



Hospitality and Catering

Producing pastry dishes

Lesson 1

This course will show you how to prepare pastry using a variety of different methods, how to cook and finish pastry products to an excellent standard.





Learning Objectives

- Define what pastry is
- Describe what ingredients are used when making pastry
- Identify the quality attributes of raw pastry dough
- List the quality attributes of cooked pastry
- Explain what tools and equipment are used when making pastry
- Understand the importance of good hygiene practices when handling and producing pastry





Learning Objectives

- Describe pastry preparation methods weighing, measuring, rolling, mixing, creaming, beating, whisking, folding, rubbing in and kneading
- State how to prepare a tray or case for pastry
- Recognise how to line a case with pastry correctly
- Explain how to cook pastry correctly
- List how to finish pastry products
- Summarise the various healthy options for making pastry





What is pastry?

It is a dough made from flour, fat and water. It can be enriched with eggs and sugar for sweet products.

Usually rolled thinly and used as a base for baked products.





Ingredients for pastry

To ensure the best product possible
you must use the best quality
ingredients.





Flour

White plain flour is the correct type of flour to use. When made into pastry the cooked texture will be crumbly and easy to eat.





Strong flour is for bread

Strong flour has a high gluten content and helps bread to be crusty and chewy.

Plain flour has a lower gluten content and is more suitable for soft pastry products.





Eggs

Use medium size eggs for most recipes unless stated otherwise.





Fresh eggs are the best

The fresher the egg, the better the product.

Eggs help to bind the pastry together and give it flavour.





Testing fresh eggs

Place an egg into a bowl of water. If it sinks it is very fresh, if it floats it is too old.





Sugar

Sugar is used in sweet pastry and caster sugar is the best product to use.





Caster sugar

Caster sugar has finer granules than granulated sugar.

The finer the sugar the easier it will mix into the pastry without leaving a grainy texture.





Icing sugar

Is a powder form of sugar and can be used in a pastry mix. It might cause the pastry to become stickier and wet.

Icing sugar is usually used for dusting and making icing for presentation.





Fats

Fats are an essential binding ingredient for pastry.

Lard for savoury pastry.

Butter for sweet pastry.





Healthier fats

Using vegetable oil-based spreads can be a healthier alternative to lard or butter.

There will be a slight difference in the flavour.





Quality attributes of raw pastry dough

Texture – smooth, firm but soft enough to roll.

Moist enough to roll without breaking.

Rolled thinly without breaking.





Quality attributes of cooked pastry

Shortcrust pastry is usually for savoury items.

Crumbly, biscuit like texture, light golden brown.





Quality attributes of cooked pastry

Sweet pastry for sweet items.

Sweet, crumbly and softer than a biscuit, light golden brown.





Revision Activity 1

What ingredients are used for making pastry?