

# PRACTICAL COOKERY

FOR LEVEL 2  
PROFESSIONAL  
COOKERY DIPLOMA

**3RD**  
EDITION

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# 13

## Produce paste products



This chapter will help you to:

- 1 prepare, cook and finish paste products, including:
  - using tools and equipment correctly, in a safe and hygienic way
  - producing short, sweet, puff and choux paste products
  - checking that the finished product meets requirements.

2 know how to:

- identify different paste products, their uses and preparation and cooking methods
- understand the quality points of ingredients and how to adjust the quantity to give correct portions
- identify fillings, glazes, creams and icings, and finishing and decorating techniques
- store finished products safely
- identify ingredients that may cause allergic reactions.

The key ingredients for pastry work, such as flour, eggs and sugar, are described in Chapter 12. Make sure you read and understand this section.

### Recipes in this chapter

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# Types of paste and their uses

## Short paste

The shortness of a paste refers to the crisp, light and sometimes crumbly texture of the finished paste. The term 'shortening' describes the effect of the fat when rubbed gently into the flour, breaking down the gluten strands in the flour and producing the short texture qualities. Short pastry is typically used as a lining for savoury and sweet pies, tarts and flans.

## Sweet paste

Sweet paste is a short paste that has been sweetened with the addition of sugar and often enriched by the addition of egg. The type of sugar used is normally caster sugar or icing sugar. This helps to achieve a fine, smooth paste. Sweet paste is commonly used to line sweet tarts, tartlets and flans.

## Puff paste

Puff paste is a laminated paste. The term '**lamination**' refers to the layers that are produced when making puff paste. To make puff paste, a dough is produced using a strong flour as the dough needs to be elastic and robust enough to incorporate layers of butter without splitting or oozing. The butter is added to the paste in a layer which is multiplied hundreds of times through the process known as '**turning**'. Each turn multiplies the layers of paste and butter until the desired amount is reached, usually four 'double' or 'book' turns. When the paste is baked, the layers of fat produce steam resulting in a rising between the layers of dough. This is what causes the rising of puff paste and the development of hundreds of fine, delicate layers in the finished, baked product. Puff paste is used to make sweet and savoury products such as turnovers, pastry cases (bouchées, vol-au-vents), pies, palmiers, fruit bands and mille-feuilles.

## Choux paste

Choux paste is made by melting butter in water, binding this mixture by cooking to a paste with flour before beating in eggs to produce a fairly thick but slack paste of a 'dropping consistency'. It is then piped into the desired shapes and baked. During the baking process

the moisture from the water content helps to produce an air bubble around which the paste bakes to form a light batter-like product. Choux paste is used to produce products such as profiteroles, éclairs, gâteaux Paris-Brest and the famous French dessert Croquembouche. It can also be used to produce savoury products – small choux buns filled with a savoury mousse, for example.

## Techniques

### Adding fat to flour

Fats act as a **shortening agent**. The fat has the effect of shortening the gluten strands, producing a pastry, which are easily broken when eaten, making the texture of the product more crumbly. The development of gluten in puff pastry is very important as long strands are needed to trap the expanding gases, and this is what makes the paste rise.

Fat can be added to flour by:

- rubbing in by hand: short pastry.
- rubbing in by machine: short pastry.
- creaming method by machine or by hand: sweet pastry.
- lamination: puff pastry.
- boiling: choux pastry.

### Other techniques

**Folding:** an example is folding puff pastry to create its layers.

**Kneading:** using your hands to work dough or puff pastry in the first stage of making.

**Blending:** mixing all the ingredients carefully by weight.

**Relaxing:** keeping pastry covered with a damp cloth, cling film or plastic to prevent a skin forming on the surface. Relaxing allows the pastry to lose some of its resistance to rolling.

**Cutting:**

- Always cut with a sharp, clean, damp knife.
- When using cutters, always flour them before use by dipping in flour. This will give a sharp, neat cut.
- When using a lattice cutter, use only on firm pastry; if the pastry is too soft, you will have difficulty lifting the lattice.



**Rolling:**

- Roll the pastry on a lightly floured surface; turn the pastry to prevent it sticking. Keep the rolling pin lightly floured and free from the pastry.
- Always roll with care, treating the pastry lightly – never apply too much pressure.
- Always apply even pressure when using a rolling pin.

**Shaping:** this refers to producing flans, tartlets, barquettes and other such goods with pastry. Shaping also refers to crimping with the back of a small knife using the thumb technique.

**Docking:** this is piercing raw pastry with small holes to prevent it from rising during baking, as when cooking tartlets blind.

