

Delicious Pastry Recipe Book

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1. Shortcrust Pastry

The basic base pastry

Ingredients

Flour *2 Cups*

Salt *A Pinch*

³Butter *1/2 Cup*

Cold Water *4-6 Tbsp*



Makes a fist sized ball

Optionally: 1/4 cup of sugar for sweetness

Instructions:

1. Flour + Salt + Butter → Bowl
2. **Mix & Rub** it in until it's yellow and flaky like crumbs.
3. **Add** water, and **mix** just enough to bind the dough together.
4. **Wrap** the dough into glad wrap and **chill** for 10-15 minutes.

2. Scones

Simple, tasty single serving cakes



Makes 8-12

Ingredients

Flour *1½ Cups*

Baking Powder *2 Tsp*

Salt *1 Tsp*

³Butter *4 Tbsp*

Caster Sugar *2 Tbsp*

Milk *150ml/⅓ Cups*

Beaten Egg *1 (To Glaze)*

Instructions:

1. **Preheat** the oven to 220°C/425°F.
Lightly grease a baking sheet.
2. **Mix** together the flour, salt and baking powder.
3. **Rub** in the butter with the flour mix, until it's like bread crumbs.
4. **Stir** in the sugar, and then the milk to get a soft dough.
5. **Place** the dough on a floured surface, and **knead** lightly until it's 2 cm thick.
Use a 5 cm/2 in cutter to **stamp** it.
6. Re-**knead** the rest of the dough and repeat **stamping** it to use all of the dough
7. **Brush** the tops of the scones with the beaten egg.
8. **Bake** for 12-14 minutes until well risen and golden
9. **Cool** and **serve** with butter, jam or cream.

3. Spiced beef empanadas

Mmm, pasty.

Ingredients (For the meat filling)

Eggs 2

Olive Oil 2 Tbsp

Minced Beef 400g

Paprika 1 Tsp

Chili Powder 1 Tsp

Raisins 30g

Green Olives 12, *Roughly Chopped*

Onions 1, *Finely Chopped*

Green Pepper 1, *Finely Chopped*

Eggs 2

Cumin 1 Tsp

Salt 1 Pinch

Caster Sugar 1 Tsp



Makes 12

Instructions:

1. **Make** the pastry. Refer to *1. Shortcrust Pastry*.
2. **Boil** the eggs for 10 minutes, until hard boiled. **Cool** under running water, then **peel** and **chop**. Set aside.
3. To make the meat filling, **fry** onions with olive oil, on low heat until transparent and softened. Add green peppers and minced meat and **fry** over a high heat until the meat has browned, then **add** the paprika and chili powder. **Remove** the pan from the heat and **add** the raisins, olives, cumin and chopped eggs. **Season** to taste with salt and freshly ground black pepper.
4. To **assemble** the empanadas, **remove** the pastry from the fridge, and roll out to 3mm of thickness. **Cut** circles from the pastry, using a saucer as a guide, or else use a 12cm in pastry cutter.
5. **Put** two teaspoons of filling onto one half of each pastry circle. **Wet** the edges of the pastry with a little water, **fold** the non-filled half of the pastry over the filled half, and crimp the edges together to seal or use a fork to mark the edges. **Repeat** with the remaining pastry circles.
6. **Heat** the vegetable oil in a large pan and fry the empanadas in batches until golden and cooked through. **Add** more oil between batches to prevent the empanadas from sticking to the pan. Sprinkle with caster sugar and serve warm.

