



Hospitality and Catering

Producing pastry dishes

Lesson 3

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.





Working safely

Baking pastry products can be hazardous and we have to be aware of the risks involved.

Burning skin is the biggest hazard.





Wash hands

Wash hands between every task. This helps to prevent cross contamination and is a very good working practice to follow.





Wash and sanitise

Always wash surfaces with hot soapy water and then sanitise before each stage of producing pastry products. Prevents cross contamination.





Preparation methods

Producing pastry involves different skills at different stages.

Each skill has a purpose and will help to create a good product.





Weighing

Following the recipe and changing recipes to suit your requirements will need you to understand how to measure solids and liquids.





Measuring liquid

Using measuring jugs you can use metric or imperial systems.





Measuring liquid

Metric: Litres and millilitres

Imperial: Pints and fluid ounces





Measuring solids

Always use measuring scales or spoons. Be aware of not mixing imperial and metric systems as confusion may occur.





Measuring solids

Metric: Kilograms, grams

Imperial: Pounds, ounces





Rolling

To prevent any pastry from sticking.
Always dust the bench, pastry dough
and rolling pin with flour.





Rolling

Apply gentle pressure across the whole of the pastry when rolling.





Rolling

Roll the pastry one way, then turn the pastry to 'quarter past' and roll again.

Then repeat until the pastry is around 0.5 cm thick.





Mixing

Large amount of pastry are mixed in mixing machines with a paddle shaped attachment.

Small amounts are mixed by hand and wooden spoon.





Mixing

Using the fine crumbs from rubbing we add liquid and mix gently until the dough comes together.

Never over mix the dough, it will create a hard pastry.





Creaming

Add sugar to butter and egg, using a machine or a wooden spoon and bowl. Then mix together until all the sugar has dissolved into the fat.

The mix will turn a creamy colour.





Beating

Eggs are beaten into pastry products to help them mix together quickly.

Over mixing will cause a tough pastry.





Whisking

This is usually done by a machine and it is the fast motion of a whisk which separates egg whites and pushes air into them to create a large white foam.





Whisking egg white

To ensure that egg whites create a foam when being whisked, the whisk and bowl must be clean and no yolk present in the egg white.





Folding in

Dry ingredients are usually folded into a wet mix.

This is to add air into the mix which promotes a light and fluffy finished product.





Folding in

Usually for tart fillings.

e.g. Folding ground almonds into a butter and egg mix.





Rubbing in

This is the classic way to make pastry.

Rubbing small chunks of fat into flour using the tips of our fingers.

The aim is to produce fine crumbs, not sticky lumps.





Kneading

Some doughs are then kneaded after the mixing stage by pushing the dough into itself and folding in the edges and repeating until the dough comes together as a smooth dough.





Revision Activity 3

List two preparation methods when making pastry?