**Key terms**

**Shortening agent:** a fat used to help prevent the development of gluten strands when making pastry. This helps to make the texture of the product more crumbly.

**Rubbing in:** a technique where flour is rubbed into a fat to make products such as short pastry and crumbles. Using the fingertips, flour and butter are rubbed gently together until the mixture resembles fine breadcrumbs.

**Creaming:** the initial mixing of sugar and cream together using a wooden spoon or electric mixer until a smooth mixture is formed. This is often used in the production of sweet/sugar pastry.

**Lamination:** the term for the process of alternating layers of dough and butter when making puff pastry, croissants or Danish pastries.

**Boiling:** this method is unique to the production of choux paste, where the butter is initially melted in boiling water before being made into a paste with the addition of flour and then eggs.

**Turning:** the term used to describe the process of producing the layers in laminated pastry. Each time the paste is rolled and folded, it is referred to as a turn.

## Glazing

A glaze is something that gives a product a smooth, shiny surface. Examples of glazes used for pastry dishes are as follows:

- A hot clear gel produced from a pectin source obtainable commercially for finishing flans and tartlets; always use while still hot. A cold gel is exactly the same except that it is used cold. The

gel keeps a sheen on the goods and keeps out all oxygen, which might otherwise cause discoloration.

- Apricot glaze, produced from apricot jam, acts in the same way as gels.
- Eggwash, applied prior to baking, produces a rich glaze during the cooking process.
- Icing sugar dusted on the surface of the product caramelises in the oven or under the grill.
- Fondant gives a rich sugar glaze, which may be flavoured and/or coloured.
- Water icing gives a transparent glaze, which may also be flavoured and/or coloured.

## Finishing and presentation

It is essential that all products are finished according to the recipe requirements. Finishing and presentation is often a key stage in the process, as failure at this point can affect sales. The way goods are presented is an important part of the sales technique. Each product of the same type must be of the same shape, size, colour and finish. The decoration should be attractive, delicate and in keeping with the product range. All piping should be neat, clean and tidy.

## Fillings, glazes, cream and icings

Many different fillings are used in pastry products, including include crème pâtissière, frangipane and fresh fruit. Cream and butter cream, preserves and jam can also be used.

## Finishing and decorating techniques

Some methods of finishing and presentation are as follows.

- **Dusting** – sprinkling icing sugar on a product using a fine sugar dredger or sieve.
- **Piping** – using fresh cream, chocolate or fondant.
- **Filling** – with fruit, cream, pastry cream, etc. Avoid overfilling as this can give the product a clumsy appearance.
- **Icing:** Some paste products, such as a Bakewell tart, are glazed using an icing, such as water icing in this example.



### Storage

- Store all goods according to the Food Safety and Hygiene Regulations 2013/Food Safety Temperature Control Regulation 1995 and General Food Regulations (2004).
- Always make sure that storage containers are kept clean and returned ready for re-use. On their return they should be hygienically washed and stored.
- Freshly made, raw paste should be wrapped tightly in secure film or placed in an air-tight, sealed bag. It should then be clearly labelled and dated before storing in a refrigerator or freezer.
- Finished paste products can be refrigerated to maintain food safety. However, pastry does not tend to maintain its quality in refrigerated conditions. The moist atmosphere leads to pastes softening, losing their crisp and short properties. Any additional ingredients also have to be considered. Creams can lose their viscosity and can retract from the pastry lining and prepared fruits can weep, losing their structure.
- Some cooked pastry products are suitable for freezing. For example, unfilled, blind-baked pastry cases freeze well for use at a later stage. Other completed products need to be analysed as to their suitability for freezing, based on the additional ingredients used and their suitability.

### Allergies

Although it is essential to clearly list all potential allergens when making paste products, the allergens that are most likely to be used in their production include:

- gluten – flours and any products made from wheat, rye, barley and oats.
- nuts – such as ground hazelnuts, and almonds. These can be added to flavour pastes such as sablé.
- eggs – used in the production of sweet and choux paste.

Beyond the basic preparation of pastes, attention is also required with regard to the additional ingredients that are used to complete pastry products. Tarts are often filled with creams, produced with milk and/or cream (lactose). Other fillings may include nuts, such as frangipane, so it is vitally important to assess any of the other potential allergens that are incorporated into pastry products as well as the paste itself.

