete day’s menu including any snacks and the food items brought from your project (1 regular size pie and 1 uncooked serving of noodles. The noodles do not need to be in a recipe or dish – you may bring them in a plastic zip-top baggie).
3. A recipe file of your favorite recipes.
4. Be prepared to discuss menu planning, grocery shopping, nutrition and food nutrients, preparation and attractive serving of foods you brought.
5. Food items brought must be prepared by member from project book.

**Fair Exhibit:**

Exhibit illustrating something learned or equipment used.

**Pre-requisite:**

2 or more years of cooking experience or cooking projects.
A Dozen Do’s for Perfect Baking

1. Plan your Baking before you start. – Choose your recipe and read it through carefully so that you understand just what you are to do, and to be sure that you have on hand all the ingredients called for in the recipe.

2. Choose Good Tools and Good Ingredients. – Good tools make your work easier and give you better results. In the same way, good ingredients are necessary for good products. (See page 4 for ingredients needed).

3. Collect Ingredients to be Used. – Do this before you start mixing, so that when you start, you’ll have all the ingredients called for in the recipe and not have to stop to look for something or find a substitute. Arrange them in order called for in the recipe – this will help prevent mistakes.

4. Assemble all the Utensils Needed. – Check the recipe to see what kind of pan is suggested, place this on your work table. Also, assemble all the mixing tools, bowls, etc. needed.

5. Do all Preliminary Preparation Necessary. – Anything you can do before starting the actual mixing means the process will be speeded just that much. Preparation includes getting surface ready to roll dough, making the pie filling (except for pudding type fillings), preparing a drying area for noodles or riebeles, etc.

6. Use Exact Ingredients and Amounts Specified. – Always use a reliable recipe – one that you know has been successfully used, or one from some reliable source, then use the amounts as given. Changing the fat, flour, liquid, or any ingredient will change the consistency of the product and so may mean failure. Never experiment with substituting unless you follow an accurate chart which tells you what changes to make in the recipe, such as lard for butter, molasses for syrup, sweet milk for buttermilk. These substitutions may be made if the changes are necessary.

7. Measure only with Standard Cups and Spoons. – Use standard measuring cups and a set of measuring spoons, so that you can measure accurately. They are a great convenience that will help your recipes turn out right. Don’t forget that measurements are level and flour is to be sifted once before measuring unless pre-sifted flour is used.

8. Mix Ingredients Carefully and as Directed in Recipe. – Exact methods for mixing are usually given with each recipe. Be sure to follow them carefully.
9. Use the Type and Size of Pans Specified. – The recipe suggests the type and size of pan. Follow this as closely as possible. It is not necessary to have new equipment – make the best use of what you have. Sometimes it is desirable to make temperature adjustments for pans made of different materials: for glass pans reduce temperature 25 degrees, for foil pans reduce baking time 5 to 15 minutes, for aluminum pans, follow the directions given on the recipe.

10. Don’t guess about your Baking Temperatures – If your stove does not have a heat regulator, treat yourself to a portable oven thermometer, if available. If the oven temperature is exactly right, the baked project should be done in the time given in the recipe.

11. Testing after Product is Baked. – With correct oven temperature, the product should be done in the given time, but for safety, always test baked products before removing them from the oven. Pie crusts usually turn golden brown. Custard type pie fillings are done when a knife inserted in the center comes out clean. A fruit filled pie is done when it bubbles around the edges or through the slashes in the top crust. Or you may insert a fork to test tenderness of fruit. Noodles and riebeles are done when they are tender and not doughy. If you use a microwave oven, be sure to check your manual and follow directions for baking.

12. Handle Products Carefully after Baking. – Various products differ in the treatment necessary after baking or cooking. Pies should be cooled to room temperature and covered. Refrigeration of custard type pies may cause weeping to occur. After thoroughly drying, noodles and riebeles may be packaged in plastic bags and stored on the shelf or in the freezer.
Ingredients

Flour is the main ingredient that forms the framework of a baked product. When liquid is added, swollen protein particles come in contact with each other and form a mass called gluten. This quality enables flour and liquid to form a dough. A difference of about 2 tablespoons is found between sifted and non-sifted flour.

