

Pastry

The main ingredients in pastry are

- flour
- fat
- water
- salt

Other ingredients such as cheese, egg and herbs are often added to a basic pastry to add extra flavour and to adjust the texture. Pastry is often high in calories.

Main types of pastry

- Short crust Pastry
- Flaky Pastry
- Choux Pastry
- Puff pastry / rough puff

Other pastries include:

Filo pastry, Suet, Hot water crust, Sweet pastry, Strudel pastry.

Rules for making pastry (except for choux)

1. All ingredients and equipment should be kept as cool as possible. (except for choux).- do not let the fat melt (will result in a hard pastry dough).
2. Rolling out should be done gently - choux pastry is not rolled, it is usually spooned or piped
3. Rolling should be done in short, even strokes
4. Add the cold water a little at a time
5. Handle the mixture as little as possible
6. Wash hands under cold water to keep them cool.
7. Use finger tips only for rubbing in (the palms are the warmest part of the hand).

Type of pastry	Basic recipe	Ratio of fat to flour	How fat is incorporated to mixture	Desired Texture
Shortcrust	200g plain flour 100g fat (margarine and white fat) Water	1:2	Fat rubbed into flour	Light texture Crisp Short
Flaky	200g plain flour 150g fat (margarine and white fat mixed) 2tsp lemon juice Water	3:4	¼ fats rubbed into flour, then water added Pastry is rolled and folded adding (flaking) a ¼ of the fat each time	Layers Crispy
Choux	75g plain flour 25g butter 1tsp sugar 2 eggs 125ml water	1:3	Fat is melted in the water	Well risen Hollow centre Crisp texture on outside
Suet	200g SR Flour 100g suet Water	1:2	Pre grated suet is stirred into the flour	Light, soft Can be baked or steamed



Shortcrust pastry



Choux pastry



Filo pastry



Flaky/ puff pastry



Suet pastry



Hot Water crust pastry



Sweet short crust pastry