### Test yourself

- 1 What is the ratio of fat to flour for:
  - a) short pastry
  - b) puff pastry
  - c) sugar pastry?
- 2 How is the fat added to the flour in the production of choux pastry?
- 3 What type of fat is required for the production of suet paste?
- 4 What is meant by the term 'lamination'?
- 5 What is the filling for a classical gâteau Pithiviers?
- 6 Provide **five** examples of products that can be produced using puff pastry.
- 7 Name **one** pastry product, eaten as a dessert, which would be unsuitable for a vegetarian customer.
- 8 Describe **three** fillings that can be used in the production of sweet tarts.
- 9 Other than éclairs and profiteroles, name **three** products that are made using choux paste.
- 10 What quality points indicate a well-produced lemon tart?
- 11 Describe the finishing stages when producing mille-feuilles.
- 12 Describe **three** considerations when refrigerating a freshly baked strawberry tart, filled with crème patissière.

# 1 Sugar (or sweet) paste (*pâte à sucre*)

Sugar pastry is used for products such as flans, fruit tarts and tartlets.

	400 g	1 kg
Sugar	50 g	125 g
Butter or block/cake margarine	125 g	300 g
Eggs	1	2–3
Flour (soft)	200 g	500 g
Salt	Pinch	Large pinch

Method 1 – sweet lining paste (rubbing in).

- 1 Sieve the flour and salt. Lightly rub in the margarine or butter to achieve a sandy texture.
- 2 Mix the sugar and egg until dissolved.

- 3 Make a well in the centre of the flour. Add the sugar and beaten egg.
- 4 Gradually incorporate the flour and margarine or butter and lightly mix to a smooth paste. Allow to rest before using.

Method 2 – traditional French sugar paste (creaming).

- 1 Taking care not to over-soften, cream the butter and sugar.
- 2 Add the beaten egg gradually and mix for a few seconds.
- 3 Gradually incorporate the sieved flour and salt. Mix lightly until smooth.
- 4 Allow to rest in a cool place before using.



- 1 Measure out the sugar and cut the butter into small chunks.



- 2 Cream the butter and sugar together.



- 3 Add the beaten egg in stages, thoroughly mixing each time.



- 4 Incorporate the flour and salt.



- 5 Press into a tray and leave to chill.



- 6 The paste will need to be rolled out before use in any recipe.



### Professional tip

The higher the percentage of butter, the shorter and richer the paste will become. However, as the butter will soften and melt during handling, the paste will become softer and more difficult to work with. Therefore chilling and light, quick handling are required when using a sweet paste with a high butter content.

This also applies to the working environment. For example, in a particularly warm kitchen, it will be more difficult to work with a paste of this structure than in a cooler kitchen.

The butter in this recipe could be reduced from 125 g to 100 g to make handling easier.



From left to right: short paste (recipe 2), rough puff paste (recipe 3) and sugar paste (recipe 1)

## 2 Short paste (*pâte à foncer*)

Short pastry is used in fruit pies, Cornish pasties, etc.

	400 g	850 g
Flour (soft)	250 g	500 g
Salt	Pinch	Large pinch
Butter or block/cake margarine	125 g	250 g
Water	40–50 ml	80–100 ml

### Variations

For wholemeal short pastry, use wholemeal flour in place of half to three-quarters of the white flour.

Short pastry for sweet dishes such as baked jam roll may be made with self-raising flour.

Lard can be used in place of some or all of the fat (the butter or cake margarine). Lard has excellent shortening properties and would lend itself, in terms of flavour, to savoury products, particularly meat-based ones. However, many people view lard as an unhealthy product as it is very high in saturated fat. It is also unsuitable for anyone following a vegan or vegetarian diet as it is an animal product.

- 1 Sieve the flour and salt.
- 2 Rub in the fat to achieve a sandy texture.
- 3 Make a well in the centre.
- 4 Add sufficient water to make a fairly firm paste.
- 5 Handle as little and as lightly as possible. Refrigerate until firm before rolling.

### Professional tip

The amount of water used varies according to:

- the type of flour (a very fine soft flour is more absorbent)
- the degree of heat (for example, prolonged contact with hot hands, or warm weather conditions).

Different fats have different shortening properties. For example, paste made with a high ratio of butter to other fat will be harder to handle.



**Faults**

Possible reasons for faults in short pastry are detailed below.

**Hard:**

- too much water
- too little fat
- fat rubbed in insufficiently
- too much handling and rolling
- over-baking.

**Soft–crumbly:**

- too little water
- too much fat.

**Blistered:**

- too little water
- water added unevenly
- fat not rubbed in evenly.

**Soggy:**

- too much water
- too cool an oven
- baked for insufficient time.

**Shrunken:**

- too much handling and rolling
- pastry stretched while handling.



