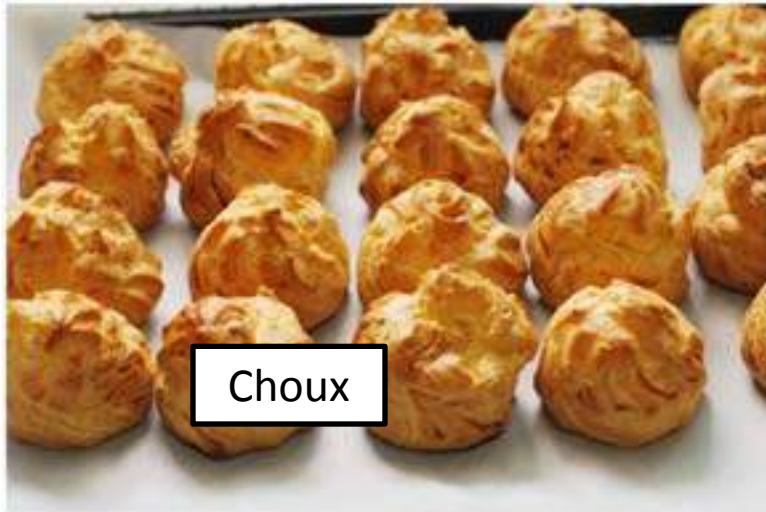


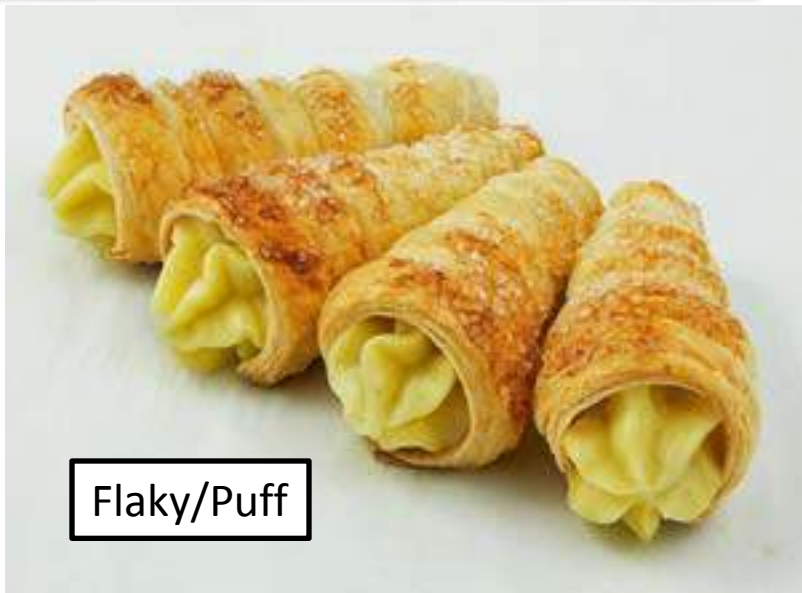
Pastry



Choux



Short/Sweet Crust



Flaky/Puff

**Methods of
Pastry Making**

Methods of Making Pastry

There are many different ways of making pastry. Depending on the type of pastry, the method will vary, so it is useful to know all the techniques.

These methods are the ways of combining and mixing ingredients, but the **proportions** and **ratio** of ingredients are different.



1. Rubbing in Method – short crust/sweetcrust
2. Folding Method – flaky/rough puff/puff
3. Melting Method – choux/hot water crust





Choux



Short/Sweet Crust



Flaky/Puff

General Points about Pastry

- Pastry (other than sweet crust) is neither sweet nor savoury.
- Pastry is a casing in which to hold a filling.
- Shape/roll/pipe carefully to get a good quality product
- The main ingredients are flour, fat and liquid – sometimes sugar (sweet crust) and eggs are used to enrich (discussed in another power point).



Choux



Short/Sweet Crust



Flaky/Puff

Dietary Points about Pastry

The ingredients in pastry need to be considered in light of dietary recommendations.