Sugar sweetens the product, makes the flour structure tender and light by reducing the gluten strength, and develops flavor. When heated, it makes the products golden brown.

Salt is used to bring out the flavor of the crust. If it is omitted, the result is a bland crust.

Fat gives your product flavor and richness. Too much fat makes it heavy. Many types of fat can be used in pie crusts. Lard is more pliable and workable over a range of temperatures than other fats. Oils make a pie crust that is mealy and tender but not flaky. Oils tend to be more difficult to mix because they soak up the flour and leave little free flour for the addition of water. A more tender pastry is obtained if ingredients are kept at room temperature.

Vinegar is produced by the fermentation of fruit juices, such as apples (cider vinegar), or grapes (wine vinegar). It is used in pie crusts to add liquid and flavor.

Eggs add flavor and color to the dough and act as an emulsifier help to hold flour and other ingredients together.

Milk contributes to the browning of the product. Any type of milk product will work, but skim or fat free may not provide enough richness.

Fruits can add much color, eye appeal and nutrition to a dough delicacy and are generally plentiful and fresh throughout the summer and fall season.
**Equipment**

Below are pictured the equipment you’ll need to mix and bake the recipes from this book.

- Blender
- Fork
- Wire Whip
- Measuring cups and spoons
- Egg Beater
- Knife
- Mixing Bowls
- Rubber Spatula
- Rolling Pin
- Pastry cloth or Tabletop
- Pie pans - Glass, Aluminum or Foil
Pies

“Baseball, hot dogs, apple pie and Chevrolet!” As this familiar slogan indicates, homemade pies have been a part of American life for many years. Pie baking is a skill that anyone can learn but few people develop to perfection. You can become an excellent pie baker with good ingredients, good recipes, and some practice. This project provides some standard recipes for you to use in completing the project requirements.

**Basic Pie Crust #1**

| 1 ½ Cup Flour | ½ teaspoon salt |
| ½ Cup Shortening or Lard | 4-5 tablespoon Ice Water |

Sift flour and salt together. Cut in shortening with pastry blender or two knives. Sprinkle water over flour – fat mixture and stir with a fork only until dough is moist enough to hold together. Chill if necessary. Divide the dough, roll out to 1/8 inch thickness on a well floured surface. Fold gently and place loosely in pan. Trim edge, leaving about 1 inch of crust over the rim of the pan. Fold under and flute edge (unless you plan to use a completely covered top crust). Add fruit filling, dampen edge of lower crust slightly by dipping finger in water and running it around the edge. Roll out top crust and slash with your own design. Fold the pie crust in half or fourths and place it carefully on the filled pie and unfold. Press edges together and flute edge. (see pictures No. 2, 3, 5, and 9 on pages 10 and 11). Bake according to recipe for filling.

**Oil Pie Crust #2**

| ¼ Cup oil | 1 Cup Flour |
| ¼ teaspoon salt | 2 ½ tablespoon Ice Water |

Combine salt and flour in pie plate and stir. Combine oil and ice water in measuring cup and beat with fork until thickened. Pour into flour mixture. Stir together into a mass. Form ball with hands. Press into pie plate like a pizza crust and flute. Add filling. Bake as usual until golden brown. (See picture No. 1, 5 and 7 on pages 10 and 11.)