▲ From left to right: correct, blistered and shrunken short paste

### 3 Rough puff paste

	475 g	1.2 kg
Flour (strong)	200 g	500 g
Salt	1 large pinch	2 large pinches
Butter or block/cake margarine (lightly chilled)	150 g	375 g
Water, ice-cold	125 ml	300 ml
Lemon juice, ascorbic or tartaric acid	10 ml	25 ml

- 1 Sieve the flour and salt.
- 2 Cut the fat into small pieces and lightly mix them into the flour without rubbing in.
- 3 Make a well in the centre.
- 4 Add the liquid and mix to a dough. The dough should be fairly tight at this stage.

- 5 Turn on to a floured table and roll into an oblong strip, about 30 × 10 cm, keeping the sides square.
- 6 Give one double turn (as for puff pastry).
- 7 Allow to rest in a cool place, covered with cloth or plastic for 30 minutes.
- 8 Give three more double turns, resting between each. (Alternatively, give six single turns.) Allow to rest before using.

**Professional tip**

Each time you leave the paste to rest, gently make finger indentations, one for each turn you have made.





**1** Make a well in the centre of the flour and butter and add the liquid



**2** Mix to a fairly stiff dough



**3** Roll out and fold the ends to the middle



**4** Keep rolling, folding and turning



**5** The finished paste, ready to rest and then use

## 4 Choux paste (*pâte à choux*)

Choux paste is used to make products such as éclairs, profiteroles and gâteau Paris-Brest.

	750 g	1.5 kg
Water	250 ml	500 ml
Sugar	Pinch	Large pinch
Salt	Pinch	Large pinch
Butter or block/cake margarine	100 g	200 g
Flour (strong)	150 g	300 g
Eggs	4–5	8–10

- 1** Bring the water, sugar, salt and fat to the boil in a saucepan. Remove from the heat.
- 2** Add the sieved flour and mix in with a wooden spoon.

**3** Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan. (This is known as a panada.)

**4** Remove from the heat and allow to cool.

**5** Gradually add the beaten eggs, beating well. Do not add all the eggs at once – check the consistency as you go. The mixture should just flow back when moved in one direction (it may not take all the egg).

### Variation

50 per cent, 70 per cent or 100 per cent wholemeal flour may be used to make choux paste.



1 Cut the butter into cubes and then melt them in the water



2 Add the flour



3 When the panada is ready, it will start to come away from the sides



4 Add egg until the mixture is the right consistency – it should drop from a spoon under its own weight



5 Pipe the paste into the shape required – these rings could be used for Paris-Brest (Recipe 22)



6 A selection of shapes in raw choux paste

### Faults

#### **Greasy and heavy paste:**

- the basic mixture was over-cooked.

#### **Soft paste, not aerated:**

- flour insufficiently cooked
- eggs insufficiently beaten in the mixture
- oven too cool
- under-baked.

#### **Split or separated mixture:**

- egg added too quickly.



▲ The choux buns on the left are light and well risen; those on the right are poorly aerated.



## 5 Suet paste



Suet paste is used for steamed fruit puddings, steamed jam rolls, steamed meat puddings and dumplings.

- 1 Sieve the flour, baking powder and salt.
- 2 Mix in the suet. Make a well. Add the water.
- 3 Mix lightly to a fairly stiff paste.

### Professional tip

Self-raising flour already contains baking powder so this element could be reduced in the recipe if using self-raising flour.

Vegetarian suet is also available to enable products to be meat-free.

	400 g	1 kg
Flour (soft) or self-raising flour	200 g	500 g
Baking powder	10 g	25 g
Salt	Pinch	Large pinch
Prepared beef or vegetarian suet	100 g	250 g
Water	125 ml	300 ml

### Faults

#### Heavy and soggy paste:

- cooking temperature may have been too low.

#### Tough paste:

- handled too much or over-cooked.

## 6 Quiche Lorraine (cheese and ham savoury flan)



Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
--------	------	-----	---------	------	-------	---------	-------

	4 portions	10 portions
Short paste	100 g	250 g
Ham, chopped	75 g	150 g
Cheese, grated	50 g	125 g
Egg	1	2
Milk	125 ml	300 ml
Cayenne	1–2 g	3 g
Sea-salt (e.g. Maldon)	2 g	5 g

### Variation

The filling can be varied by using lightly fried lardons of bacon (in place of the ham), chopped cooked onions and chopped parsley.

A variety of savoury flans can be made by using imagination and experimenting with different combinations (for example, stilton and onion; salmon and dill; sliced sausage and tomato).



