

Pastry

Short crust pastry	crisp, crumbly, and buttery	Pies pasties, tarts	
Rough-Puff pastry	light, flaky layers with a satisfying crunch.	Sausage rolls, pie tops, turnovers, Wellingtons	
Choux Pastry	Light, crisp, hollow shells which can be filled	Profiteroles, eclairs, choux buns	
Filo pastry	Paper thin layers, which create a crunch when cooked	Samosas, Baklava, Spanakopita	

THE FUNCTION OF INGREDIENTS IN PASTRY

Flour (The Structure)

- **Provides Bulk:** The main body of the dough.
- **Gluten Formation:** Creates the protein network for strength.
- **Starch:** Sets the shape during baking.

Fat (The Texture & Flavour)

- **Shortening:** Coats flour to prevent toughness (crumbly).
- **Lamination:** Creates thin, flaky layers (puff/rough puff).
- **Richness:** Provides the signature buttery taste.

Water/Liquid (The Binder)

- **Hydration:** Activates flour proteins to form dough.
- **Steam:** Evaporates in the oven to provide lift and "puff."
- **Temperature Control:** Ice-cold water keeps fat solid for flakiness.

Optional Extras

- **Sugar:** Adds sweetness and assists with golden browning.
- **Eggs:** Provide extra richness, colour, and a sturdier structure (common in Choux or Pâte Sucrée).
- **Acids (Lemon/Vinegar):** Relaxes gluten to make the dough easier to roll.

Shortening

Fat that coats flour molecules to **inhibit gluten development**, resulting in an exceptionally tender, crumbly, and "short" texture.

Butter Vs Lard

Butter: Gives flavour and colour to the pastry

Lard: Gives a crisp texture



Keep pastry cold

Makes a crumblier texture
Chill after making
Chill after shaping
Use your fingertips



Blind baking

Bake before filling
Prevents a soggy bottom
Prick with a fork
Fill with beans to weigh it down



Rubbing-in Technique

Rub the fat into the flour
Creates a short texture
Use fingertips
Keep it cool



Add a glaze

Brush with egg or milk
Adds colour
Adds a shine
Improves appearance

My pastry's all tough

- Pastry was overhandled or kneaded too much
- Ingredients weren't chilled
- Incorrect ratio of ingredients

Help! What's wrong with my pastry!?



I've got a soggy bottom

- The pastry wasn't blind baked
- The pastry was too thick
- Not cooked long enough
- Oven wasn't hot enough or pre-heated
- Wrong dish material

Why has the pastry shrunk?

- Pastry wasn't chilled
- Pastry wasn't rested before use
- Low-fat spread used
- Pastry was stretched into dish

LAMINATION:

In rough puff pastry, **lamination** is the process of creating hundreds of thin, alternating layers of dough and butter through a series of "turns" (folding and rolling)

My pastry is difficult to handle

- Incorrect ratio of ingredients
- Not enough water added
- Fat was too warm and melted
- Pastry was over-handled