**Vinegar and Egg Pie Crust #3**

| 3 Cups Flour | Blend together well. |
| 1 teaspoon salt | 1 Cup Shortening |
| 1 Egg, slightly beaten | Mix these 3 together - add to above. |
| 3 tablespoon Cold Water | Blend well and roll to 1/8 inch thick. |
| 2 tablespoon Vinegar | |

Place in pan, prick with a fork around edges, bottom and groove. Bake 15 minutes at 400 degrees F. Cool. Recipe makes 3 – one-crust pies. (See pictures No. 2, 3, 4, 5 and 8 on pages 10 and 11).
**Pudding Pie**

Prepare crust as directed above using #3 pie crust. For 8” pie, use one 4-oz. package cooked pudding and pie mix (choose your favorite flavor). For 9” or larger pie, use one 6-oz. package. Mix the filling according to package directions. Cool pudding and pie crust separately. Fill crust with cooled pudding and refrigerate till ready to serve. Top with sliced fruit, nuts or coconut or whipped cream if desired. (See picture No. 8 on page 11.)

**Pudding Mix**

(this mix makes enough pudding for 5 or 6 pies)

| 1 ½ Cups Sugar | 1 teaspoon Salt |
| 1 ¼ Cups Corn Starch | 7 Cups Dry Milk Substitute |

Combine ingredients thoroughly and store in covered container. To prepare pudding, use 1 ½ Cup pudding mix, 2 eggs slightly beaten and 2 ½ Cups water. Add water to mix gradually, stirring until smooth. Bring to a boil over gentle heat. Add ½ teaspoon vanilla. Makes 7 to 8 servings or one pie.

For variations, to 1 ½ Cup mix and 2 ½ Cup water add any of the following:

1. 2 tablespoons chocolate syrup or 1 square bitter chocolate;
2. ½ teaspoon vanilla and 1 tablespoon butter;
3. ½ Cup chopped fruit, fresh, canned or dried;
4. ½ Cup cinnamon drops or crushed peppermint candies;
5. ½ Cup chopped nuts;
6. 1 Cup toasted cake crumbs;
7. 1 Cup toasted coconut

**Meringue**

3 Egg Whites 2 teaspoons Cornstarch
¼ Cup Sugar

Preheat oven to 400 degrees F. In small bowl, with mixer at high speed, beat egg whites (at room temperature) with cornstarch until soft peaks form. Beating at high speed gradually sprinkle in sugar 2 tablespoons at a time, beating until sugar is dissolved after each addition.

Spread Meringue over filling; sealing pie crust all around edge. Swirl or pull up points with back of spoon to make attractive top. Bake 10 minutes or until golden. Cool away from drafts.

**Strawberry Pie**

(Makes one very large or two small pies)

Prepare 9” pie crust as directed, using #3 pie crust.

| 1 Cup Sugar | Few drops Red food coloring |
| 4 tablespoons Cornstarch | One 3 oz. box of Strawberry Gelatin |
| 1 ½ Cups cold water | 1 pt. frozen strawberries |

Mix together sugar, cornstarch, water, and food coloring and boil hard till thick and clear. Add strawberry gelatin and cool. Add frozen strawberries. As the mixture begins to thicken, pour into pre-baked pie shell. Cool. For variety – top with whipped topping, coconut, or dabs of vanilla pudding. (See picture No. 8 on page 11).
Fruit Filled Pie

Prepare pie crust as directed above using #1 pie crust. Use any of the following recipes for a filling, and bake according to directions. Check for doneness as described in #11 of the Dozen Do’s for Dough Delicacies on page 2. (See pictures 2, 3, 5, 6 and 9 on pages 10 and 11).

Crumb Apple Pie

5-7 Tart Apples  2 tablespoon flour
¾ - 1 Cup Sugar  1 teaspoon cinnamon
1 tablespoon Lemon Juice  (if apples aren’t tart)

Stir lemon juice into apples. Mix sugar, flour and cinnamon with apples, place in 9 inch unbaked pie shell, dot with butter. Add crumb topping and bake 400 degrees F for 10-15 minutes. Turn oven back to 350 degrees F for approximately 35-40 minutes. Check for doneness.

Crumb Topping: ¼ Cup Flour ½ teaspoon cinnamon
¼ Cup Brown Sugar 2 tablespoon soft butter or margarine

Mix together and sprinkle over the top of apples before baking.

