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Alton brown pie crust cornmeal

Pi: Mathematicians have meditated to the depths of his nature for centuries only to find more questions. For many chefs, the pie is no less enigmatic. Of course, when we say pie, we mean fruit pie and therefore crust. And that's where the contradiction lies. Ask any American to describe the perfect crust you're going to get the same cockamammy response, auction and flakes. Tender Lakey oxymoron torments me. Why doesn't anyone see that they're opposites. Flakey is crispy, structural as puff pastries. Tender is soft, flexible as a biscuit. Put them together you have a biscuit that will break. No matter what we do auction and flakes will forever remain extreme polar on the pie/crust continuum. Of course, opposites attract. If we apply the right science, the cunning technique, the right ingredients that we could, we should, we create a pie crust that is really good, without being good pain. Yes. SCENA 2 Crabapple Kroger: Alpharetta, GA - 11:57 Part #1: Flour Now, since I want a crust that can take the trip from pan to plate without carving the knife, I stick to the middle of the road with all purposes or AP flour. Part #2: Humidity Most pie recipes call for iced water, but I don't see why the liquid shouldn't have to bring some extra flavor to the party. Take a concentrate of apple juice. It is mostly water, but it also contains acid, which will help in the formation of moderate gluten and sugar, which will help build the crust. And it's cold, so it will help maintain solid fat while we work on the dough. Part #3: Shortening or ... Shortening makes an extremely tender pie crust. Shortening remains soft through a wide range of temperatures, so it easily integrates with flour. Now it doesn't contain water, so it doesn't add to gluten production. But shortening does nothing for flakes, structural integrity or flavor or color. Because you need butter, which makes a whole different pie crust. See, the butter can be chilled rock hard, so when rolled into flour it streaks creating a flake crust. Butter also brown when cooked, which brings flavor and color to the party. But it also melts at a very low temperature, so you've got to work fast and cool or before you realize it, the butter will be running off the dough and on the dog's head. Which butter is the best? Well, I like premium high fat butter for sautéing and sauces, but that's another show. When it comes to pie crust, I don't care if the cows grazed on organic yolks. I need freshness. See, butter loses sweetness and pick up funky flavors as the ages. So date and go for the youngest you can find. Oh, unsalted only please. Fresh butter = large crust SCENE 3 Kitchen Start by placing the bowl on the scale and then Zero button, hard button, scratch it so we're not weighing the bowl along with the ingredients. Now, the first great player, the first building block so to speak, is fourteen ounces of all purpose flour. That's about two and a half cups. Zero of the amount after each addition. Now we're back to zero to start over. 14 oz AP flour or about 1/2 cup Of course, sugar does the same, which is why we add three tablespoons of sugar. Of course, apart from the other thing I was just talking about, sugar also helps the dough to brown as it cooks. And since its hygroscopic also helps to keep a little moisture. 3 Tle Sugar Now, just because this is dessert doesn't mean it shouldn't be seasoned properly, so we'll add a teaspoon of salt to the sereper. 1 teaspoon of salt next to it Now, second block, butter. Two sticks to be exact. That's a pound, eight ounces, sixteen tablespoons, 48 teaspoons. 2 sticks butter = 1 cup = 1/2 lb = 8 oz = 16 Tbls = 48 teaspoon Now we want to get this prepared to go into fat, so what I'm going to do is put it on some parchment. But before I throw it away, I'm going to throw away some flour. It makes it easy and fun, which is a wonderful combination. So just cut right down through this just like this, just pieces, just pieces. Leave everything on the board. Put a little more flour. There, there. Now, we have reached the great axiom of the pie crust that everything, solid and fat alike, must be chilled. So, straight out in the cold. Why bother with this step? Because flakes happen with cold pieces of butter are rolled into flour creating layers of fat. On the other hand, auction happens when soft fat is well worked in covering individual grain flour. Of course, it is obvious that a synergy with auction flakes could be achieved if both cold and hot butter were worked in flour. Cold + Hot Butter Chalky + Tender So I'm going to recover a stick, which is four tablespoons of butter from the refrigerator and let it come to room temperature. 