

# 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.



Milk and wheat (gluten)\*

Nutritional information per portion (61g):

Energy	Fat	Saturates	Sugars	Salt
925kJ 221kcal 11%	<b>11g</b> 15%	<b>5.1g</b> 25%	<b>0.6g</b> 1%	<b>0.19g</b> 3%

of an adult's reference intake.  
Typical values per 100g: energy 1516kJ/362kcal.

## Equipment

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

## Ingredients

Makes 225g shortcrust pastry, enough for one 24cm pastry case or 4 small or 8-12 mini cases.

150g plain flour  
50g unsaturated fat spread  
2-3 x 15ml spoons cold water

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## 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.
- Try replacing half the flour with wholemeal flour. You may need to add another 1 x 15ml spoon of water, as wholemeal flour absorbs more water than white flour. 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 spread and cut into smaller pieces using a knife.
3. Rub the spread into the flour, using your 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 out thinly.

## 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 of 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.

## Prepare now, eat later

- The spread 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.

### Skills used include:

Weighing, measuring, sifting, rubbing-in, mixing/combining and rolling.