FLOUR – wheat flour makes it unsuitable for coeliacs – consider using rice flour
Wholemeal flour will increase the fibre (NSP) of the product which will aid digestion.

FAT – butter and lard cannot be used for vegans.

They are high in SATURATED fat so contribute to cholesterol – consider using vegetable fats instead.

SUGAR – in a sweet crust pastry adds to the sugar content. Is it needed if the product is already sweet? Removing it will make the pastry more plain though – do you want this?

EGGS – make the product unusable for vegans. Could you make choux pastry without them though?



Choux



Short/Sweet Crust



Flaky/Puff

Dietary Points about Pastry contd

The added ingredients in pastry products should also be considered in light of dietary recommendations.

Toppings – often icing/cream, can you replace with less (eg drizzle instead of coat?)

Use fruit puree instead?

SWEET FILLINGS - often cream – could us use less and mix with fruit? Use low fat yoghurt or crème fraiche

SAVOURY FILLINGS – do you need to fry ingredients before using in a quiche? If using cheese use a low fat variety eg Edam or cottage cheese, Increase the vegetables and use less cheese/fatty meats (bacon, sausage)



Choux



Short/Sweet Crust



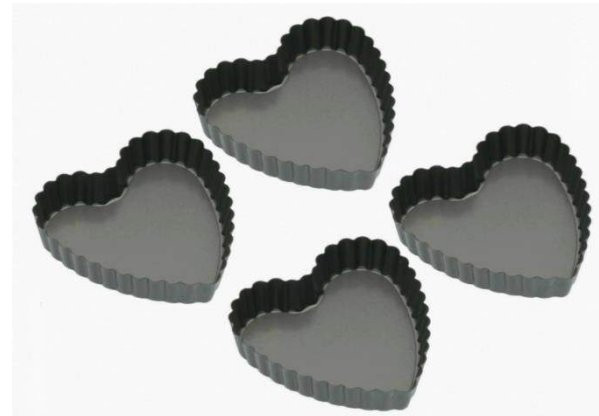
Flaky/Puff

Quality Control of Products

Pastry needs to be cooked on baking trays or in shaped tins.



Flaky/puff pastries should not be greased due to the fat content already in the pastry





Choux



Short/Sweet Crust



Flaky/Puff

Quality Control of Products contd.



Shaping



Piping choux pastry



Baking blind



Short/Sweet Crust

Pastry using the Rubbing In METHOD.

Short Crust

½ fat to flour
ie 100g flour 50 g fat
(lard/butter/ margarine)

Water to mix to a pastry

Roll out and shape/cut

Bake at 180'c

*Rub the
flour
and fat
until
bread
crumbs*

Sweet Crust

½ fat to flour
ie 100g flour 50 g fat
(lard/butter/ margarine)

50g caster sugar

Egg to mix to a pastry

Roll out and shape/cut

Bake at 180'c

THE RUBBING-IN METHOD

- With this method the fat is rubbed into the flour.
- The fat has a shortening effect like in pastry. The fat coats the flour particles and this prevents the absorption of water, giving a waterproof coating.
- This prevents the gluten from developing which can give mixture an elastic and stretchy texture. If gluten cannot form, the mixture is shortened giving a characteristic short, melt in the mouth and crumbly texture
- The fat which can be butter, margarine, or vegetable fat, should be firm and cool but not straight from the refrigerator.
- Beaten eggs, milk or water may be added to bind the mixture.



How to make Short Crust Pastry

<https://www.youtube.com/watch?v=wH7RRRAhu4Y>

How to make Sweet Crust Pastry

<https://www.youtube.com/watch?v=8AshXj8TJiY>



Points to Note about Short/Sweet Crust

The texture of these pastries is 'short' ie crisp crumbly.

Over rubbing or rolling makes it tough and difficult to roll.

Quick to make, easy to cut and shape.

The pastry is golden brown when cooked.

Egg wash will produce a glossy finish.

Short crust can be used for sweet and savoury products



Points to Note about Short/Sweet Crust

Sweet crust is harder to handle as it crumble more easily .

Sweet crust is (obviously) only used for sweet products.

