



THE SCHOOL OF
ARTISAN FOOD

Recipe Handout

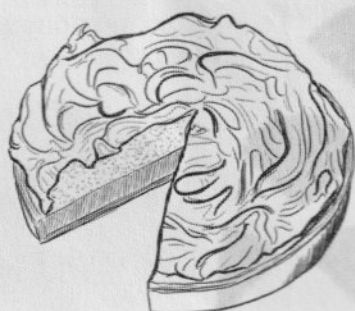
Roon ☺

Introduction to Pastry

with Martha Brown

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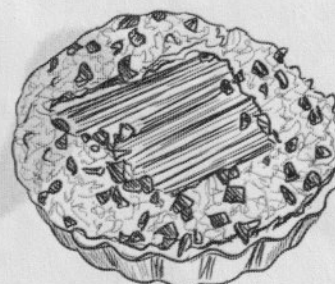


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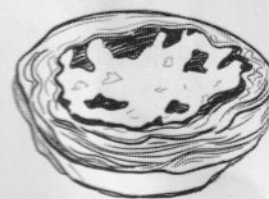
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Puff Pastry

The foundation of countless pastries, desserts and savouries, puff pastry rises significantly during baking due to the steam created from the large amounts of butter.

Tip

Keep the dough and butter very cold throughout the lamination process.

Recipe

Ingredients	Unit	Qty
Plain flour	g	340
Unsalted butter	g	50
Fine sea salt	g	6
White vinegar	g	10
Cold water	g	150
Laminating butter	g	250
TOTAL		806

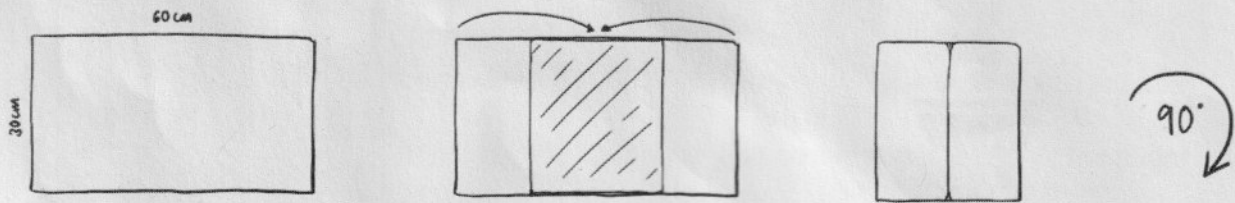
Recipe per person

Method

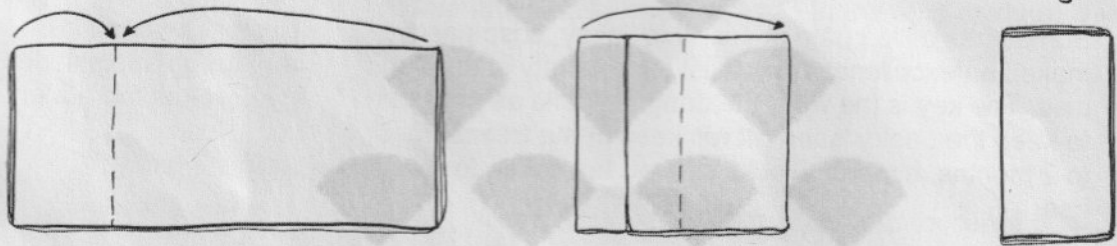
Key stage/ingredients	Method
White vinegar Cold water	Weigh the cold water and vinegar into a jug and set aside.
Unsalted butter Plain flour Salt	Weigh the flour, salt and unsalted butter into a large mixing bowl. Cut the very cold butter into small matchsticks and use your finger tips to crumb the butter into the dry ingredients. <i>~ can use bread flour</i>
Mix	Once crumbed, pour the liquid ingredients from the jug into the mixing bowl and bring this together to form a rough dough. Now turn out the dough onto the worktop and begin to knead. Knead the dough for around 5 minutes, until you begin to see the dough becoming smoother and more elastic. You are not looking for a fully developed dough at this stage.
Chill	Use a rolling pin to roll the dough into a rectangle, around 15x20cm in size. Wrap in clingfilm and rest in the fridge for 1 hour.
<i>Folded butter to seal</i> Plasticise butter	<i>try not to break paper</i> While the dough is resting, plasticise the laminating butter. Take a piece of silicone paper and folding it, create an envelope shape that is around 15x20cm to encase the butter. Open out the silicone paper once more so you are able to place the laminating butter inside the envelope you have created. Press the <u>butter roughly flat</u> within the <u>15x20cm</u> rectangle in the middle. Now fold the paper around the butter and turn over the envelope so the folded edges are against the workbench. Using a rolling pin, roll the butter within the paper envelope so it completely fills the rectangles, ensuring the corners are very square and the butter is evenly flat. Chill in the fridge for at least 20 minutes.

