Follow the parallel paths of preparing a frozen fruit pie.
Freezing is an easy method of preserving food at very cold temperatures.
Freezing stops the growth of any microorganisms that may be present and slows the foods' natural enzyme activity.

**PREPARED**
Select high-quality apples; wash, peel and core.

**HOME PREPARED**
Wash surfaces, utensils and hands.

Prepare apple pie filling adding measured amounts of sugar (to offset tartness), lemon juice (to inactivate natural enzymes that cause browning) and spices.

Prepare pie dough for the crust. A basic pie dough is three parts flour, two parts fat and one part water.

Place apple pie filling between two uncooked layers of the pie dough.

Before baking, make a slit in the top crust to allow steam to escape.
Cook pie thoroughly to recommended internal temperature.
Check internal temperature after baking using a food thermometer.

USDA SR 24. Apple pie (18302) 1/8 of 9” homemade apple pie (155 grams) = 411 calories; one Marie Callender’s serving of apple pie (142 g) = 340 calories.

Butter has a sensitive melting range, which is one reason bakers used to hire pastry makers only if they had cold hands.

Pie crusts were originally developed in the Middle Ages to contain and preserve meat mixtures.

Freezing converts the water in food into ice crystals. Getting foods to a frozen state quickly helps keep the ice crystals small. Small ice crystals result in less damage to the cell walls of the foods and a better final texture.

Freezing expands and contracts the water in pie crusts. Crusts with a larger amount of fat are more stable when frozen.

Fruit filling in pies contains the fruit with sweetening and a thickener such as flour, cornstarch or tapioca. Thickeners help keep the fruit juices from boiling over during baking.

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Shortening and lard produce more tender and flaky crusts compared to butter. Salt is used to bring out the flavor of the crust.

Calories per Serving:
- 340 (One serving of Marie Callender’s pie)
- 411 (One slice of homemade pie)

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