

Pastry.

Complete the table. Use recipe books or the internet to help with recipes using this pastry

Pastry	Proportion or ratio	Fat	Flour	Information	Recipes using this pastry
Shortcrust	1:2 Flour : Fat	100g	200g plain flour	All white vegetable fat/ all yellow fat or a combination can be used.	
Rough puff	3:4 Flour : Fat	150g	_____g Strong plain	2x5ml spoons lemon juice added.	
Choux	2:3 Flour : Fat	50g	_____g	Boiled fat, water and beaten egg are used.	
Hot water crust	3:8 Flour : Fat	75g	200g	Boiled fat and water are used.	

Top tips for shortcrust pastry. (Fill the gaps using the word bank)

- Proportions used are _____ fat to flour.
- The fat should be all _____ or hard margarine.
- The cold, firm fat is rubbed into the flour with the _____.
- Cold _____ (1 tsp per 25g flour) is added to bring the dough together.
- Rest the pastry in the refrigerator to relax the _____.

Word bank: butter half water gluten finger tips

Lining a pie dish

Watch the video and explain 5 top tips making shortcrust pastry and lining a pie dish <https://www.youtube.com/watch?v=NKLLKsP1FGbM>

Quiche creations

The basic recipe is for tomato and basic quiche. They give it colour and flavour. Describe 4 other quiche creations using different combinations of ingredients

Making a meal of it

Quiche contains protein from the eggs and milk and carbohydrates in the flour. Describe 4 salad dishes or vegetable dishes that could be served to make quiche part of a healthy meal.
