

Flaky Pastry

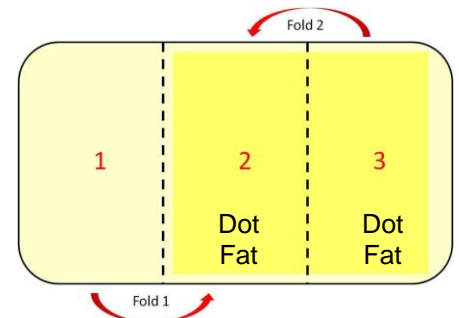


Ingredients:

200g Plain Flour
75g Lard or Trex
75g Block Butter
2 Teaspoons Lemon Juice
100ml (approximately) Cold Water
Pinch Salt

Method:

1. Weigh and measure out ingredients accurately.
2. Plate butter and lard / trex onto a plate and mix together using a fork until soft. Divide the fat into four sections.
3. Sieve flour into a large plastic bowl and rub in a $\frac{1}{4}$ fat, the mixture should resemble breadcrumbs.
4. Add the lemon juice and enough cold water to mix to a soft dough.
5. Knead and roll out on a lightly floured surface into a rectangle shape.
6. Dot a quarter of the fat over the top $\frac{2}{3}$ rds and fold the bottom $\frac{1}{3}$ rd up over the middle $\frac{1}{3}$ and seal the edges and fold the top $\frac{1}{3}$ rd over the middle $\frac{1}{3}$ rd and firmly seal the edges.
7. Quarter turn the pastry so the long seal is on the right.
8. Repeat step 6 twice more.
9. Turn once more and fold in half.
10. Chill to allow fat to set (you can chill between each addition of fat if time).
11. Use as required.



Facts:

- Mixing: Incorporating fat between thin layers of dough by rolling and folding.
- Aeration: Air trapped between layers of dough expands during baking in a very hot oven and lifts each thin layer.
- Texture: Short crisp flakes.
- Baking temperature 200°C or Gas Mark 6.