K# P#

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| Group Members | Absent on Lab day? |
| ☺- Lab Leader |  |
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Chocolate Banana Cream Pie

Ingredients:

**Read through the directions/ingredients and:**

**CIRCLE** all of the equipment needed

**UNDERLINE** all of the cooking techniques

1/2 cup sugar

1/4 cup cornstarch

1/4 teaspoon salt

1 & 1/2 cups milk

1 cup heavy whipping cream

3 eggs yolks, lightly beaten

1 tablespoon butter

2 teaspoons vanilla extract

1 pastry shell (9 inches), baked

4 ounces semisweet chocolate, melted

2 medium firm bananas, sliced

Directions:

1. In a saucepan, combine the sugar, cornstarch and salt.
2. Gradually add milk and whipping cream until smooth.
3. Cook and stir constantly over medium-high heat until thickened and bubbly, about 2 minutes.
4. **Temper** a small amount of custard to egg yolks; mix well. Return all to the pan.
5. Bring to a gentle simmer; cook for 2 minutes, stirring constantly.
6. Remove from the heat; stir in butter and vanilla.
7. Pour half into the pastry shell; cover and refrigerate.
8. Add chocolate to remaining custard; mix well.
9. Arrange bananas over first custard layer.
10. Carefully spoon chocolate custard on top of banana layer.

Pre-Lab Questions:

1. While cooking the custard, what is very important to do while it is on the stovetop?
2. Define “cutting in” (you did this technique making the pie crust)
3. Opposite of making bread dough, what do you NOT want to make sure you do when mixing/kneading? (Notes!)
4. What temperature should the water always be when making a pie crust?
5. What different techniques can you do to flute the edges of your pie? (notes!)
6. What are the 4 key ingredients to making a pie/pastry crust? (Notes!)
7. In no less than 3 sentences, explain what it means to temper an egg and why you temper it.
8. Draw a picture of the final pie product: Label each filling layer as to what it should be. Include how you plan to flute your pie crust.

Post-Lab Questions:

In at least 1 complete sentence, explain how this recipe relates to our current unit. Give a **SPECIFIC** example of something you learned from notes, demos, discussion.

Rate the recipe/lab experience on a scale of 1 to 5 (with 1 being the lowest and 5 being the highest).

**Group Cooperation** 1 2 3 4 5

**Followed the Recipe** 1 2 3 4 5

**Overall Final Product** 1 2 3 4 5

**Used Time Effectively** 1 2 3 4 5

**Appearance** 1 2 3 4 5

**Taste**  1 2 3 4 5

**Texture** 1 2 3 4 5

Describe the final product using complete sentences!

**Appearance-**

**Taste-**

**Texture-**

Foods Lab Clean Up

Failure to perform any of the above tasks will lose points for your entire group! **Remember, this is a GROUP grade…WORK TOGETHER!!**

Lab Leader Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher Signature: (must be before bell rings) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_