Incorporate butter	Remove the dough from the fridge, lightly flour your worktop and unwrap the dough. Roll out the dough so it is an equal width as the butter in one direction, and double the length in the other direction. Now place your plasticised butter onto the dough and fold the dough around the butter, pinching the dough edges and join tightly around the butter. Gently roll out the dough and butter block, you can use your rolling pin to tap rather than roll initially, to help connect the dough and butter together. Aim for a shape that is 3-4 times longer than it is wide, and around 5mm thick. Use a dry pastry brush to remove any excess flour from the surface. Now it's time to make the first fold. For a book fold (double turn), fold one of the short edges over, not quite as far as the centre of the dough. Fold the opposite edge over to meet this first edge. Butt them up against each other well. Now, in the same direction, fold the dough completely in half. You should end up with a block that looks like a book with a smooth spine and 4 pages. Wrap in clingfilm and rest for at least 45 minutes.
Second fold	After resting, repeat the book fold at least one more time, this will create 16 layers of butter, great for sausage rolls, pie lids and pasteis de nata. You may wish to make another book fold for 64 layers. You should be able to make a second and third fold without resting the dough. After completing your folds, rest in the fridge for at least 45 minutes. The puff pastry dough is now ready to use.

Incorporating butter:



Double fold:



Pasteis de Nata Shaping

Roll the puff pastry to a thickness of around 4mm, with a width of 25cm. Use a wet pastry brush to dampen the surface, this will help the pastry stick to itself. Roll the pastry into a tight log, it should be around 6cm in diameter. Wrap in clingfilm and chill for at least 30 minutes, ideally longer.

To fill the tart case, slice the puff pastry log into around 1.5cm discs, and drop each disc into the bottom of the tart case.

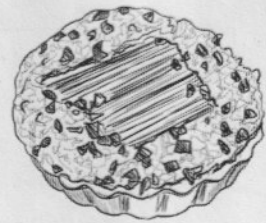
*make sure to start from middle first
work your way up*

With well floured thumbs, starting in the centre of the disc, press the dough into the bottom of the case, then work the dough up the walls of the case. Do not press directly on the outside edges of the dough, they will naturally move up the walls as you work in a circular motion from the centre of the dough outwards. Continue to flour your thumbs so as to not tear the dough, the edge should be proud of the top of the tart case.

Freeze before baking.



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Sweet Shortcrust Pastry

Sometimes called *pâte brisée*, this flakey, crisp pastry makes an excellent sturdy crust for a variety of tarts and pies. The key is the work the dough as little as possible to keep the pastry 'short'. It will keep in the freezer for up to 2 months, either in blocks or lined tart cases for easy use.

Tip

This pastry becomes very tough and shrinks if you re-roll more than once, losing its 'short' characteristics.

Recipe

Ingredients	Unit	Qty
Plain flour	g	250
Unsalted butter	g	150
Salt	g	2
Water	g	64
Caster sugar	g	38
TOTAL		504

Reduced by 90g.

