

SWEET SHORTCRUST PASTRY

NOTES TO STUDENTS and VOLUNTEER:

1. Please read the recipe first. Collect your equipment and then ingredients.
2. Please measure the ingredients accurately.
3. Today we are going to freeze the cooked pastry.

EQUIPMENT

Measuring spoons
Measuring cups
Measuring jug
Scales
Chopping board
Small knife
Food processor
Plastic wrap
Baking paper
Rice (weights)
Rolling pin
Marble board
Fork
Dinner knife
25cm removable base tart tin

INGREDIENTS

2 cups plain flour
3 tablespoons caster sugar
125g cold butter, chopped
iced water
extra plain flour for kneading

WHAT TO DO

- Preheat oven to 180°C
- To make the pastry, place the flour, sugar and butter into a food processor and process until the mixture has formed rough crumbs. Do not over process as the dough will become too sticky.
- While the motor is running, slowly add enough iced water to form a soft dough.
- Remove the dough from the food processor and knead lightly on a marble board which has a small amount of plain flour on it to stop the dough from sticking.
- Wrap the dough in plastic wrap and refrigerate for 30 minutes before rolling to prevent the pastry from shrinking when baked.
- Roll the pastry out on a sheet of baking paper until the pastry is 2-3mm thick.
- Line a flan tin with the pastry by easing it into the shell without stretching it. Use a knife to cut away excess pastry, cutting away from you.
- Chill pastry in tin for 5 minutes.
- Blind bake the pastry by pricking the base and the sides of the pastry with a fork.
- Cover with a sheet of baking paper and fill the tin with rice or baking weights.
- Bake for 10 minutes. Remove weights and paper and return pastry to the oven for a further 10 minutes or until it is light gold in colour
- Set aside to cool.
- When cold, wrap in plastic wrap and freeze where it won't get broken.