



Shortcrust Pastry

Shortcrust is easier and quicker to make than the richer pastries. It can be used to make savoury and sweet dishes. The traditional shortcrust pastry recipe uses half the amount of fat to flour. This lower-fat version has only one-third fat to flour.

Nutritional information per portion (31g):

calories 110.4	fat 5.4g 8%	saturates 2.9g 15%	sugars 0.3g <1%	salt 0.1g 2%
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of an adult's guideline daily amount



Wheat/gluten and dairy

Equipment

Weighing scales
Mixing bowl
Sieve
Knife
Measuring spoons
Flour shaker
Rolling pin

Ingredients

Makes 150g shortcrust pastry, enough for one 24cm pastry case or 8 smaller cases.

150g plain flour
50g polyunsaturated margarine OR butter
3 x 15ml spoons cold water



Top Tips

- Pastry should be used sparingly. Make pies with a single crust - either a base or lid - but not both.
- To transfer the pastry to a tin or a dish, place the rolling pin at either end and lightly roll the pastry around the rolling pin. Place the tip of the pastry over the edge of the tin and unroll. Ease the pastry gently into the corners of the tin or dish and trim by rolling the pin over the top.
- Using wholemeal flour increases the pastry's fibre content.





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Method

1. Sieve the flour into the mixing bowl.
2. Add the butter or margarine to the flour.
If using butter, first chop into small 2cm pieces using a knife.
3. Rub the butter or margarine into the flour, using fingertips, until the mixture looks like breadcrumbs.
4. Gradually add the water and stir with a knife to form a stiff paste.
5. Turn out the paste onto a floured surface.
6. Roll the pastry as thinly as possible (until you can almost see through it).

Prepare now, eat later

- The fat can be rubbed into the flour in advance. Keep covered in the fridge for up to 5 days.
- Wrap the prepared paste in clingfilm. Keep in the fridge for up to 2 days or freeze for up to 1 month.

Something to try next time

- Make a savoury pastry by adding $\frac{1}{2}$ x 5ml spoon of mixed herbs to the recipe above.
- Make cheese pastry by adding 50g grated Cheddar or Parmesan cheese to the mixture. This pastry can be used to make cheese straws. Roll the pastry to 5mm thick, trim into fingers and bake in the oven at 200°C/180°C fan or gas mark 6 for 8–10 minutes or until pale golden brown.

