

# The Story of Pie

## Part 1



Ug. Me no have pie. Me sad.

Once upon a time there were cave people. Sadly, cave people did not have pie.

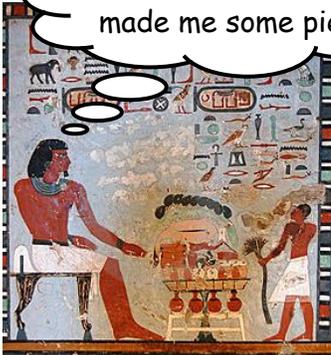
Then, people learned how to farm wheat, so they could make flour out of it.



wheat

*To make flour, all the little kernels have to get pulled off of the plant and smashed down. It's a lot of work!*

Mmmm, I hope he made me some pie!



They invented ovens made of stone. One day, someone said, "Hey! Let's mix flour and water into a paste and use it to make a little dish to hold the meat. That way, the meat can stay juicy while we cook it!" So they started wrapping the meat in flour paste before they cooked it. Ancient Egyptians cooked some of their food this way.

Ancient Greeks got even better at making pastry, and other Mediterranean cultures learned about it from them. This included the ancient Romans.

Ancient Romans made galette-style pies like the one we are making today. As the Roman Empire spread all over the known world, everybody else learned about pie.



I keep telling you - first we conquer them, then we give them pie!

# I Like Pie

# Strawberry Galette

*Makes two small-ish galettes, plenty for 4-6 to share for dessert. Best served hot, with ice cream!*

## Ingredients

One disk of pâte brisée, cold from the refrigerator *(you will use just one of the two disks of pastry you made)*

16 oz fresh strawberries

2 T sugar, plus more for dusting the galette

Optional: ¼ tsp cinnamon *(ancient Romans didn't have cinnamon, but it tastes good in this!)*

Rinse all the strawberries, and lay them out on paper towels to drain. Lay more paper towels on top of them and press down gently to dry them.

Hull your strawberries like this: use a table knife to slice straight across the tops to cut off the stem end (with the green leaves). You can save the red parts of these ends to eat – we won't use them for this recipe.

One by one, stand each strawberry up on its cut end. Cut it in half down through the top (vertically). Hold the two halves together and cut them in half, down through the top, the other direction. You will have four long slices from each strawberry.

Put all the strawberries in a large bowl. Sprinkle them with the sugar (and the cinnamon if you are using it). Use a large spoon to mix them around so they are each evenly coated.

Roll out the disk of pastry into a rough rectangle that is about 20 wide and 10 inches tall, and about 1/8 inch thick (use a ruler to measure). Use an upside-down bowl that is about 9 inches in diameter (across the middle) as a giant cookie cutter. Turn your bowl upside down and place it on one end of your rectangle, right up against the edge of the pastry. Press down to cut out a circle. Do the same on the other end of the rectangle. Gather the remaining scraps and roll them into a ball with your hands. Put them back in the refrigerator to save for another use (maybe cookies!).

Line a cookie sheet with baking parchment paper. Place one of your pastry circles toward one end of your cookie sheet. Use a large spoon to scoop a mound of strawberries into the middle of the circle (you should use about half the strawberries). Gradually fold or roll the edges of the pastry toward the middle, evenly all around, to make a nice edge for your galette. Place the other pastry circle toward the other end of the cookie sheet and repeat the process. When you have two galettes, put the cookie sheet in the refrigerator for 10-15 minutes. Turn on the oven and preheat it to 400°.

Take the galettes out of the refrigerator and use your impeccably clean hands/fingers to sprinkle sugar all over the pastry part of each galette (the strawberries already have enough sugar). Put the galettes in the oven and bake for about 30-40 minutes, until each galette is bubbling and golden brown.