



Chapter-9

Pastry Making Method

At the end of this unit the learners would able to

1. List the types of Pastries
2. Explain the recipes for each pastry

Short crust pastry:



Raw materials



Flour



Butter



Water

I. Introduction:

The continental influence has spread introducing pastry-based confection as the centerpiece of a celebration with a layer of Custard or cream. There are five different types of pastry's prepared in bakery industry are

- (i) Short crust pastry
- (ii) Sweet short crust pastry

- (iii) Puff or laminated pastry
- (iv) Choux pastry
- (v) Danish pastry

(i) SHORT CRUST PASTRY

Short crust pastry is the standard pastry for lard, pies and flan. It is easy to make provided the golden rule of handling is followed. It is advisable to prepare the pastry in advance, preferably, a day before use. It should be stored, well-wrapped, in the refrigeration, to prevent crust formation.

Basic Short Crust Pastry:

Ingredients:

- Flour - 100g
- Fat - 50g
- Sugar - 15g
- Egg - 20ml
- Vanilla essence-5ml

Preparation:

Rubbing in method: sieve flour, mix coarsely powdered sugar, and cut butter or fat into pieces onto sieve flour, rub the mixture gently with tips of the fingers until it reaches sandy texture. Gently bind with egg and essence, form a smooth dough. Refrigerate and use. Ideal baking temperature is 350 degree Fahrenheit (350°F).

Derivatives:

Tart, Flan and Pie

Sweet Short Crust Pastry:

Biscuits and cookies are derivatives of sweet short crust pastry.

Ingredients:

- 500g plain flour, plus extra for dusting
 - 100g icing sugar, sifted
 - 250g good-quality cold butter, cut into small cubes
 - zest of lemon = 1
- Flour - 500g
 Icing sugar -100g
 Butter - 250g





- 2 large free-range or organic eggs, beaten
- a splash of milk

egg - 1
milk - 5ml

Preparation:

This pastry is perfect for making apple and other sweet pies. Even if you have never made pastry before, as long as you stick to the correct measurements for the ingredients and

Method:

- Sieve flour with icing sugar.
- Add the cubes of butter into it. Rub with fingertips until it resembles bread crumbs.
- Add zest of lime.
- Add the milk and egg mixture and bind the dough together.
- Allow it to rest for at least half an hour in the refrigerator.

(ii) SWEET SHORT CRUST PASTRY:



(iii) PUFF PASTRY

Puff pastry is the lightest and richest of all the pastries and rises in the most dramatic way. It is also the most difficult to make. Puff paste is the dough interleaved with butter or tough pastry margarine, folded while rolling to give hundreds of layers of fat which will rise during baking in a layered fashion. Ideal baking temperature for Puff Pastry is 200° C.

Ingredients

Strong Flour - 250 g
Salt - 5 g
Fat - 200 g
Lime juice - 2 ml

There are three different method followed in Puff Pastry

1. French.
2. English.
3. Scotch.

1. French Method:

The prepared dough is rolled out to the shape of an open envelope. The frozen fat is place in the centre and sealed in by bringing the four angles to the centre. Rest the dough for 10 minutes and sheet out the dough into rectangular in shape and do book folding. Repeat the process for three more times with a gap of 10 minutes.

2. English Method:

Divide fat into three equal parts and sheet out the dough into rectangular in shape. Apply one part of fat on the dough and fold it. Rest the dough for 10 minutes under refrigeration and repeat the folding with rest of fat. Give two more foldings without fat. It will be noticed that if the dough is turned five times, hundreds of layers of fat will be formed.

1st Turn $1 \times 3 = 3$

2nd Turn $3 \times 3 = 9$

3rd Turn $9 \times 3 = 27$

4th Turn $27 \times 3 = 81$

5th Turn $81 \times 3 = 243$

3. Scotch Method:

For making rough puff pastry, this method is been followed. This is a quick method of producing puff paste but it is not an ideal method as the process can be messy.

The fat is added to the flour in small lumps, water, salt is mixed into flour, maintaining the fat more or less intact. Again, the dough is given 4 turns without fat.





4. Derivatives of puff pastry:

Vegetable patties, chicken patties, strudel, jalousie, cheese straws, turnover, eccles.

a) Puff pastry:



(iv) CHOUX PASTRY

b) Choux Pastry:

Choux pastry differs from all other types of pastry. It is much softer in nature and is piped or spooned on to greased baking sheets. Choux pastry is used both as sweet and savoury. Various types of fillings are used in choux pastry. E.g. Butter cream, fresh cream, a confectioners custard. Ideal baking temperature for baking choux pastry is between 200-220° Celsius.

a) Basic Choux Pastry:

Ingredients:

Flour	-	100g
Butter	-	50g
Sugar	-	1g
Salt	-	1g
Water	-	20ml
Egg	-	3 to 4

Method:

1. Place butter, salt, sugar and water in a sauce pan.
2. Bring to boiling stage, add flour, and cook until mixture leaves the sauce pan.
3. Cool the mixture.
4. Gradually mix eggs until it becomes smooth.
5. Fill the mixture into the piping bag and pipe into desired shapes.

Derivatives:

Chocolate éclairs, croquembouche, mount blanc, profit roll.





(v) DANISH PASTRY

Danish pastry are also called as a fermented puff pastry. This pastry is been served as a continental breakfast roll. Basically this pastry is leavened with the help of yeast and lamination.

I. Ingredients:

Flour - 250 g
Yeast - 15 g
Sugar - 20 g
Salt - 5 g
Butter 120 g
Egg - 1
Water - 120 ml
Milk powder - 20 g

II. Method

1. Sift flour mix yeast, sugar, salt, egg, milk powder, 20gm of fat and required amount of water.
2. Knead the dough for 20 minutes until gluten develops.
3. Leave it for fermentation for 20 minutes.
4. Sheet out the dough into rectangular shape and apply creamed butter.
5. Fold the dough into a book shape. Repeat the process for two more foldings (without fat) by resting the dough in between ten minutes of interval.
6. Finally sheet out the dough and cut it into desired shapes.
7. Arrange the cut pieces on the greased baking tray. Allow it for proofing until dough pieces become double the size.
8. Preheat the oven to 450 degrees F (220°C). Danishes can be brushed with egg white for a shiny finish and bake. After baking sugar syrup can be brushed on top.



Mother Pastries are attractive dessert. They are prepared by basically working with flour and butter in different ways which bring out various texture in the finished products.

Let us Revise

1. Short crust pastry : One part of flour and fifty percent of fat creamed together
2. Danish Pastry : A fermented puff pastry
3. Choux pastry : Pastry that is cooked and then baked, can be served with both savoury and sweet filling.

Give short answer for the following :-

1. Give the recipe for short crust postry
2. Differentiate between danish pastry and puff pastry
3. How does the puff pastry develop to many layers?

Answer in detail

1. Give the recipe for short crust pastry and give two derivatives.
2. Explain various methods of making puff pastry.

