

PASTRY EXPERIMENT

Name _____ Period ____ ASSIGN #

BASIC RECIPE

1 1/4 cups flour	1 tsp. salt
1/4 cup plus 2 Tbsp. shortening	3 Tbsp. ice cold water

Sift flour and salt together. Lightly work the fat into the flour and salt mixture with a pastry blender until the particles are the size of small peas. Sprinkle the ice cold water into the flour mixture. Stir with a fork until a soft dough forms. Roll out on a very lightly floured board. Cut into strips about 1" wide. Place on a cookie sheet and sprinkle with cinnamon sugar. Bake at 450°F until lightly golden brown for a few minutes. Watch carefully so it does not burn.

METHOD #1: Follow basic recipe as stated.

METHOD #2: Follow basic recipe but substitute the shortening with butter or margarine.

METHOD #3: Follow basic recipe but substitute 1/4 cup oil instead of shortening.

METHOD #4: Follow basic recipe but delete the salt.

METHOD #5: Follow basic recipe but knead the dough several times, then roll out and cut.

METHOD #6: Follow basic recipe but use the electric mixer to mix it together.

METHOD #7: Follow basic recipe but use hot water instead of ice water.

QUESTIONS TO ANSWER:

1. What effect does too much water have on pastry?
2. Why is ice water used instead of warm or hot water?
3. What is the effect of over-mixing the dough? How is flakiness produced in pastry?
4. What is the difference between pastry made from shortening, butter or margarine, and oil?
5. Why is salt used in pastry dough?