- 1 Lightly grease an appropriately sized flan ring or barquette, or tartlet moulds if making individual portions. Line thinly with pastry.
- 2 Prick the bottom of the paste two or three times with a fork to dock.
- 3 Cook in a hot oven at 200 °C for 3–4 minutes or until the pastry is lightly set. Reduce the oven temperature to 160 °C.
- 4 Remove from the oven; press the pastry down if it has tended to rise.
- 5 Add the chopped ham and grated cheese.
- 6 Mix the egg, milk, salt and cayenne thoroughly. Strain over the ham and cheese.
- 7 Return to the oven at 160 °C and bake gently for approximately 20 minutes or until nicely browned and the egg custard mix has set.

## 7 Flan case



- 1 Allow 25 g flour per portion and prepare sugar pastry as per recipe 1.
- 2 Grease the flan ring and baking sheet.
- 3 Roll out the pastry 2 cm larger than the flan ring. The pastry may be rolled between greaseproof or silicone paper.
- 4 Place the flan ring on the baking sheet.
- 5 Carefully place the pastry on the flan ring, by rolling it loosely over the rolling pin, picking up and unrolling it over the flan ring.
- 6 Press the pastry into shape without stretching it, being careful to exclude any air.
- 7 Allow a ½ cm ridge of pastry on top of the flan ring.
- 8 Cut off the surplus paste by rolling the rolling pin firmly across the top of the flan ring.
- 9 Mould the edge with thumb and forefinger. Decorate (a) with pastry tweezers or (b) with thumbs and forefingers, squeezing the pastry neatly to form a corrugated pattern.

[QR 11.09] Lining a flan

## 8 French apple flan (*flan aux pommes*)



	4 portions	10 portions
Sweet paste	100 g	250 g
Pastry cream (crème pâtissière) (see page xxx)	250 ml	625 ml
Cooking apples	400 g	1 kg
Sugar	50 g	125 g
Apricot glaze	2 tbsp	6 tbsp

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
1428 kJ	340 kcal	13.8 g	5.8 g	53.8 g	36 g	3.5 g	2.9 g

- 1 Line a flan ring with sugar paste. Pierce the bottom several times with a fork.
- 2 Pipe a layer of pastry cream into the bottom of the flan.
- 3 Peel, quarter and wash the selected apple.
- 4 Cut into neat thin slices and lay carefully on the pastry cream, overlapping each slice. Ensure that each slice points to the centre of the flan then no difficulty should be encountered in joining up the pattern neatly.
- 5 Sprinkle a little sugar on the apple slices and bake the flan at 200–220 °C for 30–40 minutes.
- 6 When the flan is almost cooked, remove the flan ring carefully, return to the oven to complete the cooking. Mask with hot apricot glaze or flan jelly.



**1** Pipe the filling neatly into the flan case



**2** Slice the apple very thinly for decoration



**3** Arrange the apple slices on top of the flan

## ASSESSMENT

### 9 Pear and almond tart



	8 portions
Sweet paste	200g
Apricot jam	25g
Almond cream	350g
Poached pears	4
Apricot glaze	
Flaked almonds	
Icing sugar	

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
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- Line a buttered 20cm flan ring with sweet paste. Trim and dock.
- Using the back of a spoon, spread a little apricot jam over the base.
- Pipe in almond cream until the flan case is two-thirds full.
- Dry the poached pears. Cut them in half and remove the cores and string.
- Score across the pears and arrange on top of the flan.
- Bake in the oven at 200 °C for 25–30 minutes.
- Allow to cool, then brush with apricot glaze.
- Sprinkle flaked almonds around the edge and dust with icing sugar.

## 10 Treacle tart



### Variation

This tart can also be made in a shallow flan ring. Any pastry debris can be rolled and cut into ½ cm strips and used to decorate the top of the tart before baking.

Try sprinkling with vanilla salt as a garnish.

	4 portions	10 portions
Short paste	125 g	300 g
Treacle	100 g	250 g
Water	1 tbsp	2 ½ tbsp
Lemon juice	3–4 drops	8–10 drops
Fresh white bread or cake crumbs	15 g	50 g

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
--------	------	-----	---------	------	-------	---------	-------

- 1 Lightly grease an appropriately sized flan ring, or barquette or tartlet moulds if making individual portions.
- 2 Line with pastry.
- 3 Warm the treacle, water and lemon juice; add the crumbs.
- 4 Place into the pastry ring and bake at 170 °C for about 20 minutes.