Baking blind will stop 'soggy bottoms'.

Prick bottom with fork before cooking to stop it rising

Oven temp is approx. 180'c

Cooking time depends upon the size of the product.

Products using Short Crust



Short crust Pastry is used for pies, pasties, tarts quiches etc. It is crumbly and crisp and light.



Products using Sweet Crust



Sweet crust is obviously only used for sweet products. It is ENRICHED with sugar and egg making it a richer pastry. Its still crumbly but sweeter and richer in flavour. It is more difficult to handle, being more fragile.



Bakewell Tart

Pastry using the Folding METHOD.



Flaky/Puff

Flaky or Puff Pastry

equal fat to flour
ie 100g flour 100 g fat
(lard/butter/ margarine)

Rub in $\frac{1}{4}$ fat , fold in the rest

Water to mix to a pastry

Roll out and shape/cut

Bake at 210°C

Flaky is much quicker to make

Puff requires a lot of resting

Folding develops the layers

A hot oven is needed to create STEAM to separate the layers

Strong flour with a lot of GLUTEN (protein) can be used, to support the layers

Baking trays don't need oiling

If you mess up the rolling you can't 'screw' it back together as you will lose the layers

Quite a 'greasy' pastry due to fat content

The Folding Method



This pastry is greasy and oily due to the equal amounts of fat and flour.

Fat can be butter, lard, vegetable fat or margarine BUT it must be the 'block' type.

- Butter/ margarine give a good flavour and colour.
- Lard gives a good crisp texture.
- Butter and lard are not suitable for vegans.

The first $\frac{1}{4}$ of fat is rubbed in and then cold liquid added to make a dough.

The pastry can then be kneaded to develop the GLUTEN (protein) this forms strands which help the layers form. (Complete opposite to short pastry).

The colder you keep the pastry the better the layers develop.

Lemon juice strengthens the gluten allowing better development of the layers

Resting the pastry between the rolling and folding cools it and allows it to rest and the gluten to develop.

The layering traps air which will expand in the hot oven and push the layers apart.

A hot oven is needed to develop the steam to push the layers apart.

How to make flaky pastry



Flaky/Puff

<https://www.youtube.com/watch?v=LKWzNmWQ1dE>

Examples of products made using Flaky Pastry



Flaky/puff pastry is a much richer, greasy pastry due to a high fat content. It can be used for both sweet and savoury products giving a light layered product.

How to make Choux Pastry



Choux

75g flour
25g fat
2 eggs
125ml water

- Made by a melting method – melt margarine/butter in water
- Bring to boil
- Add flour to make panada (think flour mixture)
- Beat in eggs
- Bake in a hot oven – 210°C

Water MUST be boiling to allow the starch grains in the flour to GELETANISE (*swell – burst- absorb liquid – thicken*)

Mixture must cool to below 60°C before adding eggs, otherwise they will scramble

Eggs must be beaten in a LITTLE at a time

Mixture should be stiff enough to pipe if needed

When out of oven stab the side with a sharp knife to allow steam to escape

Fill when cool

Points About Choux Pastry



Choux

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25g fat
2 eggs
125ml water

- Made by a melting method – melt margarine/butter in water
- Bring to boil
- Add flour to make panada (think flour mixture)
- Beat in eggs
- Bake in a hot oven – 210°C

Pastry forms a shell in which to place filling

Raising agent is steam – so oven must be HOT and not opened for first 10 mins cooking

Uneven rise is caused by the steam and give the characteristic 'bumpy' shape.

The protein in the eggs (albumen) COAGULATES (sets) on heating (oven) to hold the shape

How to make Choux Pastry

<https://www.youtube.com/watch?v=j1nurmpZmLk>

Using Choux Pastry



Choux



The classics are profiteroles and éclairs, but think about using different flavours for toppings and chopped fruit for healthier options. Use crème fraiche or low fat yoghurt instead of cream to fill them.



Savoury profiteroles are called 'aigrettes', any filling can be used but think about lower fat options eg cottage cheese, low fat mayonnaise.

