Principles of Pastry
Friendly Review

- What is the protein formed when you mix flour and liquid?

GLUTEN

Particularly important with pastries

- Overmixed- Tough pastry
PASTRY TERMINOLOGY

■ BLIND CRUST

■ Baking a pie crust without a filling

■ * Must prick the bottom of the pie crust with a fork to prevent blistering during baking or use dry beans or pastry beads to weigh down the pastry
PASTRY TERMINOLOGY

- **Fluting**: Decorative edge given to pastries
PAstry Ingredients

1. **Flour**
   - Gives structure
   - Too much: Tough pastry
   - Too little: Gluten will not develop
2. Water:

- Provides moisture by producing steam
- Too much: Tough pastry
- Too little: Crumbly & difficult to roll
PASTRY INGREDIENTS

3. Salt:
   - Flavor
PASTRY INGREDIENTS

- **Fat:**
  - Makes pastry tender
  - Prevents gluten from overdeveloping
  - Too much: Tough pastry
  - Too little: Crumbly
PROPER FATS FOR PASTRY

SHORTENING

- Flaky crust w/little flavor

BUTTER

- Contributes a delicious flavor
- Does not produce as flaky of a crust
- Low melting point makes it difficult to work with

CAN DO A COMBINATION OF THE TWO
FATS FOR PASTRY

LARD

- Flakiest crust, however flavor is not suitable for fruit pies

OIL

- Crust becomes extremely fragile, without flakiness
HANDLING THE DOUGH

- Too much handling = Tough pastry
  - Causes gluten to overdevelop
- Handle gently at all times and as little as possible

DO NOT:

- Overmix the dough when adding liquid
- Use the rolling pin vigorously
- Stretch the pastry into the pie plate
CHARACTERISTICS OF HIGH QUALITY PASTRIES

- Tender
- Flaky
  - Layers of gluten will separate layers of fat and expanded by steam
- Lightly and evenly browned
- Pleasing flavor