



BASIC PASTRY WORK



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PROFITEROLES

INGREDIENTS

makes 8 trays 40x60

- 1 l water
- 800 g Butter
- 20 g salt
- 25 whole eggs (approx. 900 g)
- 900 g plain flour W 100/120



PREPARATION

Bring the water to boil with the butter and salt; add the flour only once the water is boiling.

Keep mixing on the heat for 2-3 minutes until a thin layer is formed in the bottom of the pan. Remove from the heat and continue to mix.

Now place the mixture in a stand mixer and set it at a low speed, allowing the mixture to cool as it mixes, before gradually adding the eggs.

Finally, use a pastry bag to form your profiteroles, making sure to use even quantities and to leave enough space between them to achieve uniformly baked pastry. We recommend forming 6 rows of 9 profiteroles.





Cooking

This type of pastry can be baked in either a conventional or convection oven. The profiteroles made from this pastry recipe were cooked using the settings suggested below.

However, pastry mixtures and the demands of the pastry chef can vary, thus these oven settings may need to be adapted to the particular recipe.

This recipe is designed to obtain hollow profiteroles that can hold a large quantity of cream filling.

Each egg weighs on average 50 grams, consisting of:

- 30 grams of egg white,
- 20 grams of yolk.



Planet 8 Digital convection oven

Set the oven to carry out two separate cycles: the first cycle is required to heat the oven to cooking temperature and is usually set at a higher temperature than the cooking cycle itself, in order to compensate for the loss in temperature caused by opening the oven door and introducing 8 trays full of profiteroles (which takes place at the end of function F1). The second cycle is the actual cooking time.

- Heating the oven

Function	F1
Temperature	220 °C
Power	9
Time approx.	5 minutes
Valve	closed

- Actual cooking time

Function	F2
Temperature	190 °C
Power	4
Time approx.	18 minutes
Valve	closed for the first 13 minutes approx., open for the final 5 minutes of cooking



Teorema Polis PW T2S static oven

A static oven allows you to set different top and bottom oven temperatures for more accurate control of cooking temperature.

Temperature	220 °C
Power	5 at the top, 3 at the bottom
Time approx.	18 minutes
Valve	closed for the first 13 minutes approx., open for the final 5 minutes of cooking

embossed metal sheet racks



PUFF PASTRY

INGREDIENTS

makes 4.5 kg of pastry dough

DOUGH

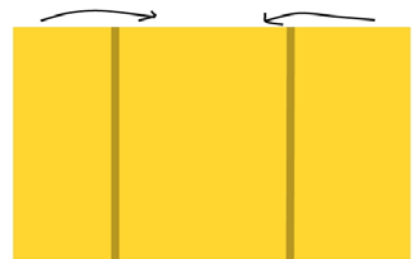
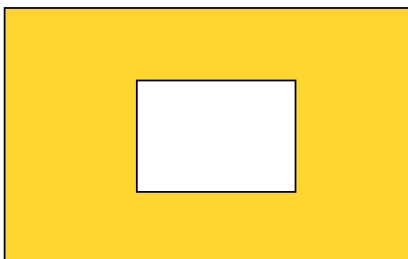
- 2 kg plain flour W 280/320
- 40 g salt
- 250 g butter
- 1 l water added slowly

Mix in a standing mixer using the dough hook and leave to cool in the fridge for 2 hours.

For the second stage, you need to add a 2 kg flat block of butter and mix it into the dough.

Roll out the cooled dough and place the butter in the centre, then cover it with the corners of the dough.

Now pass this through the dough sheeter once and then fold it over three times.





Pass it through the dough sheeter again and fold it over four times, folding in the outer edges first, then the inside edges.



Put it back in the fridge to cool.

Repeat the 3-fold and 4-fold procedure then put the dough back in the fridge again.

once the temperature has been cooled and stabilised, pass the dough through the dough sheeter to get a thickness of 2-2.5cm. Cut it into blocks with paper separators and put it back in the fridge, fully covered in cling film.

The pastry is read to be rolled out using the dough sheeter after 24 hours. Roll out to the thickness desired and cut as required.

CREAM HORNS

use puff pastry made the day before to make your cream horns, having left it in the fridge for 24 hours.

Roll out the pastry with the dough sheeter and place it on the worktop with sides overlapping.

Now cut the pastry into even strips with a knife.



Each strip must be wound around a small metal cylinder to create the typical hollow shape.





Score around each pastry cylinder so that you will get two separate horns from each one after cooking. Arrange 2 rows of 9 horns on each tray, for a total of 36 per tray.



Each horn weighs 14 grams raw.

Cooking

You can use either a static or convection oven. The horns made from this pastry recipe were cooked using the settings suggested below.

However, pastry mixtures and the demands of the pastry chef can vary, thus these oven settings may need to be adapted to the particular recipe.

