March 28, 2010

Chocolate Pudding Pie

To make decorative chocolate curls, wrap a medium-size chunk of semisweet chocolate in plastic wrap. Rub the wrapped chocolate between your hands for 1 or 2 minutes to warm it; the chocolate should not melt. For larger chunks, microwave on low for about 5 seconds. Unwrap the chocolate and, using a vegetable peeler, slowly and evenly scrape the edge of the chunk until curls form.

To make the filling, in a heavy saucepan over low heat, warm together the milk and chocolate, whisking until the chocolate is melted; the mixture will be speckled.

In a bowl, whisk together the egg yolks and sugar until pale yellow. Add the cornstarch and salt, then the vanilla, and whisk until well blended. Slowly pour the warm chocolate mixture into the yolk mixture, whisking constantly until well blended. Return the mixture to the saucepan and cook over medium heat until it thickens and begins to bubble slowly, 6 to 8 minutes. Remove from the heat and stir until smooth, about 1 minute.

Pour the filling into the crumb crust and smooth with a spatula. Cover with plastic wrap, pressing it directly onto the surface, and refrigerate until completely cold and firm, 2 to 3 hours.

To make the topping, using an electric mixer on medium-high speed or a whisk, beat together the cream, sugar and vanilla until stiff peaks form. Spread the whipped cream on top of the pie. Decorate with chocolate curls. Refrigerate until ready to serve, but let the pie stand at room temperature for 20 minutes before serving to take the chill off. Makes one 9-inch pie; serves 8.

Adapted from Williams-Sonoma Collection Series, Pie & Tart, by Carolyn Beth Weil (Simon & Schuster, 2003).

Troubleshooting Pie & Tart Dough

What happened	Why it happened
Pie dough is sticky and hard to roll out.	Too much water was added, use extra flour when rolling; dough is too warm, chill dough in refrigerator for 30 minutes before proceeding.
Pie dough is stiff and hard to roll out.	Not enough water was added to dough, or dough is too cold; let it warm up before proceeding.
Blind-baked single-crust pie did not hold its shape.	Too few pie weights were used for blind baking; dough did not rest long enough or was too soft.
Blind-baked single-crust pie shrank in pan.	Dough was not chilled long enough, or was stretched too much when lining the pan.
Pie is browning too quickly.	Oven is too hot; cover loosely with aluminum foil and continue baking.
Piecrust is not fully baked on bottom.	Crust was not partially baked before filling was added; especially true for custard pies.
Piecrust is dense rather than flaky.	Butter and dough were overworked.

Adapted from Williams-Sonoma Essentials of Baking, by Cathy Burgett, Elinor Klivans & Lou Seibert Pappas (Oxmoor House, 2008)

Ingredients for Chocolate Pudding Pie

For the filling:

2¹/₂ cups milk

5 oz. semisweet chocolate, chopped into slivers

4 egg yolks

³/₄ cup sugar

¹/₄ tsp. salt

3 Tbs. cornstarch

1¹/₂ tsp. vanilla extract

1 cookie crumb crust, made with chocolate cookies

For the topping:

1 cup heavy cream

1 Tbs. sugar

1 tsp. vanilla extract

Chocolate curls for decorating

Ingredients for Flaky Pie Pastry
$1 \mbox{\sc s}$ cups all-purpose flour
1 Tbs. sugar (optional)
¼ tsp. salt
5 Tbs. cold unsalted butter, cut into $\ensuremath{\vartheta_{\text{-}}}$ inch pieces
3 Tbs. cold vegetable shortening, cut into $\ensuremath{\mathscr{V}}\xspace$ -inch pieces
4 Tbs. ice water

Ingredients for Rich Tart Pastry

8 Tbs. (1 stick) cold unsalted butter,

1¹/₄ cups all-purpose flour

¹/₂ cup confectioners' sugar

cut into ³/₄-inch pieces

1 Tbs. heavy cream

¹/₄ tsp. salt

2 egg yolks

WILLIAMS-SONOMA Technique Class: Baking Series: Pies & Tarts

When you master the art of making a flaky, buttery pie or tart pastry, you'll feel like a pro. It just takes a bit of practice, a dash of patience and the right equipment before you know it, you'll be turning out first-rate crusts with ease!

