

CFG: Pastries

Jeff's AppBooks Network

... Compartmentalizing Anthologies ...

Townsend : Meat in a Blanket

- 6 cups of flour (pastry, cake or all purpose)
- salt to taste
- 6 oz = 3/4 cup = 12 tablespoons of butter
- cut butter into flour
- 2 eggs and 1/2 cup of cold water
- knead, adding flour or water as needed to make a stiff paste (dough)
- cut dough to rough proportions, roll out to desired shape and 1/8 inch or thinner
- roll fresh, raw, tenderized (pounded) meat in an egg wash and put serving on one side of dough shape
- add spices to taste
- add 'force meat' (ground meat with filler and spices)
- roll them up and fold / tuck the ends.
- traditionally boiled in cloth for 1 hr to save on heating an entire stove for baking

Townsend Puff Pasty

- 3 1/2 cups of cake flour or pastry flour ... NOT all purpose
- 1 cup of egg whites
- Mix until a soft, dry dough (add flour as needed), knead a bit, the egg whites make rolling this out very thin easier
- set aside
- 2 cups (1 lb) of butter, chill and roll out into a 1/2 inch thick square
- set aside
- roll dough out to 1/8 inch thick (this is where the all purpose flour will fight you)
- put the butter in the center and fold the edges up tight
- roll it out into a rectangle and fold it in thirds
- rotate 90° and roll it out again
- fold it in thirds
- repeat 4 times total
- roll it out to 1/4 inch thick
- use this as a pie shell, pie top etc
- fry up bacon, meat and veg goodness, add lemon juice and spices
- let it cool, mix in bread or cracker crumbs, cream and an egg for gravy
- roll out puff pasty to 1/8 inch, cut this into smaller (6 inch or so) squares and give them an egg wash - either complete or just along 2 adjacent sides (for sealing)
- spoon pre-cooked goodness onto small squares and seal using fingers or a fork to crimp the edges
- bake @ 350°F for about 45 min
- or deep fry @ 350°F for 15 or 20 min

Food Wishes Cornish Pasty

- 4 cups of flour (bread flour is better)
- 4 tablespoons of butter
- 6 tablespoons of lard
- salt
- cut fats into flour, add enough water to knead into a dry dough
- chill dough thoroughly
- divide dough into 4 balls
- roll out to 1/8 inch thick
- egg wash
- fill with goodness (raw meat, onions, potatoes, turnips, spices etc)
- fold over, seal and crimp with a fork
- poke steam vents in top with the fork
- egg wash outside
- bake @ 350 °F for an hour or so

Townsend : Standing Pastry

- boil 1/2 cup + 2 tablespoons (*10 tablespoons total*)
- boil 3 tablespoons of butter and 3 tablespoons of lard (*6 total*)
- start with 2 1/2 cups of flour - should mix out to about playdough
- knead for 5-10 minutes while it is warm