**FOOD STUDIES 9/10**  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2019-20 TA\_\_\_\_ Set block \_\_\_\_\_\_\_\_\_\_\_

# Learning Guide 6

# Baking: *The Art of Pastry Making!*

Traditional pastry is made simply with flour, shortening, salt and ice water; the technique takes practice and a “feel” for the consistency of the dough. As a beginner, a “never-fail” recipe is just the thing for a new cook! In this learning guide you will practice basic pastry making and use a fruit filling to make tarts.

Learning Outcomes:

On completion of this learning guide you will be able to:

* Practice the techniques and terminology used in making never-fail pastry.
* Describe strategies for producing a successful pastry product.
* Demonstrate organization and co-operation in partner and group work

Learning Activities:

1. Watch the Demo: Making Pastry (in class or YouTube)
2. Make pastry: tart shells are baked **blind** and filling is added to the baked shell.
3. About Pastry Questions.
4. Present all work in an Interview.

**Skills demonstrated during lab:**

Comment on the following:

* 1. Did I see the demo or watch YouTube demo before coming to the lab?\_\_\_\_ and if so on what date?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  2. Was I organized, safe and efficient during the one hour period of this lab? Yes\_\_no\_\_
  3. Explain your answer to question #2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This Learning Guide is due on: *Dec 10th, 2019*

## Recipe: Fruit Tarts Makes 6-8 tarts

## Crust

250ml flour

1ml salt

1ml baking powder

10ml sugar

Combine these ingredients in a medium sized bowl.

75ml Crisco shortening (or Tenderflake)

Using a pastry blender, cut the shortening into the dry ingredients until the pieces of fat are about the size small green peas. Set aside.

In a 250ml glass measuring cup add the following:

½ egg (or 25ml)

4ml vinegar

Cold water-add to above until all measure 60ml

1. Preheat oven to 475’F.
2. Add the liquids to the crumbly dry ingredients, a little at at time, tossing with a fork . Gather the dough up into a ball. **Do not knead**!!
3. Place a plate ontop of the bowl and chill dough 10 minutes. Meanwhile, cleanup.
4. Roll dough out 3-4mm thick. **Do not stretch**!!
5. Cut with a wide-mouth canning ring and place each circle into a muffin pan. Push the dough down into the cup so it doesn’t stretch.
6. Prick the raw dough with a fork so air bubbles are not caught underneath.
7. Bake tart shells empty (this is called baking blind) for 8-10 minutes or until the edges are golden brown.
8. Remove baked tart shells and cool on a wire rack.
9. Fill with 15ml of filling such as: jam, lemon/apple/cherry pie filling, mincemeat.

## Filling

15ml per tart. Choices are available on the demo table.

## All About Pastry Questions LG 6 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TA\_\_\_

Directions: After watching the demonstration, answer the following questions.

* 1. What is the difference between all-purpose flour and pastry flour?
  2. Why is this called “Never Fail Pastry”?
  3. Describe the steps to half an egg for this recipe.
  4. What is the brand name of the shortening agent in this recipe? (aka: type of fat)
  5. Why does the dough need to be chilled?
  6. What happens if you stretch the dough when rolling it out?
  7. How will your tarts look if you stretched the dough into the pan?
  8. What does “bake blind” mean?
  9. What is another way to prevent the dough from shrinking when baking blind?
  10. Can you freeze this pastry? If so, for how long?

How do you thaw it when you want to use it?

## Standards for Tarts

TENDER: breaks easily, holds its shape and does not crumble /4

FLAKEY: layers throughout crust /4

APPEARANCE: golden brown colour, blistery surface /4

LAB SKILLS: measured accurately, cleaned up throughout lab, correct techniques /4

CLEANUP: counters free from flour/dough; pan clean and dry/ sinks wiped down /4

Evaluate yourself writing your mark in the space provided. Total and enter here: /20

**Option if doing for a Home-Lab:**

Butter Tart Filling

10ml margarine

15ml corn syrup

15ml brown sugar

15 ml raisins or coconut/walnuts/currents

Dash nutmeg, salt

12ml egg

Melt margarine in a glass measuring cup. Add remaining ingredients **except eggs** and mix thoroughly.

Cool, then add egg mixing well. Pour into shells.

Bake at 425” until tarts are light golden brown, about 15-20min.