

Basic Sweet Pastry

Ingredients

200g plain flour (all-purpose)
70g sugar
130g butter, chilled and cut into small cubes
About 25ml of milk



Method

Add the flour, sugar and butter to a large mixing bowl. With your thumb and first two fingers, rub the butter into the flour until it resembles breadcrumbs.

It is important here to only use the tips of your fingers and not the palms of your hands, the heat will melt the butter, the cooler the butter the shorter the pastry. Similarly, try not to overwork it, if it seems to be on the point of breadcrumbs, leave it. Small lumps of butter never hurt anyone.

Add a tablespoon of milk to the breadcrumbs and stir with a knife to bring them together. Gradually add 1 tsp at a time until it resembles a dough. Wrap in clingfilm and rest for 30 minutes (or as specified in the recipe).