Planet 8 Digital convection oven

Set the oven to carry out two separate cycles: the first cycle is required to heat the oven to cooking temperature and is usually set at a higher temperature than the cooking cycle itself, in order to compensate for the loss in temperature caused by opening the oven door and introducing 8 trays full of pastry horns (which takes place at the end of function F1). The second cycle is the actual cooking time.

- Heating the oven

Function	F1
Temperature	220 °C
Power	9
Time approx.	5 minutes
Valve	closed

- Actual cooking time

Function	F2
Temperature	200 °C
Power	4
Time approx.	18 minutes
Valve	closed



Teorema Polis PW T2S static oven

A static oven allows you to set different top and bottom oven temperatures for more accurate control of cooking temperature.

Temperature	215 °C
Power	5 at the top, 4 at the bottom
Time approx.	18 minutes
Valve	closed

Embossed metal sheet racks

The colour may vary according to how much sugar was added before putting in the oven.



SHORTCRUST PASTRY

INGREDIENTS

makes 4.8 kg of dough

- 1,5 Kg butter
- 1 Kg icing sugar
- 10 g salt
- 3 whole eggs
- 7 egg yolks
- 2 Kg plain flour "0" W 100/120
- 150 g honey

Vanilla pod or lemon zest can be added to taste

Mix the icing sugar and butter with a standing mixer, then add the eggs, honey and salt.

When the mixture is smooth, add the sieved flour.

leave to rest in the fridge for 2 hours.

Roll out the pastry using the dough sheeter, perforate using a pastry piercer and cut to the desired shape.





Cooking

We chose to make round biscuits with a 6 cm diameter.

Arrange the biscuits in a regular pattern on the tray to make sure they cook evenly.

Pastry mixtures and the demands of the pastry chef can vary, thus oven settings may need to be adapted to the particular recipe.

Warning: Remix and roll out any pastry cuttings to reuse them; left on the tray, they can cause irregularities in cooking.



Planet 8 Digital convection oven

Set the oven to carry out two separate cycles: the first cycle is required to heat the oven to cooking temperature and is usually set at a higher temperature than the cooking cycle itself, in order to compensate for the loss in temperature caused by opening the oven door and introducing 8 trays full of biscuits (which takes place at the end of function F1). The second cycle is the actual cooking time.

- Heating the oven

Function	F1
Temperature	220 °C
Power	9
Time approx.	5 minutes
Valve	closed

- Actual cooking time

Function	F2
Temperature	180 °C
Power	4
Time approx.	18 minutes
Valve	open



Teorema Polis PW T2S static oven

A static oven allows you to set different top and bottom oven temperatures for more accurate control of cooking temperature.

Temperature	220 °C
Power	5 at the top, 3 at the bottom
Time approx.	18 minutes
Valve	open

embossed metal sheet racks

SPONGE-CAKE

INGREDIENTS

makes 8 trays 40x60x2(h) cm

- 100 eggs
- 2 Kg sugar
- 400 g potato starch
- 1,8 Kg plain flour W 100/120

First, sieve the flour to remove any impurities, reduce the formation of lumps in the mixture and also add air.

Mix the eggs and sugar in a standing mixer at medium-high speed for 7-8 minutes.

A heavy whisk is the best tool for giving maximum volume to the mixture, but you can also use a fine whisk, as seen in the following images.





Next, add the flour gradually and delicately, using a small whisk.

Grease the trays or line them with baking paper and pour in the mixture, making sure it stays below the top of the tray, to avoid overspill during cooking.



Cake mixtures and the demands of the pastry chef can vary, thus oven settings may need to be adapted to the particular recipe.

Cooking

Planet 8 digital convection oven

Set the oven to carry out two separate cycles: the first cycle is required to heat the oven to cooking temperature and is usually set at a higher temperature than the cooking cycle itself, in order to compensate for the loss in temperature caused by opening the oven door and introducing 8 trays full of biscuits (which takes place at the end of function F1). The second cycle is the actual cooking time.

- Heating the oven

Function	F1
Temperature	220 °C
Power	9
Time approx.	5 minutes
Valve	closed

- Actual cooking time

Function	F2
Temperature	180 °C
Power	7
Time approx.	18 minutes
Valve	open



Teorema Polis PW T2S static oven

A static oven allows you to set different top and bottom oven temperatures for more accurate control of cooking temperature.

Temperature	220 °C
Power	5 at the top, 3 at the bottom
Time approx.	18 minutes
Valve	open

embossed metal sheet racks

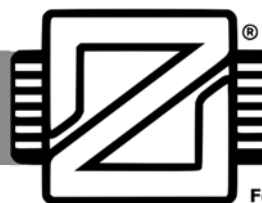




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