1/2 Stick Butter room temp Now tool time. SCENE 4 Bed, Bath & Beyond: Dunwoody, GA - 10:01 GUEST: W, Equipment Specialist [W read, Dealing With People You Can't Stand: How to Out the Best in People at The Christm, by Rick Brinkman, Rick Kirschner] AB: Hi, W. W: [all smiles] AB. What can I do for you? AB: Oh, I'd like to buy a food processor today, please? W: Oh, one of my specialties. Just follow me. AB: [beating ground stuff on purpose] Oops. W: Oh, don't worry about that. We'll take care of it. Come this way. Now the market is full of power processors with a wide variety of features, accessories and price tags. AB: So you choose? W: Well, in the long run you want a machine that can reliably perform a wide range of tasks, right? AB: Like in the commercial. Wider is better. W: Yes, the wider it is better. that's very good. wider is better W: Then it comes down to ease of use and that is determined by the design of power. AB: Oh, power. It's easy to tell. What you're doing is looking at the bottom of the engine holder and it's got some kind of relief right there, 120 V... W: You know, you know the total power is not as important as how the power is transferred to the working bowl and the engines mounted at the bottom do the bottom do the bottom are better AB: Okay. But does it stick with the design? Oh, I like that with all the buttons that I can't help noticing that I'm not your fist today. W: Well, you know, that's because I decided not to allow childshness to affect me and all you need is an on-off switch and a pulse switch. On Off Pulse AB: Okay, good that takes care of the power train. How about bowling up? In case you haven't heard, size matters. AB: Actually, what I've heard is that the size is... W: Well, you know small, if it's too small of a bowl, then you can't mix soups and you can't break into large pieces large amounts of cheese. A bowl too large and then working with small amounts becomes difficult. AB: Well, pick one for us. Goldilocks. W: Well, see that you want a bowl that is nine to eleven cups. Look for a thick heavy bowl that is less likely to break. And it's more of a silent machine. AB: Oh, okay. 9-11 cup capacity ... is better thicker ... it's better... & Quietier W: And, you know, if you have a wide feeding tube that's great. That's a good feature. AB: Wider is better. W: Oh, wide. Wider is better AB: Ha, ha. W: I remember. You know that this also has a flat top for when you don't use the feeding tube, wider is ... Okay, so we have a strong, mounted on the bottom, a bowl of 9-11 glasses that is thick and a few different tips. W, you're amazing. Once again, you sold me out. Thank. Engine mounted on the bottom 9-11 cup bowl (thick) more W tops: You are welcome. First First food processor, Cuisinart, was invented by physicist Carl Sontheimer in 1971. SCENE 5 Kitchen In addition to our new phase two hardware food processor includes a rubber spatula, about a two-metre-long piece of wax or parchment paper, a squirt bottle containing three tablespoons of frozen apple juice concentrate and two tablespoons of H2O and a very stainless steel bowl currently housing or now chilled, dry ingredients. Here's the plan. First, we will process the dry ingredients just to make sure that they are well combined. Put them in the car, put them on the lid and pulsate two or three times. You just want to make sure that corn flour and salt are fully integrated, pulse to combine Now we add half stick to the room temperature butter. Remember, it's two ounces and just kind of throw it around make sure you don't stick there. All right, here we are. Lid it and process it until the fat completely disappears. 1/2 stick (2 oz) room temp butter The reason I work in pulses is because the heat from the engine will come into the bowl if the process too long. Working in pulses There, the butter is completely gone, but what we have is to see that the flour is kind of looking flakes. That means the fat has cashed all those little particles of flour and that will give us sensitivity. All right, let's add the rest of the butter. Fully integrated butter trick here is that the rest of the chilled butter has to go in instalments, so we'll split it in half just like that, yes, kind of like that. 1/2 1/2 This amount will come in and we will pulsate maybe, ah, ten times. And what we're looking for here is some kind of pea meal. I'll be working in a second. What I'm looking for is something that looks like the English peas over there. How long this takes will depend on how cold the flour is, what kind of day it is outside, what kind of flour you used. There that looks about right. See, we got some kind of pieces in there. That's exactly right. Now, the last installment goes in and we're going to process this for a very short period of time because what we're looking for is pieces. We want some kind of big chunks of