200
120
2
50
30
402

Recipe per person

Method

Key stage/ingredients	Method
Water Caster sugar	In a jug, add cold water and caster sugar. Stir until the sugar is dissolved. Set aside.
Plain Flour Unsalted butter Salt	In a large bowl, combine the flour and salt. Cut the cold butter into small pieces and add to the flour mixture. Using your fingertips, rub the butter into the flour to form a breadcrumb texture.
Combine dry and wet	Pour around $\frac{3}{4}$ of the water mixture into the large bowl and begin to work the wet into the dry. Continue to add the water mixture as needed, but only until the dough holds together. The less you work the dough the better.
Shape and chill	In the bowl, create a dough ball, then turn this onto a piece of clingfilm. Flatten the ball onto the clingfilm, until around 3cm thick. This will make the pastry much easier to roll out when cold. Wrap the clingfilm around the pastry and move to the fridge. Chill until required, or freeze.
Rolling out	Once completely chilled, use a rolling pin or pastry break to roll the pastry to the required thickness. Use a minimal amount of flour to stop the pastry sticking to the worktop as you roll. Form any left over dough into a disk, wrap and chill. This pastry is best on the first roll out, good on the second roll out, but becomes tough and elastic on any subsequent roll outs, shrinking as it bakes.
Baking	Line a tart case and if required, blind bake at 180°C fan for around 20-25 minutes. Remove the baking beans and return to the oven for a further 5-10 minutes until lightly golden. If your tart filling requires no further baking, bake the tart case until medium brown.



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Sweet Pastry

This is a biscuit like pastry used for fine tart shells. It can be rolled very thinly to create delicate patisserie, the butter and egg content make it much richer than a shortcrust pastry.

Tip

The lack of water in this pastry stops shrinkage and you can re-roll as many times as you like!

Recipe

Ingredients	Unit	Qty
Plain flour	g	330
Unsalted butter	g	210
Salt	g	5
Icing sugar	g	130
Egg yolk	g	55
TOTAL		730

Recipe in pairs

Method

Key stage/ingredients	Method
Unsalted butter Icing sugar	Into a stand mixer bowl, weigh the butter (at room temperature) and icing sugar. Beat very slowly as first to combine the icing sugar with the butter, then faster to create a soft, smooth texture.
Egg yolk	Separate eggs to weigh the yolk into a jug. Pour this into the stand mixer and beat on fast, you may need to add the yolk in two stages, scraping the mixer bowl between additions.
Plain flour Salt	With the mixer turned off, add around half of the flour and salt, then mix on slow to gently combine. Add the remaining flour and salt and mix on slow until fully combine.
Fraisage	Turn the dough onto a clean work surface and use a scraper to 'smear' the dough against the work surface, a small section at a time. This will completely equalise the texture of the dough, mixing any final drier or wetter portions of the dough. This is called Fraisage.
Roll and chill	Divide the dough in two and roll each portion into a ball and place between 2 sheets of silicone paper. Using a rolling pin (and pastry levellers if you have them) roll the pastry until it is between 2-4mm thick, depending on the application. Chill for at least an hour.
Lining tart cases	Cut the chilled dough into the appropriate size to line you tart mould if they a large or fluted mould. If using a small tart ring, use the ring to cut the base perfectly, then a knife to cut strips of pastry for the sides. Use the heat of your fingers to merge and connecting points in the pastry shell. Freeze for at least 15 minutes before baking.
Baking	

Sieve to prevent lumps

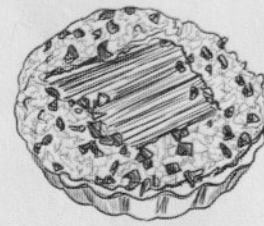
If using a perforated tart ring and perforated baking mat, you will not need to use baking beans. If you are using a traditional fluted tart mould, line and fill with baking beans before blind baking at 165-170°C fan for around 12-18 minutes. Remove the baking beans if you have used them and return to the oven for a further 5-10 minutes until lightly golden. If your tart filling requires no further baking, bake the tart case until medium brown. You can brush an egg wash onto both the inside and outside of your tart shell to seal the pastry and give a high shine finish.



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Poached Pears

These pears are great to make ahead of time and will keep in their syrup in the fridge for at least a week. Use in tarts, on top of cheesecakes or on your granola in the morning. The syrup can be spiced with any number of aromatics.

Tip

Once you have removed the fruit from the poaching syrup, reduce the syrup by re-boiling to make a glaze.

