



## PERSONAL PEAR PIES

Yield: 8 pies

### Your Step By Step Guide

#### A few days in advance:

Check to see what ingredients you have and make a shopping list. This can be fun to do together.

You will need:

- Pie crust (1 pound)
- Flour (2 – 3 tablespoons)
- Pears (4 – 5 small)
- Egg (1)
- Turbinado sugar (1 tablespoon - you could use brown sugar)
- Cinnamon (½ teaspoon)
- Unsalted butter (½ stick)
- Heavy cream (½ pint)
- Parchment paper

*Tip: Homemade is always best, but for this lesson we chose store bought for ease. Trader Joe's crust is easy to work with. If you are looking for an organic option, we recommend Wholly Wholesome.*

*Tip: If the pears that you have or are planning to purchase are not ripe yet, store them outside the fridge in a paper bag for a day or two.*

#### A few hours in advance:

If you are using store bought frozen pie crust, let it thaw in the fridge, or in a cool place in the kitchen for a couple of hours.

#### Right before you start:

Peel, halve and core pears, leaving only the number that you would like your child to peel. For example, if your child is older – you might have him peel and prep all the pears. If your child is younger, it might be best to leave just one for your child to peel.

Organize your work station, your child's work station. Have all the tools and ingredients you need ready to go.

*Your station:*

- Peeler
- Knife
- Cutting board
- Bowl with pears (some peeled as per note above)
- Copy of the recipe (if your child is of reading age, have a copy printed for her as well)

*Child's station:*

- Unpeeled pear
- Cutting board
- Rolling pin
- Basting brush
- Small bowl for egg wash
- Bowl with dough
- Measuring spoons
- Glass measuring cup (for liquids)
- 1/3 cup dry measuring cup
- Wooden spoon for mixing the sauce over stove
- Flour, sugar, cinnamon

*Other:*

- Parchment lined cookie sheet
- Sauce pan

*For the pies (makes 8):*

- 1 pound ready to use pie crust
- Flour for rolling out dough
- 4-5 small pears. They need to be ripe enough to eat.
- 1 egg
- 1 tablespoon turbinado sugar
- ½ teaspoon cinnamon - optional

*For the caramel sauce:*

- 4 tablespoons unsalted butter
- 1/3 cup heavy cream
- 1/3 cup turbinado sugar
- 1 tablespoon vanilla extract

Directions:

1. Walk through the ingredients and steps of the recipe so that you can both make sure that you have what you need and understand what you are making.
2. If your child can read, have them look at the recipe to find the oven temperature. Turn the oven on to 375 degrees. *Safety tip: remind them that only a grown up can turn on the oven or stove.*
3. Demonstrate for your child how to pick up a peeler by the handle so that they don't touch the blade. Show them where the sharp parts of the peeler are and demonstrate how to peel a pear *Tip: Hold the pear by the stem and peel away from fingers. Pears can be tricky to peel as they can be slippery – you will need to be patient and may need to peel together. Kids can eat the peels – don't let them go to waste!*
4. Cut the pears in half lengthwise and remove the seeds using a small measuring spoon. Set the pears aside in a bowl.
5. Wipe and dry your child's cutting board and have them grab a pinch of the flour and sprinkle it on the

board. Put the dough on the board.

6. Show your child how to use a rolling pin. *Tip: place the rolling pin in the center of the dough and roll upwards, then bring back to the center and roll downwards. Always try to keep the dough in a shape of a square or rectangle, for our purposes.*
7. Have them start the job of rolling out the dough, so when you will get “your turn” you can “fix” any areas that need to be perfected. Roll the dough to about ½ inch thickness, wide enough for 8 pear halves to fit on the dough with about 1 inch on all sides.
8. Cut pie crust into 8 pieces, slightly larger than the size of a ½ pear. Have your child place one pear half flat-side down in the center of each dough piece. Demonstrate how to roll the edges of dough up and around the pear to create a pear-shaped crust (leaving the top, rounded part of the pear, exposed). Help them to do the others.
9. Cut off a small portion of the extra gathering of dough at the bottom of each pear.
10. Cut extra dough into a leaf shape, pressing a dough leaf onto the top “stem” of each pear. You can use a knife to make more of the leaf details like the veins. Depending on the age of your child, you can have your child cut the remaining leaves – a plastic knife would work fine. Another option is to give your child a small piece of dough and have them shape the dough into the shape of a leaf.
11. Transfer the pies gently to a parchment paper-lined baking sheet.
12. Help your child crack the egg into a bowl (we find that children as young as three and four years old can crack an egg once given the chance to practice).
13. Measure out 1 tablespoon of milk and add it to the bowl. Have your child look at and read the measurement on the spoon. Beat with a fork.
14. Using a basting brush, have your child “paint” the pears with the egg wash, fruit and crust.
15. Show your child how to pinch a bit of turbinado sugar and sprinkle the pears. Have them do the same with the cinnamon.
16. Place the pears in the oven and bake for 25-35 minutes, or until the dough is golden brown.
17. The caramel sauce is optional. The pies will be delicious without it, but if you’re up to it, you can make it when the pies are in the oven. Place all the ingredients of the sauce in a small sauce pan and melt over medium heat. Have your child help you to measure out the ingredients. Lower the heat and cook for another 10 minutes until it thickens. Let cool.
18. Drizzle pies with 1 teaspoon caramel sauce. Serve warm or at room temperature.

#### Additional Talking Points and Activities:

- Have a couple of different kinds of pears available and more than what you need for the recipe. Have your child taste the different pears, then ask them to do a taste test with their eyes closed to see if they can tell the difference. Have them use words to describe the similarities and differences. Have them choose their favorite and tell you why.
- If you are not making the pie crust, read the ingredients with your child.