## 11 Egg custard tart



	8 portions
Sweet paste	250 g
Egg yolks	9
Caster sugar	75 g
Whipping cream, gently warmed and infused with 2 sticks of cinnamon	500 ml
Nutmeg, freshly grated	

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
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- 1 Roll out the pastry on a lightly floured surface, to 2 mm thickness. Use it to line a 20 cm flan ring, placed on a baking sheet.
- 2 Line the pastry with food-safe cling film or greaseproof paper and fill with baking beans. Bake blind in a preheated oven at 190 °C for about 10 minutes or until the pastry is turning golden brown. Remove the paper and beans, and allow to cool. Turn the oven down to 130 °C.
- 3 To make the custard filling, whisk together the egg yolks and sugar. Add the cream and mix well.
- 4 Pass the mixture through a fine sieve into a saucepan. Heat to 37 °C.
- 5 Fill the pastry case with the custard to ½ cm below the top. Place it carefully into the middle of the oven and bake for 30–40 minutes or until the custard appears to be set but not too firm.
- 6 Remove from the oven and dust with icing sugar and a little grated nutmeg. Allow to cool to room temperature.



## 12 Bakewell tart



- 1 Line a 20 cm flan ring using three-quarters of the paste, 2 mm thick.
- 2 Pierce the bottom with a fork.
- 3 Spread with jam and the frangipane.
- 4 Roll the remaining paste, cut into neat 0.5 cm strips and arrange neatly criss-crossed (lattice) on the frangipane; trim off surplus paste. Brush with eggwash.

	8 portions
Sugar paste	200 g
Raspberry jam	50 g
Eggwash	1 egg
Apricot glaze	50 g
Icing sugar	35 g
Frangipane (almond cream)	250 g

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
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- 5 Bake in a moderately hot oven at 200–210 °C for 30–40 minutes. Brush with hot apricot glaze.
- 6 When cooled, brush over with very thin water icing. Sprinkle with flaked almonds

## 13 Lemon tart (*tarte au citron*)



- 1 Prepare 200g of sweet paste, adding the zest of one lemon to the sugar.
- 2 Line a 20 cm flan ring with the paste.
- 3 Bake blind at 190 °C for approximately 15 minutes.
- 4 Prepare the filling: mix the eggs and sugar together until smooth, add the cream, lemon juice and zest. Whisk well.

	8 portions
Sweet paste	200 g
Lemons	Juice of 3, zest from 4
Eggs	8
Caster sugar	300 g
Double cream	250 ml

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
--------	------	-----	---------	------	-------	---------	-------

- 5 Seal the pastry, so that the filling will not leak out. Pour the filling into the flan case and bake for 30–40 minutes at 150 °C until just set. (Take care when almost cooked as overcooking will cause the filling to rise and possibly crack.)
- 6 Remove from the oven and allow to cool.
- 7 Dust with icing sugar and glaze under the grill or with a blowtorch. Portion and serve.



**Variation**

Limes may be used in place of lemons. If so, use the zest and juice of 5 limes or use a mixture of lemons and limes.

**Professional tip**

If possible, make the filling one day in advance. The flavour will develop as the mixture matures.

**Note**

The mixture will fill one 16 × 4 cm or two 16 × 2 cm flan rings. If using two flan rings, double the amount of pastry and reduce the baking time when the filling is added.

## 14 Baked chocolate tart



	8 portions
Sweet paste	200 g
Filling	
Eggs	3
Egg yolks	3
Caster sugar	60 g
Butter	200 g
Chocolate pistoles (55% cocoa, unsweetened)	300 g

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
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- 1 Roll out the sweet paste and line a 20 cm flan ring. Bake the flan case blind.
- 2 For the filling, whisk the eggs, yolks and sugar together to make a sabayon.
- 3 Bring the butter to the boil, remove and mix in the chocolate pistoles until they are all melted.
- 4 Once the sabayon is light and fluffy, fold in the chocolate and butter mixture, mixing very carefully so as not to beat out the air.
- 5 Pour into the cooked flan case and place in the oven at 150 °C until the edge crusts (approximately 5 minutes). Chill to set.
- 6 Once set, remove from fridge and then serve at room temperature.

**Note**

Pistoles or pellets are one form in which chocolate is sold. They are very versatile and easy to use for melting purposes due to their uniform size.



Add chocolate pistoles to the melted butter



Fold in the chocolate



Pour the mixture into the flan case



## 15 Lemon meringue pie



Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
--------	------	-----	---------	------	-------	---------	-------

- 1 Place the sugar into a bowl and grate the zest of lemon into it, rubbing together.
- 2 Strain the lemon juice into a non-reactive pan. Add the eggs, egg yolks, butter and zested sugar. Whisk to combine.
- 3 Place over a medium heat and whisk continuously for 3–5 minutes, until the mixture begins to thicken.