butter. So, three, four pulses at most. One. Two. Three. I'll give him a four. Four. Ok. There, there. Now we have some big pieces of butter here like this and these are very, very chunks when thrown into the final dough will create those long pieces of fat, you see. And as they melt, the dough around it sets the creation, guess what, flakes, and flakes is a good thing to have. Okay piece, now I've come to the big rule, cardinal to make pie dough and that has integration of liquids. So I'm going to turn this whole table into a stainless steel bowl. Same bowl is fine. By the way, if you put your finger in the middle of this you will keep the blade from falling out. And now we're going to add as little liquid as possible. Now I like using a spray bottle because I think it covers the largest area with the smallest amount of liquid. You don't have to have a dinosaur, but if you're lucky you do. Use as little moisture as possible just spray the top until it starts to shine and then fold with a rubber spatula because we're probably going to work in a total of, well, three tablespoons. But it might not take that long. Again, it depends on the day. It's not a hard and fast rule. There we'll go with a little more just over the top. I'm going to delete it and fold it. about 3 liquid Tbls ... give or take a Tbls Now, when you think you might be getting close, just get down and grab a full hand and make a punch. Way. Now look at her, did she take the cookies out of your hands? Crumble? Or does it break clean like this? That's my estimate just about perfect. But I'm going to give it a little extra because it's a dry day and I know that the flour will be able to take a good bit of moisture. There, there. Another commotion. There, there. I'll pack it. Just kind of gets into making a mound out of it, okay, like this. And then push down in the middle. There, like this. Then I take the parchment paper, the wax paper, anything that pushes down right on top of this. Then I'll turn it around. There, there. Now I know it doesn't look like dough, but it will. It's going to crack like this, so fold it gently. It's like a gift packing a package. That's exactly what it is. Fold in wax paper and again, this goes in the fridge for a number of reasons. I know we do a lot of chills here. For one thing we want fat, which is now weakened a little to kind of re-solidify a little. But more than that, we want to give the dough time to hydrate, absorb a little moisture that we gave it, and that'll take about 20 minutes there. Now, why be so stingy with moisture to start with? It's all about bungee jumping. SCENA 6 Kitchen GUEST: The Other Brown Action Figure As soon as you add water to the flour, it is found any protein is available and creates these small elastic fibers called gluten. Now, they're just laying there at the moment, but as soon as you start working the wet dough, start rolling it out, well, it's a lot like when I go bungee jumping. H2O + Protein + Gluten Agitation ALTON BROWN ACTION FIGURE: [jumps] Aaaaah. Because you see, just like a bungee rope when these gluteins cook her rec. Which is why a lot of wet Doughs go into this great oven and come out about this great. [indicates ABAF] Nice devil, huh? Humble pie: a medieval peasant dish made from animal entrails or humble. SCENA 7 Kitchen [No ???] filling, the crust remains unfulfilled. But as far as I'm concerned, if the stuffing is not good enough to enjoy the crust does not belong inside the crust. But this stuffing is one I'd eat with a straw. He's so good. Start by heating the cast iron pan or heavy non-stick pan over medium heat and add two peeled D'Anjou pears with core and thin slices. Stir for two minutes, then sprinkle three tablespoons of balsamic vinegar, then stir for 30 seconds more. 2 pears D'Anjou peeled & sliced 3 tbs balsamic vinegar Follow four tablespoons of sugar. Then, once the pears have softened, grill on a pinch of nutmeg, sprinkle on a quarter teaspoon of cinnamon and add two tablespoons of butter. Melt slowly, then toss into a cup of blueberries, remove from heat, sit on a teaspoon of flour to thicken and bring to room temperature. Because if you were to put this on the dough right now, well, it's so hot it would melt. So, it's time to roll over, but with what? 4 Tbles Sugar Barbecue on a pinch of nutmeg 1/4 teaspoon Cinnamon 2 Tbles Butter 1 Cup Blueberries 1 Tlbs flour Of course when it comes to rolling needles there are a lot of options out there. My personal collection includes metal, marble, French, the ones that make impressions, the ones that cut shapes. But if you're just going to own one, go big and go heavy. 