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## **PASTRIES – LESSON 2**

### **Puff Pastry**

#### **Ingredients:**

Plain flour – 8ozs  
Pinch of salt  
Cold water to mix  
Few drops of lemon juice  
Lilly margarine – 6-7 ozs

#### **Method:**

Sieve the flour & salt together. Mix to a rolling consistency with cold water and lemon juice. Roll into a oblong shape. Now apply margarine in the center & fold over it. First the bottom & then the top sections of the dough, so that the margarine is fully covered. Turn the dough at the right angles & seal edges carefully & roll out. Fold dough into envelope shapes, turn it & seal edges & roll again. Repeat this procedure five time, so making seven rolling & seven folding in all. It will be necessary to put the pastry to rest in a cold place once or twice in between rolling to prevent it from becoming sticky & soft. Always put it to rest before rolling it for the last time & before baking. Fillings to be add before baking as desired.

Bake in a hot oven to make it rise. (475 to 500 F) Gas mark 8 to 9. Bake for 8 to 10 min, then lower to gas mark 5 to 6.

### **Filling (white sauce filling)**

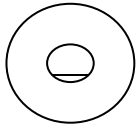
#### **Ingredients:**

Chicken – 250 g  
Butter 2 oz  
Garlic & ginger paste – 2 tsp  
Onion – 2 (chopped)  
Tomato – 1  
Carrot – 100 g (grated)  
Curry leaves  
Green chillies  
Salt  
Pepper  
Oil  
Coriander leaves (optional)  
Eggs – 1 (for glazing)  
Coconut milk – 2 tbs  
Corn flour – 1 tsp

**Method:**

First cook the chicken with salt & pepper. Then shred the chicken pieces. Add butter on a pan add garlic ginger paste on to it, once you get the smell add the chopped onion and temper it, then add the tomato & the grated carrot. Add salt & pepper on to the mixture accordingly. Once it is done add chicken pieces, coconut milk and corn flour to make the gravy thick. Garnish with coriander leaves.

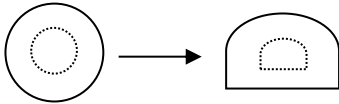
### Vol- au – vent- case



About 1' inch thick

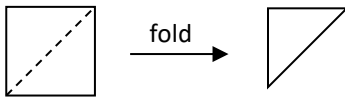
- Cut into circle shape
- Put a small cut in the middle
- And bake it

### Prawn puff (chicken)

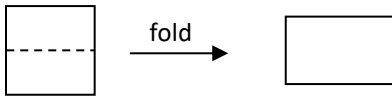


Add filling in the middle and cover it.

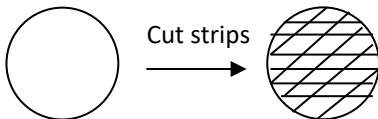
### Folding shapes



Add filling in the middle and fold it.



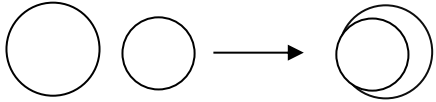
Add filling in the middle add fold it.



### Prawn with the toothpick

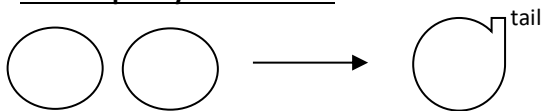
- Prick prawn in the toothpick
- Then twist it with the pastry

### Cheese slices



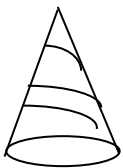
- Cut 2 circles
- Add cheese in the middle
- Cover with the other top

### Prawns pastry with tail out



- Cut two circle
- keep the cooked full prawn in the middle with the tail out
- cover with other top

### Cream horn



Add  
and turn it.

cheese

in

the

middle

or

filling