Cherry Pie – Lattice Work Top

¾ Cup Cherry Juice  2 Cups Canned Pitted Cherries (drained)
¾ Cup Sugar  1 tablespoon Butter or Margarine
2 tablespoon Quick Cooking Tapioca

Mix juice, tapioca and cherries. Let stand 15 minutes or longer. Add sugar. Pour into prepared pie shell (using recipe #1), dot with butter. Do lattice work top – see picture #6. Bake at 400 degrees F for 10-15 minutes. Turn oven back to 350 degrees F for 35-40 minutes. Check for doneness.

Lattice Work Top – Roll dough 1/8 inch thick, cut long strips ¾ inch wide. Lay several strips one direction on top of the filled pie 1 inch apart, weave strips going opposite directions over and under. (See picture No. 6 on page 10).

Peach Pie – Partial Lid

Pour canned prepared peach pie filling into prepared 8 inch pie shell with fluted edge. Place partial lid on center top. Bake according to directions on can.

Partial Lid – Roll out dough 1/8 inch thick. Use pan lid or round object 1 inch smaller than pie pan and cut dough with knife around pan lid. Slash this top crust with your own design and carefully place lid in the center of the filled pie. Sprinkle ½ teaspoon sugar over the top.

Fluted Edge – Holding index finger of right hand to the outside edge of the pan and the thumb and index finger of the left hand on the inside edge, gently push the pie crust in opposing directions to form a ripple. Continue doing this all around the edge. (See picture No. 5 on page 10).
**Blackberry Pie**

- 2/3 to 3/4 Cup Sugar
- 1/4 Cup all purpose flour
- 1/2 teaspoon cinnamon
- 1/2 teaspoon grated lemon peel
- Pastry for one 9 inch two-crust pie

About two hours ahead or early in the day: In large bowl, combine first 6 ingredients; let stand.

Pre-heat oven to 425 degrees F. Spoon filling evenly into crust. Dot with butter or margarine. Top with crust of your choice; make decorative edge. Bake 50 minutes or until golden. Makes 6 servings.

**Rhubarb Pie**

- 1/4 - 1 Cup Sugar
- 3 tablespoons flour
- 1/8 teaspoon salt
- 2 egg yolks, slightly beaten

Blend sugar, flour, nutmeg, and salt. Add to rhubarb and mix, and stir in the egg yolks. Place in 9 inch pastry-lined pan. Bake in a hot oven (425 degrees F) for about 10 minutes, and then reduce heat to 325 degrees F. Bake until filling is almost firm and rhubarb tender. Spread meringue, forming peaks, made from recipe on page 7. Bake in slow oven until meringue is brown.

**Custard Pie**

Prepare unbaked 9 inch pie shell according to recipe #2. Chill while you prepare the filling.

- 4 Eggs, slightly beaten
- 1/2 Cup Sugar
- 1/4 teaspoon Salt

Scald milk by heating in saucepan just till it steams and forms scum on top. Blend eggs, sugar, salt and vanilla and nutmeg. Stir gradually into scalded milk. Pour into a chilled pie shell. Sprinkle extra nutmeg over top. Bake at 400 degrees F for 25-30 minutes. Check doneness by inserting a knife in center and comes out clean. (See picture No. 7 on page 11).

**Pumpkin Pie**

Prepare unbaked 9 inch pie shell according to recipe #2. Set aside.

- 2 Eggs
- 1 lb. (16-oz.) Canned Pumpkin
- 2/3 Cup Brown Sugar

Mix all ingredients together, pour into pie shell, sprinkle 1/4 teaspoon cinnamon on top and bake at 425 degrees F for 15 minutes. Turn oven back to 350 degrees F for 45 minutes. Check for doneness by inserting a knife into the center that comes out clean. Serve hot or cold with whipped cream or dream whip. (See picture No. 7 on page 11).
An American tradition among families who enjoy good home cooked meals may include homemade egg noodles and riebeles. These foods are hard to give specific directions for making but are easy to accomplish with practice. You will probably discover that air temperature and humidity determine the degree of success you have. Use the basic noodle recipe below to prepare the noodles, then use homemade noodles to prepare meals for your family.

