

## Key Vocabulary...

Short crust	Rubbing in method
flaky	Dough
Nutritional values	Knead



## Always remember...

Pastry is high in fat and carbohydrate. Fillings can add protein, vitamins and minerals. Wholemeal pastry made with wholemeal flour adds dietary fibre	Shortcrust pastry makes pies and flans. Flaky pastry makes pasties and rolls.
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## Picture This...



## The Big Question...

What is a glaze?

## Deeper Learning...



### 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)

### Pastry types

#### Basic recipe

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