

act Handbook



act Sample Offer

Title:

Apple Pie Baking Workshop

Subtitle:

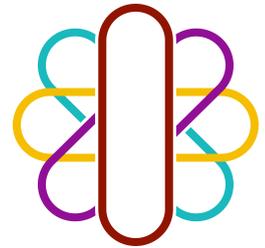
Learn How to Bake Apple Pie Together

Description:

Experience an autumn afternoon where we pick fresh apples straight from the tree and then turn them into a fragrant apple pie in the kitchen. You will learn how to select the best apples, prepare the dough, and bake the perfect pie. In the end, you'll get to enjoy your own handmade creation and take a slice of pie home with you.

Meeting Point:

Apple Orchard, Tree Street 5, 12345 Orchardville



Timeline Example:

- **Date:** October 22, 2024
- **Time:** 2:00 PM (Saturday Afternoon)
- **Duration:** 3 hours

Participant Information:

All baking ingredients and materials are provided. Please wear comfortable clothing that can get a little messy. If you have any allergies, please let us know in advance.

Age Recommendation:

25 to 35 years old

Tickets:

- **Tickets:** 6–8 (depending on kitchen size)
- **Price per Ticket:** €30 per ticket

Labels:

Baking, Autumn, Apple Pie

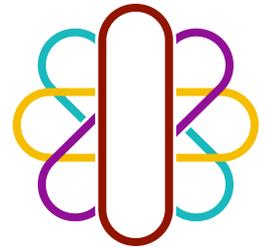
Recipe for Apple Pie

Ingredients for the Shortcrust Pastry:

- 250 g flour
- 125 g cold butter (in cubes)
- 75 g sugar
- 1 egg (size M)
- 1 pinch of salt

Ingredients for the Apple Filling:

- 5–6 medium apples (Boskoop or Elstar)



- 50 g sugar
 - 1 tsp cinnamon
 - 1 tbsp lemon juice
 - 1 tbsp flour (to bind the apple juice filling)
 - 1 handful of raisins (optional)
 - 1 egg for brushing
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Preparation Steps:

1. **Prepare the Shortcrust Pastry:**

Quickly knead flour, butter, sugar, egg, and salt into a smooth dough. Wrap the dough in cling film and let it rest in the fridge for 30 minutes.

2. **Prepare the Apples:**

Wash, peel, core, and slice the apples. Place the apple slices in a bowl and mix them with sugar, cinnamon, lemon juice, and optional raisins. Add the flour to bind the juice.

3. **Form the Pie:**

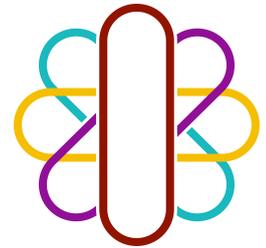
Take the shortcrust pastry out of the fridge and roll it out on a floured surface. Place the dough in a greased pie pan and create a small edge. Evenly distribute the apple filling over the dough.

4. **Bake the Pie:**

Preheat the oven to 180°C (356°F) with top and bottom heat. Bake the apple pie for 40–45 minutes until the dough is golden brown. Shortly before the baking time is over, brush the pie with a beaten egg for a shiny surface.

5. **Enjoy:**

Let the pie cool down a bit after baking and enjoy it while it's still warm!



Shopping List for a Pie:

Depending on the group size, you should either make two pies or each participant can make their own pie in smaller pans, enhancing the hands-on learning experience.

