

FIRE AND FREEDOM Lesson Plan: A Fine Dessert

Student Name
Date
Class Period

Apple pie recipe from Eliza Smith's book (p. 138)

Make a good puff paste crust, lay some round the sides of the dish, pare and quarter your apples, take out the cores, lay a row of apples thick, throw in half the sugar you design for your pie, mince a little lemon-peel fine, throw over and squeeze a little lemon over them, then a few cloves, here and there one, then the rest of your apples and the rest of your sugar. You must sweeten to your palate, and squeeze a little more lemon. Boil the peelings of the apples and the cores in some fair water, with a blade of mace, till it is very good; strain it and boil the syrup with a little sugar, till there is but very little and good, pour it into your pie, put on your upper crust and bake it. You may put in a little quince or marmalade if you please.

Work with you partner to rewrite the above recipe in 2 categories and in your own words:

What ingredients are used in the recipe?	What are the steps for making this apple pie?
 Puff paste crust or pie crust [flour and butter or lard shortening] 	1. Lay down puff paste crust to cover the bottom and sides of the baking dish.
• Sugar	2. Peel, core, and quarter apples. Set aside peels and cores.
• Lemon peel and juice	3. Place a bottom layer of apples in the baking dish and cover the layer with half of the sugar, a little peel and juice of a lemon, a few cloves.
• Cloves	4. Add rest of apples and sugar to the dish.
• Mace	5. Make a syrup by boiling the apple peels and cores with clean water, a blade of mace, and a little sugar.
• Fair or clean water	6. Strain the syrup and pour it into the pie. Optionally add a little quince or marmalade.
• Quince or marmalade, optional	7. Place the top crust on the pie then bake it.

