



Hospitality and Catering

Producing pastry dishes

Lesson 5

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.





Finished pastry products

Sweet pies with pastry tops are usually dusted with icing sugar.

Sweet pastry cases can be filled with jam, fruit, custard and cream.





Eating

Good cooked pastry has a good 'crumb'. This means the pastry is firm enough to hold the filling but is crumbly enough to be pleasant to eat.





Eating

A good 'crumb' is achieved by 'rubbing in' fat and flour until it is a fine mix and then not over mixing the dough.





Storing

Pastry products are ideally eaten fresh.

We can store them in air tight containers and not in the fridge, to keep the pastry soft.

If we have cream based products then store in a fridge at 1 to 5°C





Labelling

All cooked and stored products need to be labelled. Most large kitchens use colour coding stickers for different days.

Pastry will keep for two days.





Healthy options for making pastry

Use vegetable based fats instead
of butter and lard.

Use wholemeal flour but this
creates a chewy pastry.





Healthy options for making pastry

Create smaller portions.

Use a portioning tool.

Don't eat pastry products
everyday.



Revision Activity 5

How can you make pastry healthier?