**Egg Noodles**

Makes 4 cups dry noodles.

- 4 eggs, beaten till fluffy
- ¼ Cup cold water
- ½ teaspoon salt
- 3 ¼ to 3 ¾ Cup Flour

Beat the eggs, salt and water together well. Add flour gradually and stir until can’t stir anymore. Continue working well with hands until dough is smooth and not sticky. Let rest 10 minutes. Divide in half. Roll on floured surface till very thin – 1/16 inch thick. Let dry on large brown paper bag until dough can be rolled (like a scroll) without sticking together. Roll from one edge to the opposite side, fairly tight. Cut roll in 1/8 inch slices (or wider depending on use). Separate onto a clean, opened brown shopping bag. Stir or fluff every 20-30 minutes till dry. Use immediately or store in a covered or air tight container on cool shelf or in freezer for future use. (See pictures No. 10, 11, and 12 on page 11).

**Noodle Casserole**

Cook 1 cup Noodles in 3 cups water and 1 teaspoon salt till noodles are tender, (8-10 minutes). Drain excess water. Add 1 cup tuna or chicken, 1 can mushroom soup and bake in casserole dish 325 degrees F for 25-30 minutes. For variety you may add cooked carrots, canned peas, other seasonings, or top with crumbled potato chips, croutons, or onion rings.

**Noodle Soup**

Cook noodles in broth as described above. Add small chunks of chicken or beef and 1 to 2 cups additional broth. Add salt, pepper, or other seasonings as desired. Serve with crackers.

**Riebelesuppe**

Serves 6 persons.

- 2 eggs, beaten with fork
- ½ teaspoon salt
- 1 ½ - 2 Cups Flour

Mix with fork till crumbly and about the size of peas. If mixture is moist and doughy, add slightly more flour. Heat 6 cups of meat broth till boiling. Quickly stir in riebels and cook till tender. Stir constantly till broth is nearly soaked up by the riebeles.
## EVALUATING MY PROJECT

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<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Good</th>
<th>Need Improvement</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Pie crust had flaky grain and tender texture but did not crumble. *</td>
<td>________________________________</td>
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<tr>
<td>2</td>
<td>Pie crust browned evenly.</td>
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<td>3</td>
<td>Pie filling was well cooked, not dry or too juicy.</td>
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<td>4</td>
<td>Custard type pie fillings are tender and quivery, keep edge when cut and does not weep on standing.</td>
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<td>5</td>
<td>Pudding pie fillings are stiff enough to prevent running when cut but not pasty or rubbery.</td>
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<tr>
<td>6</td>
<td>Crusts have good blended flavor of well-baked ingredients.</td>
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<td>7</td>
<td>Fillings are characteristic of the kind, not excessively sweet or taste of uncooked starch.</td>
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<td>8</td>
<td>Pies look attractive and are tasty.</td>
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<td>9</td>
<td>Noodles were rolled thin and dried well.</td>
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<td>10</td>
<td>Noodles cooked tender and taste good.</td>
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<tr>
<td>11</td>
<td>Riebeles were tender and well cooked, not doughy or hard.</td>
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<tr>
<td>12</td>
<td>Kitchen was kept clean while mixing and baking.</td>
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<td>13</td>
<td>Member planned 1 day of nutritious menus for the family.</td>
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<tr>
<td>14</td>
<td>Member learned to use, select, and measure high quality ingredients.</td>
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<tr>
<td>15</td>
<td>Member knows nutritional value of foods prepared.</td>
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<tr>
<td>16</td>
<td>Member gave demonstration to younger club members.</td>
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*Flaky grain and tender textured pie crust is one that layers when pricked with a fork or broken off with the fingers.*
I Pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
and My Health to better living,
for My Club, My Community,
My Country, and My World