

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Apple Pie**

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Prepared for: Safaa Muhanna.

Prepared by: Group **1**

(Ola Hammad,1200725)

(Raneen Zaid,1200843)

(Lamis Ramadan,1202115)

(Majdal Alkhatib,1201563)

(Roze Samhan,1203229)

(Somoud Abuilkhair,1182777)

Introduction

Apple pie It is an example of a plain pastry that has a sweet taste and is served as a dessert. Apple pie is a popular food in the United States of America, and it is a symbol of American culture and is a kind of dessert loved by many. It is made of creamy dough with a double crust and stuffed with apple sauce added to it with cinnamon and sugar, and there are many ways to make it. The ingredients for apple pie are flour, water, salt and fat. The ingredients for the filling (sauce) are apples, flour, sugar, cinnamon, salt and butter So the main purpose of this recipe is to learn how to make a double crust pie using the traditional/standard mixing method of making pies, and to know how to mix the ingredients and what tools to use in this mixing method. (1)

Ingredients

Pie crust

• 2 ½ cup of all-purpose flour

• ½ tsp of salt

• ½ tsp of sugar

• 200 g of margarine

• 10 Tbsp. of water Filling

• ¼ cup of granulated sugar

• ¼ cup of all-purpose flour

• ¾ tsp cinnamon

• ¾ tsp of nutmeg

• Dash of salt

• 3 medium apples

• 28 g of margarine

Procedure

1. Flour and salt were mixed in a mixing bowl.

2. Shortening was cut into flour mixture until particles are the size of a pea.

3. Water was sprinkled on the mixture, 1 Tbsp. at a time tossing with whisk until all flour is moistened and pastry almost leaves side of bowl.

4.      Pastry was gathered into a ball and cut in two pieces (almost 5/8 and 3/8).  Shape into 2 flattened rounds.

5. Sugar, flour, cinnamon, nutmeg, and salt were mixed in bowl

6. Sliced apples were mixed with sugar, flour, and seasonings; and then spread in pastry lined pie plate.

7. Margarine was cut into small pieces and sprinkled over the apples in the pie.

8. The pie and the filling were covered with slices of pastry

9. The pie was baked in 425 ° F oven for 40-50 minutes, removed aluminum foil during the last 15 minutes of baking.

10. The obtained pie was sliced and served.

Product evaluation

General nutritional evaluation, Apple pie is a good source of carbohydrates since it is mainly made of starch (flour), it is also very rich in fat due to the big amount of butter used in the recipe, it has a good amount of sugar since it is part of the filling, it is rich in potassium and sodium, there are variety of vitamins in apple pie such as vitamin A, B6, E, etc.., Also fiber is involved in the recipe coming from apples. A slice of a homemade apple pie has about 170 calories and may be lower or higher depending on the sugar and fat amount used. A slice of an apple pie is not bad to have for a person that wants to lower the daily calorie intake but eating more than needed or eating it with a side like ice cream will add on the calorie intake. Overconsumption of apple pie will increase the amount of fat in the individual’s body which is not good.

 Taste evaluation:

Lamis: the pie was very tasty with a good, it was crunchy from the outside and well-baked. Using the apple as a filling with other flavorings was a very good idea.

Rose: The apple pie was very tasty, I liked the combination of sour and sweet in it, it was crunchy and flakey., that made it perfect.

Raneen: we got the flaky pastry as it should be, the taste was good and smooth in mouth because of the “very” thin slice apples.

Majdal: It was very good and the dough was crunchy as required in addition to the distinctive taste of apple and full of delicious flavors.

Ola: the apple piewas perfect, the amount of sugar, the crispy, the filling was all very tasty. The apples with the cinnamon mix have a distinctive taste.

Somoud: The apple pie tasted good and very tasty even though I am not a big fan of it.

Discussion and Conclusion

The apple pie is of the Double Bay type and contains a very large amount of fat, the fat of the liquid type, so it is not that healthy. Its dough is Flicky and Flick depends on many factors, which is the type of flour, it should not contain gluten or little gluten because the gluten makes it the dough is a pastry or bread dough, not crispy like a pie, and it depends on water. Excessive water makes the dough chewy and not crunchy. It depends on the type of roll. If I want a soft pie and not crunchy, I use vegetable oil, and if it does not give me many layers and crunchy, I use solid fat, and also the method of kneading and the time of forming and stirring, the more times we put it in the refrigerator and stir it more, the pie will be more flicky and crispier, but we did it once. There is enough space in the dough. When it enters the oven, the fat melts and becomes filled with air, and this makes the texture of the pie beautiful, and the fat also makes its color after baking more red.

References

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