Flaky Pie Pastry

The rich flavor of butter and the flake-making quality of vegetable shortening produce a pie pastry that is both versatile and delicious. The butter and shortening should be very cold so that they will form layers in the crust that contribute to the overall flakiness. If you are making a savory pie, omit the sugar.

In the bowl of a food processor, combine the flour, sugar and salt. Pulse 2 or 3 times to mix. Add the butter and shortening pieces and pulse 8 to 10 times until the mixture forms large, coarse crumbs. Add the ice water a little at a time and pulse 10 to 12 times until the dough begins to come together in a mass but does not form a ball.

Transfer the dough to a work surface and shape into a 6-inch disk. Wrap the disk tightly in plastic wrap and refrigerate until well chilled, about 1 hour or up to overnight. Makes one 9-inch piecrust.

Adapted from Williams-Sonoma Essentials of Baking, by Cathy Burgett, Elinor Klivans & Lou Seibert Pappas (Oxmoor House, 2008).

Rich Tart Pastry

Butter-rich tart pastry, also known as pâte sucrée, results in a tender texture, rather than the flaky character of a successful piecrust. The dough is similar to a smooth cookie dough, and once baked, it is reminiscent of a good butter cookie. While the pastry is tender, it is also strong enough to support a baked tart outside of the pan.

In the bowl of a food processor, combine the flour, confectioners' sugar and salt. Pulse 1 or 2 times to mix. Add the butter pieces and pulse 7 to 8 times until the mixture forms large, coarse crumbs the size of large peas.

In a small bowl, lightly beat the egg yolks with a fork, then stir in the cream until blended. With the motor running, add the egg mixture and process just until the dough begins to come together but does not form a ball.

Transfer the dough to a work surface and shape into a 6-inch disk. Wrap the disk in plastic wrap and refrigerate until firm, at least 45 minutes or up to overnight. Makes one 9¹/₂-inch tart crust.

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Variations for Rich Tart Pastry:

Citrus Tart Pastry: Add 1 tsp. grated lemon, lime or orange zest with the liquid ingredients.

Vanilla Tart Pastry: Add 1 tsp. vanilla extract with the liquid ingredients.

Almond Tart Pastry: Add 1 tsp. almond extract with the liquid ingredients.

Adapted from Williams-Sonoma Essentials of Baking, by Cathy Burgett, Elinor Klivans & Lou Seibert Pappas (Oxmoor House, 2008).

Cookie Crumb Crust

Quick and easy to assemble, with no rolling required, this crust forms the base for simple pies, such as chocolate pudding pie and Mississippi mud pie.

Preheat an oven to 350°F.

In a bowl, combine the cookie crumbs, butter and sugar and stir until the crumbs are well moistened. Pat the mixture firmly and evenly into the bottom and all the way up the sides of a 9-inch pie pan or dish.

Bake until the crust is firm, about 5 minutes. For a firmer, crunchier crust, bake for 5 minutes more. Makes one 9-inch crust.

Adapted from Williams-Sonoma Collection Series, Pie & Tart, by Carolyn Beth Weil (Simon & Schuster, 2003)

Quiche Lorraine

The northeastern French province of Lorraine gave us this traditional savory tart of eggs, bacon and cheese that seemed to be on every weekend brunch table and ladies' luncheon menu by the mid-1960s. The classic filling ingredients are included here. Some versions add chopped onion or leek that has been sautéed in butter, a nod to the cooking traditions of neighboring Alsace.

Position a rack in the lower third of an oven and preheat to 425°F.

On a lightly floured work surface, dust the disk of pie pastry with flour and roll out into an 11-inch round. Fit carefully into a 9- or 10-inch tart pan, or a 9-inch glass pie dish. If using a tart pan, trim the dough even with the pan rim. If using a pie dish, trim the dough to allow a 1-inch overhang, then fold under the overhang and flute the edges. Prick the dough in several places with fork tines and refrigerate for 10 minutes.

Partially bake the pastry shell until it just begins to color, 10 to 12 minutes. If the pastry puffs up during baking, prick again with a fork to release the steam. Remove from the oven and set aside. Reduce the oven temperature to 375°F.