14 inches of solid maple is the way to go. Now, of course, anyone who has tried to make any serious run knows how hard it is to get a dough disc up to a quarter of an inch thick. Fortunately, this is a Mcgyverable dilemma. The answer, of course, is a rubber bands used as spacers on each end. Just to make sure we have the right depth, remove your tailor's ruler and make sure you have a quarter of an inch. Other phase three hardware includes a pizza cutter, floss, a sheet of parchment paper and a half sheet pan. That's an insurance policy that we're going to take out by putting it in the freezer. Pizza cutter parchment dental floss (or wax paper) 1/2 sheet pan Do you remember that crumbly pile of dirt I had twenty minutes ago? That's what happened to her. This happens when a dough has time to rest and hydrate. It feels, it feels perfect. If we'd left him there, we probably should have let him stay at room temperature before we worked it. And ounces of butter, a small amount of water. And you need a little flour because we'll erase as much as we can afford. 1 oz (2 Tbs) small bowl butter H2O flour So dust just kind of strow this with flour, just throw it throw it The dough goes right in the middle of the table. Now start with the pin straight down and move straight out, turning ten minutes each time. Don't get into this business [running in any way] or you'll turn into a protozoa. Keep rolling in the middle. And if it sticks, use the floss to separate the dough from the table. Dental floss Now even qualified rollers are going to end up with a slightly deformed dough. If that happens, use the pizza cutter to bring him back into the round. Pizza cutter If you have any melting or heating of the dough, apply that cold pan. That will help to reset the fat and will give you a little more time to work. Very cold pan Now, keep rolling and turning straight down and straight until you no longer feel any resistance. That's how you know you're a quarter inch thick. Roll it on the needle, put it on a parchment covered inverted pan. Now, just kind of smooth cracks and tears, if any. look me... without pie and we will add a cup and a half of cake crumbs, either white cake or pound cake will do well. Add great flavor. And just spoon on the stuffing. You see, the stuffing will stick to those cubes, keeping him running away. A few tablespoons of butter just for added flavor and color and we are ready to fold, not the required pan. Sweet, isn't it? Just crimp cake cubes and add a little water as you fold the dough, almost like folds. Cold water There is a more kind of color and flavor layer we can add and all we have to have is a beaten egg mixed with a little water. This is what's called an egg wash. I'm going to slurp him out. This will provide additional browning. The egg is mostly protein and brown protein. That's what they do. 1 egg, beaten + 1 Tbls H2O I think I'm going to add just a little sugar just a sprinkling. That'll make it look a lot nicer when it comes out. It will shine and add a little more sweetness to the crust. That's a teaspoon, tops. 1/2 teaspoon of sugar Everything is in place and this now finds its place in a 400-degree oven right in the middle on the top shelf. 400 ° I'm going to set the timer for about 25 minutes, although the chances are very good that its going to take at least 30 minutes. I want to check in 25 years. Prepare your appetite. check-in 25 min. In France, galette refers to any freeform tart, either sweet or salty. SCENA 8 Kitchen Thirty minutes later and this is what we've got to show for ourselves. Now, it looks done. We have a lot of great color, but that could be from washing eggs or even from sugar. Just so you know for sure you need to press a little bit on it. If the folds kind of yes, but feel like they would break if you kept them you're there. It's done. You can also take a look at the filling. It's kind of glazed over, maybe a little balloon in there? yes, this galette is a go. 30 minutes later, you could pull this, cut it and serve immediately. But those who are in know about galette know that it is better to let it go to room temperature, then serve. cool & serve at room temperature Of course the question remains, will this finally get me rid of these diminutive demonic pugilists? There's only one way to find out. [take a bite]. Mmm. Definitely flakes and yet, and yet auction, too. Eh! Now, look. After I see things, you can coexist, with flakes and tenderness. I mean, come on. Without a bit of flakes, the tender crust just lies there and crumbles into the pan. What good is that? It's you. [to Tender] I mean, come on. Without a little tenderness what is flakes, but all structure and no soul. No, you belong to each other. You should be with each other. It's the American dream, cheap and tender. God, there's nothing like a good love story unless, of course, it's Good Eat. I'll see you next time. Last edited on 27/08/2010

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