Recipe

Ingredients	Unit	Qty
Water	g	700
Caster sugar	g	700
Lemon (whole)	no.	1
Vanilla	g	5
Cardamom (optional)	no.	6
Pears	no.	3
TOTAL	enough for 12 individual tarts	

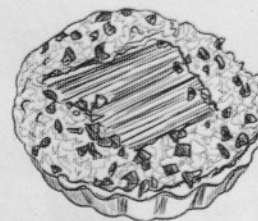
Recipe in pairs

Method

Key stage/ingredients	Method
Water Caster sugar	In a small saucepan, weigh the water and caster sugar and set over a high heat to boil.
Aromatics	Choose a range of spices and aromatics to flavour your syrup and pears. Slice whole lemons or oranges, use vanilla or whole spices like star anise, cardamom, cinnamon and cloves. Add these aromatics to the water and sugar mixture.
Syrup	Boil the syrup for around 10 minutes, until it coats the back of a spoon.
Pears	Peel the pears, then quarter and remove the cores. Add the pears to the boiling syrup and turn the heat down to medium. Boil for around 5 minutes. Add a cartouche (a piece of silicone paper) over the pears to keep them under the syrup as they boil. The pears should be softer to touch but not yet cooked all the way through. Turn off the heat and leave the pears in the hot syrup, covered by the cartouche. Once cooled, transfer into a container and chill until needed.
Application	To use the pears in a frangipane tart, thinly slice each quarter to create a fan for the top of each tart. If the tart case is small, it may be wise to cut off the long thin stem of the pair to create a rounder shape, before thinly slicing. While the tarts are baking, reduce the poaching syrup to create a glaze. Brush the glaze onto the fruit once cooled, or the whole tart as desired.



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Berry Jam

This jam is made with less sugar than commercial jam, giving it a tart, bright flavour. Use raspberries, blackcurrants, strawberries or blackberries in this recipe. Most berries contain very low levels of pectin, hence the addition of pectin.

Tip

Experiment with adding apple or boiling lemon pips and pith in a muslin bag to add natural pectin.

Recipe

Ingredients	Unit	Qty
Seasonal berries	g	300
Granulated sugar	g	180
Lemon juice	g	15
Pectin	g	8
TOTAL		503

Recipe per pair

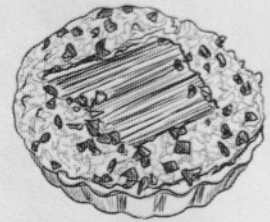
Method

Key stage/ingredients	Method
Berries Lemon juice Granulated sugar	Add the berries, lemon juice and 80% of the weight of sugar to a pan and ideally allow to steep, overnight in best. This draws much of the liquid out of the berries which makes cooking the fruit much easier. Place the pan on a medium heat and cook the fruit until soft, around 10-15 minutes. This will also reduce the liquid slightly, the mixture will be syrupy.
Granulated sugar Yellow Pectin	Combine the remaining sugar and pectin fully, then add to the saucepan. Once the mixture has returned to the boil, boil rapidly for 5-6 minutes.
Set	Setting point is reached at 104°C - 105°C. Test the set by placing a saucer into the freezer. Drop the hot jam onto the freezing plate and return to the freezer for a few minutes. If the jam wrinkles when pushed with a finger, it has set correctly.
Store	Sterilise jars and pour the hot jam into the jars, sealing quickly.

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Frangipane

Frangipane is a classic French patisserie filling, traditionally piped into a tart case over jam, then topped with seasonal fruit. Trying making frangipane with other ground nuts – hazelnuts and pistachios work well.

Tip

Add a little crème patisserie to make an easy filling for almond croissants.

Recipe

Ingredients	Unit	Qty
Unsalted butter	g	170
Caster sugar	g	170
Whole egg	no.	2
Ground almonds	g	280
TOTAL	g	720

Recipe in pairs

got into bag
use table corner to
move bag up / little effort

Method

Key stage/ingredients	Method
Unsalted butter Caster sugar	In a stand mixer bowl, add soften butter and caster sugar. Beat on high speed until soft and slightly lighter in colour. You may need to scrape the sides of the bowl with a spatula.
Whole egg	Crack the eggs into the mixer bowl and return the mixer to high speed, stopping to scrape the bowl if needed to fully combine the ingredients.
Ground almonds	Add all the almonds into the mixer and combine on medium speed until even textured.
Application	It's easiest to use the frangipane directly after mixing, the texture is softer and more pipeable. Transfer to a container and chill if not required straight away. Pipe into un-baked tart cases, on top of seasonal jam. Do not fill the tart case completely as the filling rising slightly in the oven. Add poached or fresh fruit on top of the frangipane, add chopped/flaked nuts as desired.
Bake	Bake at 170°C for around 20-50 minutes, depending on the size of the tart cases, until deep golden brown.
Decoration	Reduce the poaching syrup to create a glaze. Brush the glaze onto the fruit once cooled, or the whole tart as desired.