To make the filling, in a fry pan over medium-high heat, fry the bacon until crisp and golden, 3 to 5 minutes. Transfer to paper towels to drain. When cool enough to handle, crumble into small bits. Scatter the crumbled bacon over the bottom of the pastry shell.

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In a bowl, combine the cream, milk, eggs and melted butter. Using a whisk or fork, beat until well blended. Stir in the cheese and season with salt, black pepper and cayenne pepper. Pour into the prepared pastry shell and sprinkle the top lightly with nutmeg.

Bake until the custard is set and the tip of a knife inserted into the center of the custard comes out clean, 25 to 30 minutes. Remove from the oven and let stand for several minutes before serving. Serves 6 to 8.

Adapted from Celebrating the Pleasures of Cooking, by Chuck Williams (Time-Life Books, 1997)

Lemon Curd Tart

Acidic ingredients, such as citrus juice, tomatoes, vinegar, wine and many vegetables, will react with certain metals, including aluminum or cast iron. Although the reaction is harmless, it may turn a mixture gray or leave behind a metallic aftertaste. The same reaction occurs when eggs are cooked in aluminum or cast-iron pans. Therefore, recipes that include these ingredients, such as lemon curd and pastry cream, call for the use of nonaluminum pans. Stainless-steel and enamel-lined pans are excellent choices.

Fold the dough round in half and carefully transfer to a 9^{1/2}-inch tart pan, preferably with a removable bottom. Unfold and ease the round into the pan, without stretching it, and pat it firmly into the bottom and up the sides of the pan. Trim off any excess dough by gently running a rolling pin across the top of the pan. Press the dough into the sides to extend it slightly above the rim to offset any shrinkage during baking. Refrigerate or freeze the tart shell until firm, about 30 minutes.

Meanwhile, position a rack in the lower third of an oven and preheat to 375°F.

Line the pastry shell with aluminum foil or parchment paper and fill with pie weights or raw short-grain rice. Bake for 20 minutes, then lift an edge of the foil. If the dough looks wet, continue to bake, checking every 5 minutes, until the dough is pale gold, for a total baking time of 25 to 30 minutes. Remove the weights and foil. Continue to bake until the shell is golden, 7 to 10 minutes more. Transfer to a wire rack and let cool completely.

In a nonaluminum saucepan over medium heat, combine the eggs, egg yolks, sugar, lemon juice, lemon zest and butter. Cook slowly, stirring constantly with a heatproof rubber spatula, until the butter melts and the mixture is thick enough to coat the back of the spatula and leaves a clear trail when a finger is drawn through it, 7 to 8 minutes. Remove from the heat and strain through a coarse-mesh sieve placed over a bowl.

Spread the curd evenly in the fully baked tart shell and refrigerate until chilled, 2 to 3 hours. Using a pastry bag fitted with a small star tip, pipe whipped cream around the edge of the tart. If using a tart pan with a removable bottom, let the sides fall away, then slide the tart onto a serving plate. Let stand at room temperature for 20 minutes before serving to take the chill off. Makes one $9\frac{1}{2}$ -inch tart; serves 8.

$1\frac{1}{4}$ cups cookie crumbs, such as graham crackers, chocolate wafers or

Ingredients for Cookie Crumb Crust

5 Tbs. unsalted butter, melted

3 Tbs. sugar

gingersnaps

Ingredients for Quiche Lorraine

1 batch of flaky pie pastry (omit sugar), shaped into a disk

6 lean bacon slices

³/₄ cup heavy cream, at room temperature

³/₄ cup milk, at room temperature

3 eggs, at room temperature

1 Tbs. unsalted butter, melted

1 cup shredded Gruyère cheese

Salt and freshly ground black pepper, to taste

Cayenne pepper, to taste

Freshly grated nutmeg, to taste

Ingredients for Lemon Curd Tart

1 rolled-out round of rich tart pastry

3 whole eggs plus 3 egg yolks, lightly beaten

 $\frac{3}{4}$ cup sugar

³/₄ cup fresh lemon juice, strained (about 6 large lemons)

2 Tbs. finely grated lemon zest

12 Tbs. (1¹/₂ sticks) unsalted butter, cut into ¹/₄-inch cubes

Sweetened whipped cream for piping