	2 × 20 cm flan rings (16 portions)
Sweet paste flan cases	2
Granulated sugar	450 g
Lemons, grated zest	2
Fresh lemon juice	240 ml
Eggs, large	8
Large egg yolks	2
Unsalted butter, cut into small pieces	350 g

### Meringue:

Egg whites	6
Caster sugar	600 g

- 4 At the first sign of boiling, remove from the heat. Strain into a bowl and cool before filling the pastry cases.
- 5 Make the meringue (see page xx). Pipe it on top of the filled pie.
- 6 Colour in a hot oven at 220 °C.

## 16 Mince pies



- 1 Roll out the pastry 3 mm thick.
- 2 Cut half the pastry into fluted rounds 6 cm in diameter.
- 3 Place on a greased, dampened baking sheet.
- 4 Moisten the edges. Place a little mincemeat in the centre of each.
- 5 Cut the remainder of the pastry into fluted rounds, 8 cm in diameter.

	12 small pies
Sweet paste	200 g
Mincemeat (see below)	200 g
Eggwash	1 egg
Icing sugar	

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
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- 6 Cover the mincemeat with pastry and seal the edges. Brush with eggwash.
- 7 Bake at 210 °C for approximately 20 minutes.
- 8 Sprinkle with icing sugar and serve warm.

### Note

Accompany with a suitable sauce, such as custard, brandy sauce or brandy cream. Tartlette moulds may also be used.

Mincemeat:

	AQ how much
Suet, chopped	100 g
Mixed peel, chopped	100 g
Currants	100 g
Sultanas	100 g
Raisins	100 g
Apples, chopped	100 g
Barbados sugar	100 g
Mixed spice	5 g
Lemon, grated zest and juice of	1
Orange, grated zest and juice of	1
Rum	60 ml
Brandy	60 ml

- 1 Mix the ingredients together.
- 2 Seal in jars and use as required.

### Variation

Short or puff pastry may also be used. Various toppings can also be added, such as crumble mixture or flaked almonds and an apricot glaze.

## 17 Banana flan (*flan aux bananes*)



Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
1549kJ	369kcal	16.0g	6.9g	53.7g	30.3g	6.0g	2.9g

	4 portions	10 portions
Sweet paste	100 g	250 g
Pastry cream (see page xx) or thick custard	125 ml	250 ml
Bananas	2	5
Apricot glaze	2 tbsp	5 tbsp

- 1 Line a flan ring with sugar paste. Cook blind and allow to cool.
- 2 Make pastry cream (see page xx) or custard; pour while hot into the flan case.
- 3 Allow to set. Peel and slice the bananas neatly.
- 4 Arrange overlapping layers on the pastry cream. Coat with glaze.



## 18 Fruit tart, tartlets and barquettes



	4 portions
Sweet paste	250 g
Fruit (e.g. strawberries, raspberries, grapes, blueberries)	500 g
Pastry cream	
Glaze	5 tbsp

### Fruit tart:

- 1 Line a flan ring with paste and cook blind at 190 °C. Allow to cool.
- 2 Pick and wash the fruit, then drain well. Wash and slice/segment, etc. any larger fruit being used.
- 3 Pipe pastry cream into the flan case, filling it to the rim. Dress the fruit neatly over the top.
- 4 Coat with the glaze. Use a glaze suitable for the fruit chosen, for example, with a strawberry tart, use a red glaze.

### Note

Certain fruits (such as strawberries and raspberries) are sometimes served in boat-shaped moulds (barquettes). The preparation is the same as for tartlets. Tartlets and barquettes should be glazed and served allowing one large or two small per portion.

### Tartlets:

- 1 Roll out pastry 3 mm thick.
- 2 Cut out rounds with a fluted cutter and place them neatly in greased tartlet moulds. If soft fruit (such as strawberries or raspberries) is being used, the pastry should be cooked blind first.
- 3 After baking and filling (or filling and baking) with pastry cream, dress neatly with fruit and glaze the top.



### Professional tip

Brush the inside of the pastry case with melted couverture before filling. This forms a barrier between the pastry and the moisture in the filling.





**Faults**

Although this strawberry tart may appear to be fine at first glance, the husks of the strawberries are visible. It would be better to present the strawberries with their tops pointing upwards or sliced and overlapping.

There is also quite a wide gap between the rows of strawberries, showing the crème pâtissière underneath. This should be avoided.



The second photo shows the importance of ensuring that fillings are prepared and/or cooked properly. In this case, the crème pâtissière has not been cooked sufficiently or prepared accurately as the filling is not structured sufficiently to support the fruit once the tart has been cut.

