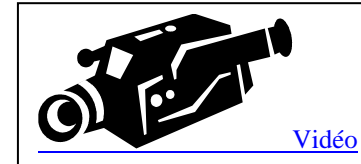


Shortcrust Pastry



HORAIRE

DATE 19/10/09
CLASSE 1 HR section
Européenne Anglais
SEMAINE 43

Ingredients

Egg yoke	1 piece
Water	0,050 kg
Salt	0,005 kg
Sugar (optional)	0,020 kg
Butter	0,125 kg
Flour	0,250 kg

MATERIELS

A tin tray, sieve, mixing bowl,
Cling film, plastic traper,
Spatula, scales.

Vocabulaire professionnel

- MIX
- Sprinkle

14h

14h10

14h20

14h30

14h40

14h50

15h

15h10

15h20

15h30

15h40

15h50

16h

Weigh the ingredients.

In the “inversé” method ingredients are not added in the same order as in the traditional method for hygienic and speed reasons.

Put the water, egg yoke and salt in the mixing bowl, add sugar if needed. For savoury tarts sugar is not added. Mix the ingredients together. Roughly mash the softened butter in the bowl and stop before the butter is completely mixed in. Add the flour and mix the ingredients thoroughly. Sprinkle the worktop with flour. Place the dough on the worktop and knead it with the palm of your hand. Finally use the plastic scraper to gather all the ingredients in a tight ball.

Add flour to the worktop and dough as needed and continue to knead until the dough has a very smooth consistency. When the dough is completely smooth divide into two halves and flatten them into pizza shapes.

Wrap the two sections of dough in plastic wrap and place them in a cold room for later use.