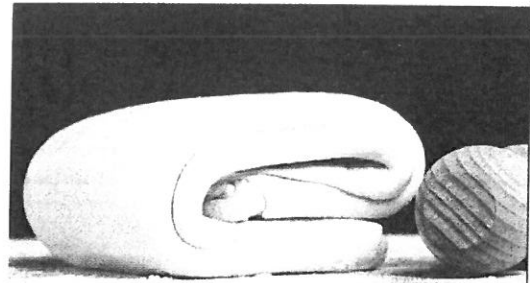


Pastry  
Pastry is a mixture of fat, flour and water.  
Rich pastry may also include eggs and/or sugar.

## Types of pastry

- Shortcrust pastry
- Rich shortcrust pastry
- Suet pastry
- Flaky pastry
- Choux pastry
- Rough puff pastry
- Filo pastry

Shortcrust pastry involves using half the amount of fat to flour, such as 200 g flour to 100 g fat.



## Basic ingredients in pastry

Flour	Plain flour is usually used in pastry.
Fat	Most fats are suitable for making pastry. A mixture of lard and margarine makes a good pastry.
Water	The water should be cold. Add it in a spoonful at a time.
Raising agent	Air

## Guidelines for making pastry

- Weigh ingredients accurately.
- Keep ingredients and utensils cool.
- Introduce air to make the pastry light and crisp.
- Don't over-handle the pastry.
- Use a knife for mixing.
- Add the water carefully.
- Knead and roll the pastry mixture lightly.
- To reduce the possibility of shrinkage, allow the pastry to relax in a cool place for 15 minutes before baking.
- Don't stretch the pastry.
- Bake in a hot oven and reduce the temperature after 10 minutes to allow the filling to cook.

A hot oven is always used for pastry so that the starch grains swell and burst in time to absorb the melting fat.

If a recipe states 250 g of pastry, this refers to the amount of flour used.

## Baking blind

- Baking blind means baking a pastry case without any filling, such as for a quiche.
- Prod the base with a fork.
- Place a sheet of greaseproof paper on the base and cover with a layer of rice or baking beans.
- Bake for 15 minutes at 200°C.
- Remove the paper and rice and bake for a further 5 minutes.