## 19 Fruit slice (*bande aux fruits*)



Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
--------	------	-----	---------	------	-------	---------	-------

	8–10 portions
Puff pastry	250 g
Fruit (see note)	400 g
Pastry cream	250 ml (approximately)
Apricot glaze	2 tbsp

- 1 Roll out the pastry 2 mm thick in a strip 12 cm wide.
- 2 Place on a greased, dampened baking sheet.
- 3 Moisten two edges with eggwash; lay two 1.5 cm-wide strips along each edge.
- 4 Seal firmly and mark with the back of a knife. Prick the bottom of the slice.
- 5 Depending on the fruit used, either put the fruit (such as apple) on the slice and cook together, or cook the slice blind and afterwards place the pastry cream and fruit (such as tinned peaches) on the pastry. Glaze and serve as for flans.

**Note**

Fruit slices may be prepared from any fruit suitable for flans/tarts.

**Variation**

Alternative methods are to use:

- short or sweet pastry for the base and puff pastry for the two side strips
- sweet pastry in a slice mould.



## 20 Chocolate éclairs (*éclairs au chocolat*)



Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre

	12 portions
Choux paste	200 ml
Whipped cream/Chantilly cream	250 ml
Fondant	100 g
Chocolate couverture	25 g

### Variations

For coffee éclairs (*éclairs au café*) add a few drops of coffee extract to the fondant instead of chocolate; coffee éclairs may also be filled with pastry cream (see page xx) flavoured with coffee.

- 1 Place the choux paste into a piping bag with a 1 cm plain tube.
- 2 Pipe into 8 cm lengths onto a lightly greased, dampened baking sheet.
- 3 Bake at 200–220 °C for about 30 minutes.
- 4 Allow to cool. Slit down one side, with a sharp knife.
- 5 Fill with Chantilly cream (or whipped cream) using a piping bag and small tube. The continental fashion is to fill with pastry cream.
- 6 Warm the fondant, add the finely cut chocolate, allow to melt slowly, adjusting the consistency with a little sugar and water syrup if necessary. Do not overheat or the fondant will lose its shine.
- 7 Glaze the éclairs by dipping them in the fondant; remove the surplus with the finger. Allow to set.

### Note

Traditionally, chocolate éclairs were filled with chocolate pastry cream.



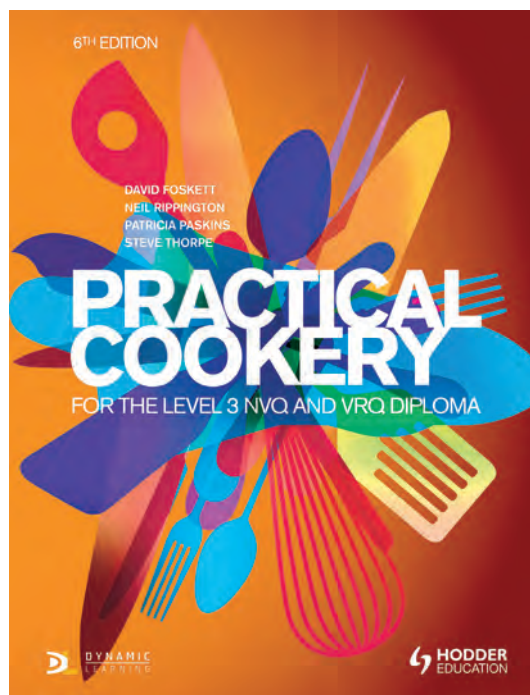
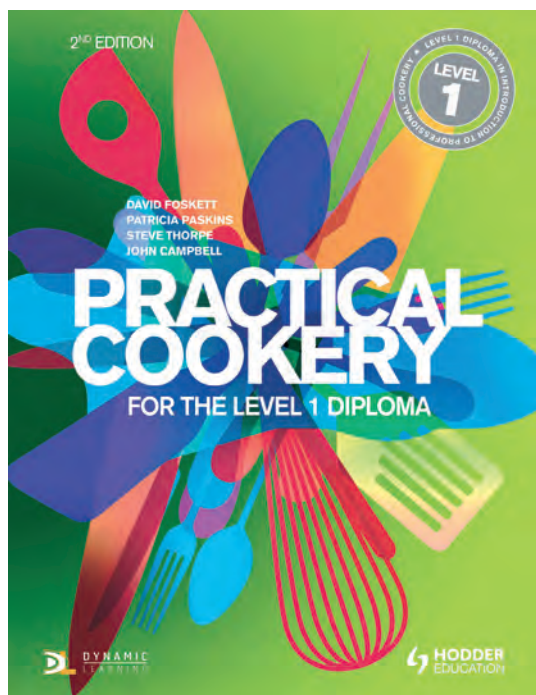
1 Pierce the éclair



2 Pipe in the filling



3 Dip the éclair in fondant; wipe the edges to give a neat finish



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