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Key Lime Filling

Although not made with Key limes, this pie filling is an American classic. More traditionally made added to a butter biscuit base with whipped cream topping, it can be elevated with a sweet pastry base and Italian meringue topping.

Tip

Make sure not to weigh the egg yolk directly into the pure lime juice, the acid will 'cook' the yolk.

Recipe

Ingredients	Unit	Qty
Lime juice + zest	no. / g	4-5 / 120
Condensed milk	g	397
Egg yolk	no.	5
TOTAL	g	600

NB: Weigh 120g of juice, then add the zest of the limes you have used after 120g has been reached.

Recipe per person

Method

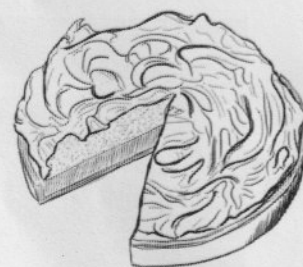
Key stage/ingredients	Method
Limes	Using a microplane, zest the limes into a large bowl. Once zested, cut in half and juice. Add 120g of juice to the bowl.
Condensed milk (one small can)	Pour the condensed milk into the bowl and whisk to combine with the lime juice and zest.
Egg yolk 5no.	Separate 5 eggs, saving the whites in a very clean, dry jug. Add the egg yolks to the filling and whisk to fully combine.
Baking	Pour the lime filling into a blind baked tart case. Using a spatula gently flatten the mixture if needed. Bake at 145°C fan for 20 minutes, or until you can gently shake the tray without the centre of the tart wobbling.
Decoration	Once completely cool, top with Italian meringue and blowtorch to caramelise.

↳ Take out of dish move
from flat board to big
thick board
and cool
to
add meringue

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Italian Meringue

Light as a feather, great for piping or applying with a palette knife. The egg in this meringue is cooked using boiling sugar poured onto the whipping whites. Once applied it can be blowtorched to caramelize. Use on tarts, or as an alternative to frosting on cakes. Italian meringue doesn't keep well so it's best used on products with a one day shelf life.

Tip

Always use very clean equipment when whipping egg whites, any fat will prevent a light, voluminous meringue.

Recipe

Ingredients	Unit	Qty
Egg white	g	150
Caster sugar	g	300
Water	g	90
TOTAL	g	540

Recipe in pairs

Method

Key stage/ingredients	Method
Egg white	Wash and full dry a stand mixer bowl and whisk attachment. Weight the egg whites into the bowl and set up the mixer.
Caster sugar Water	In a small saucepan, weigh the water and caster sugar and set on a medium heat, you can stir the sugar and water without issue before it begins to boil. Once bubbling, wash down any sugar crystals on the edges of the pan with a wet pastry brush and allow to boil, un-stirred. Using a temperature probe, boil until 118-121°C is reached. Remove from the heat immediately.
Meringue	When the boiling sugar is nearly at temperature, begin to whip on high speed until the egg whites until very foamy. With the syrup at temperature, set the mixer to medium-high speed and pour the syrup onto the edge of the whipping whites, down the side of the mixing bowl. Pour in a gentle, steady stream until all the syrup is in the bowl. Then continue to whip the mixture until it has cooled to nearly room temperature, and is light, fluffy and smooth.
Application	Italian meringue is best made just before it is used. Once the meringue is fully whipped, turn the speed down to slow and leave it running until needed. Without this constant movement the meringue will set in the bowl and become harder to apply smoothly. Use a piping nozzle or palette knife to decorate the product.
Decoration	Use a blowtorch to caramelise the surface of the meringue, setting the texture or pattern.



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Pasteis de Nata Custard

This is an extremely rich and sweet custard on it's own, but when baked into the savoury puff pastry it creates a product that is well balanced. Some may say the perfect little mouthful of patisserie joy.

Tip

Choose a ratio of lemon and cinnamon to suit your own tastes.