For the Dough:

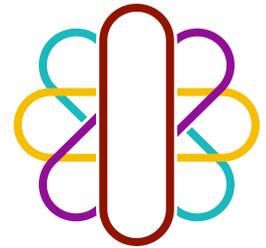
- 250 g flour
- 125 g butter
- 75 g sugar
- 1 egg
- 1 pinch of salt

For the Filling:

- 5–6 medium apples
- 50 g sugar
- 1 tsp cinnamon
- 1 tbsp lemon juice
- 1 tbsp flour
- Raisins (optional)
- 1 egg (for brushing)

Tips and Tricks:

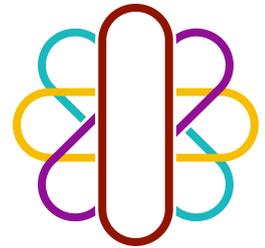
- **Choosing the Right Apples:** Use firmer apple varieties like Boskoop or Elstar that won't fall apart in the oven and will retain a nice sweet and tangy flavor.
- **Perfect Dough:** Keep the butter cold for the shortcrust pastry to ensure it turns out crispy. Knead the dough only lightly.
- **Apple Combination:** Mix different apple varieties to give the pie a more complex flavor.
- **Extra Flavor:** A little lemon juice or cinnamon in the apple filling enhances the natural flavors.



- **Time to Enjoy:** Plan enough time for everyone to enjoy the pie and chat. While the pie cools, a short walk could make for a nice break.
 - **Proper Size and Quantity:** Depending on the group size, either bake two pies or let each participant bake their own smaller version, which enhances the hands-on experience.
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Useful Facts about Apples:

- An apple tree can produce fruit for up to 20 years.
 - There are over 7,500 apple varieties worldwide, and around 2,000 of them are grown in Germany alone.
 - Apples are 25% air, which is why they're so wonderfully crunchy!
 - Apples from orchards are usually less treated and therefore often healthier and tastier than apples from intensively farmed plantations.
 - **Rich in Fiber:** A medium-sized apple contains about 4 grams of fiber, covering around 17% of the daily requirement. Fiber aids digestion and helps regulate blood sugar levels.
 - **Good for the Heart:** Regular consumption of apples can lower the risk of heart disease. Apples contain soluble fiber that helps lower cholesterol levels, as well as polyphenols that relax blood vessels and regulate blood pressure.
 - **Rich in Antioxidants:** Apples are a great source of antioxidants, including quercetin and vitamin C. These compounds protect cells from damage caused by free radicals and can boost the immune system.
 - **Promotes Weight Loss:** Apples are low in energy density and calories. The high fiber content keeps you feeling full for longer, which can aid in weight loss.
 - **Supports Gut Health:** Apples contain pectin, a type of fiber that acts as a prebiotic and promotes the growth of healthy bacteria in the gut. A healthy gut can strengthen the immune system and reduce chronic inflammation.
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Health and Safety:

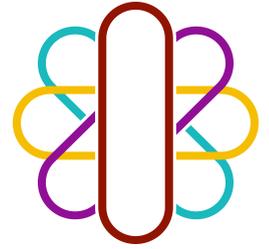
- **Allergies:** Ask participants in advance about any allergies, especially regarding apples, nuts, or other ingredients.
 - **Kitchen Safety:** Keep the kitchen clean and organized to avoid accidents.
 - **Hygiene:** Ensure that the apples are thoroughly washed before processing.
 - **Knife Safety:** Give clear instructions on how to safely cut the apples to prevent injuries.
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Benefits for Participants:

- **Learn by Doing:** Participants will learn how to bake an apple pie from scratch, from picking the apples to baking the pie.
 - **Connection to Nature:** Picking apples in an orchard creates a connection to the natural origin of food and offers a soothing nature experience.
 - **Socializing:** The act promotes interaction and shared experience in a relaxed, family-like atmosphere.
 - **Creativity and Knowledge:** Participants will take home not only a delicious pie but also valuable tips and tricks for future baking projects.
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Benefits for Providers:

- **Offering a Unique Experience:** With a focus on seasonal, local ingredients, the act stands out from other baking workshops and attracts participants who value sustainability and regionality.
- **Repeat Customers:** The educational and enjoyable experience strengthens the bond with participants, which could lead to additional bookings for similar or more advanced courses.



- **Community Engagement:** The event can create closer ties to the local community, particularly through supporting local apple growers and celebrating the harvest season.
- **Brand Building:** Providers can position themselves as experts in seasonal baking and sustainable recipes, setting themselves apart from the competition.