CFG: Pastries

Jeff's AppBooks Network

... Compartmentalizing Anthologies ...

Townsend: Meat in a Blanket

- → 6 cups of flour (pastry, cake or all purpose)
- \rightarrow salt to taste
- \rightarrow 6 oz = 3/4 cup = 12 tablespoons of butter
- → cut butter into flour
- \rightarrow 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
- \rightarrow roll fresh, raw, tenderized (pounded) meat in an egg wash and put serving on one side of dough shape
- \rightarrow add spices to taste
- → add 'force meat' (ground meat with filler and spices)
- \rightarrow 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

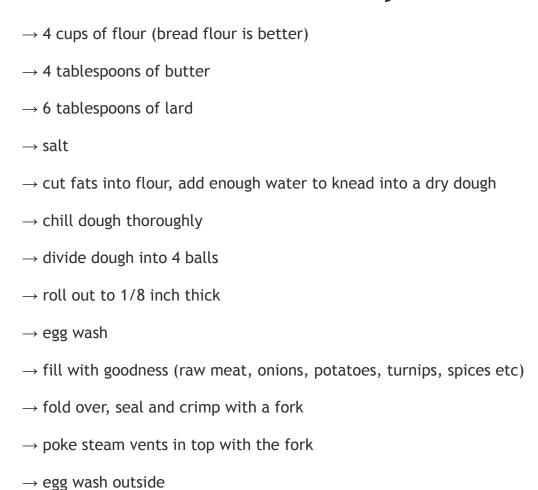
 \rightarrow bake @ 350°F for about 45 min

 \rightarrow or deep fry @ 350°F for 15 or 20 min

 \rightarrow 3 1/2 cups of cake flour or pastry flour ... NOT all purpose \rightarrow 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 \rightarrow set aside \rightarrow 2 cups (1 lb) of butter, chill and roll out into a 1/2 inch thick square \rightarrow set aside \rightarrow 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 \rightarrow rotate 90° and roll it out again \rightarrow fold it in thirds \rightarrow repeat 4 times total \rightarrow roll it out to 1/4 inch thick \rightarrow 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 \rightarrow 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) \rightarrow spoon pre-cooked goodness onto small squares and seal using fingers or a fork to crimp the edges

Food Wishes Cornish Pasty

 \rightarrow bake @ 350 °F for an hour or so



Townsend: Standing Pastry

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