Recipe

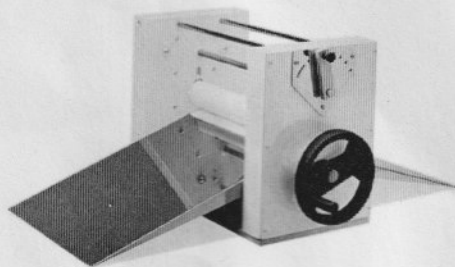
Ingredients	Unit	Qty
Milk	g	450
Lemon	no.	0.25
Cinnamon stick	no.	0.25
Plain flour	g	36
Caster sugar	g	215
Egg yolk	g	130 (8no.)
TOTAL		831

Recipe in pairs

Method

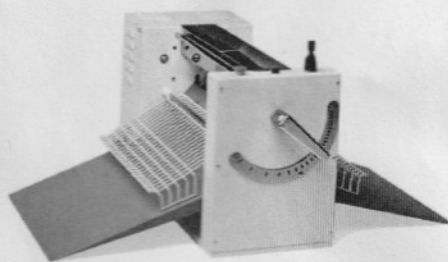
Key stage/ingredients	Method
Egg yolks	Separate the eggs and place the yolks in a small heat-proof mixing bowl. Whisk briefly to break down yolks. Set aside.
Plain flour Caster sugar	Weigh the flour and sugar in a separate small heat-proof mixing bowl. Whisk to combine ingredients. Set aside.
Whole milk Lemon peel Cinnamon stick	In a saucepan, weigh the milk, peeled lemon rind and cinnamon stick. Set over a medium heat and bring to the boil gently to infuse, whisking often so no milk solid stick to the bottom of the pan.
Combine	Pour the boiling milk, lemon rind and cinnamon into the sugar and flour mixture, whisking as you go. Then pour the hot mixture slowly over the egg yolks, whisking constantly so as to not cook the egg. Finally, pour the prepared mixture through a sieve into a jug, cover with clingfilm and leave to cool fully.
Bake	Pre-heat a fan oven to 250C. Remove the custard from the fridge and whisk well to combine the settled ingredients. Pour the custard into the chilled pastry cases, leaving a clear lip of pastry just under 1cm high at the top of the custard. Bake for around 10-13 minutes until the custard has risen and blackened slightly, and the pastry is a deep brown.

PASTRY BREAKS / DOUGH SHEETERS



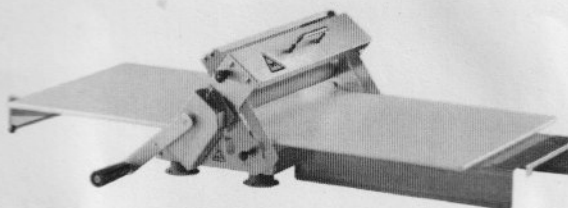
££

Rollers: Manual
Conveyor: Stationary - Stainless steel
Power: None
Position: Tabletop



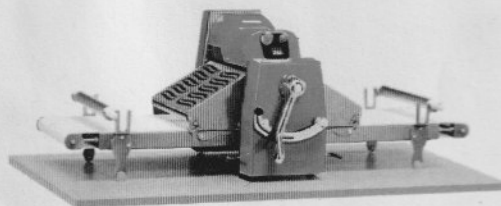
£££

Rollers: Electric
Conveyor: Stationary - Stainless steel
Power: Single phase
Position: Tabletop



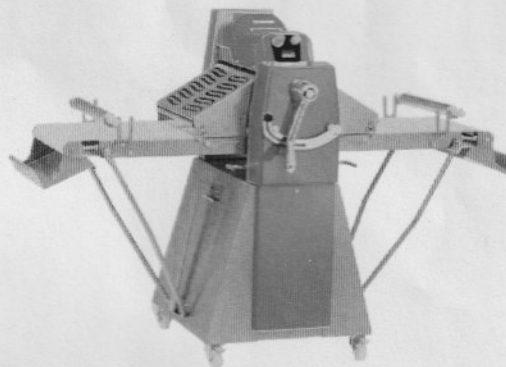
£

Rollers: Manual
Conveyor: Manual - Polypropylene
Power: None
Position: Tabletop



££££

Rollers: Electric
Conveyor: Electric - Canvas
Power: Single or 3 phase
Position: Tabletop



£££££

Rollers: Electric
Conveyor: Electric - Canvas
Power: Single or 3 phase
Position: Floor-standing