4. Egg Custard Tarts

Sweet, creamy and crispy



Makes 12

Ingredients (For the custard filling)

Full Milk *700ml/3 Cups*

Egg Yolks *7*

Caster Sugar *1/4 Cup*

Ground Nutmeg *A Pinch*

Instructions:

1. **Make** the pastry. Refer to *1. Shortcrust Pastry*.
2. **Preheat** the oven to 200°C/400°F.
3. **Roll** out the pastry on a lightly floured surface.
4. Using an 11cm/4½in fluted cutter, **cut** out twelve discs and line the muffin tray moulds with the pastry circle. The pastry should overlap the top of the moulds by a few millimeters, so that you can crimp the edges if you wish
5. For the custard filling, **warm** the milk in a saucepan, and **beat** the egg yolks and sugar together in a separate bowl until pale and creamy.
6. **Pour** the milk onto the egg yolk mixture and stir well, creating little bubbles.
7. **Transfer** the custard mixture into a pouring jug with a lip, then **fill** each of the tart cases.
8. **Sprinkle** a small pinch of ground nutmeg into the middle of each tart.
9. **Bake** the tarts for about 25 minutes - you may need to turn the temperature down to 180°C/ 350°F for the last 10 minute. Look for a very slight dome on the custard, then take it out.
10. **Cool** for 30 minutes and then carefully remove from the moulds. The base of the tarts should be perfectly baked through without having to over-cook the custard filling.

5. Apple Crumble

Sweet, and delicious



Serves 4

Ingredients (For the filling)

Apples 450g/3 Apples

Brown Sugar 50g

Plain Flour 2 Tbsp

Cinnamon A Pinch

Instructions:

1. **Make** the crumble, stop and do step 2, referring to *Shortcrust Pastry*.
2. **Preheat** the oven to 180°C/350°F.
3. **Place** the fruit in a large bowl and **sprinkle** over the sugar, flour and cinnamon. **Stir** well being careful not to break up the fruit.
4. **Butter** a 24cm ovenproof dish. **Spoon** the fruit mixture into the bottom, then **sprinkle** the crumble mixture on top.
5. **Bake** in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
6. **Serve** with thick cream or custard

6. Quiche Lorraine

Savory and crispy

Ingredients (For the filling)

English Cheddar 250g

Tomatoes 4

Bacon 200g

Beaten Eggs 5

Salt *A Pinch*

Milk 100ml/ $\frac{1}{2}$ Cups

Double Cream 200ml/1 Cup

Black Pepper

Thyme 2 Sprigs



Serves 4

Instructions:

1. **Make** the pastry, refer to *Shortcrust Pastry*
2. **Roll** out the pastry on a light floured surface and line a 22cm well-buttered flan dish. Don't cut off the edges of the pastry. **Chill** again for 30 minutes.
3. **Preheat** the oven to 190°C/375°F.
4. **Remove** the pastry case from the fridge, and **line** the base of the pastry with baking parchment, then **fill** it with baking beans. **Place** on a baking tray and bake blind for 20 minutes. **Remove** the beans and parchment, and return to the oven for another five minutes to **cook** the base.
5. **Reduce** the temperature of the oven to 160°C/325°F
6. **Sprinkle** the cheese into the pastry base and add the sliced tomatoes. **Fry** the bacon pieces until crisp and **sprinkle** them over the top.
7. **Combine** the eggs with milk and cream in a bowl, and **season** well. **Pour** over the bacon and cheese. **Sprinkle** the thyme over the top and **trim** the edges of the pastry.
8. **Bake** for 30-40 minutes or until set. **Remove** from the oven and allow to cool and set further.
9. **Trim** the pastry edges to get a perfect edge and **serve** in wedges.

7. Key Lime Pie

Sweet, creamy and tangy

Ingredients (For the filling)

Sweetened Condensed Milk *3 Cups*

Key Lime Juice *3/4 Cup*

Sour Cream *1/2 Cup*

Grated Lime Zest *1 Tbsp*



Instructions:

1. **Make** the pastry. Refer to Shortcrust Pastry
2. **Preheat** oven to 175°C/350°F
3. **Knead and flatten** the pastry on baking paper onto a cake/pie mould.
4. In a medium bowl, **combine** condensed milk, sour cream, lime juice, and lime rind. **Mix** well and pour into the pastry.
5. **Bake** for 5 to 8 minutes, until tiny pinhole bubbles burst on the surface of the pie. **Chill** pie thoroughly before serving.

Cooking Conversion Chart

Amount	Equals	
1 teaspoon	5 milliliters (ml)	
1 tablespoon	3 teaspoons	1/2 fluid ounce (fl. oz.)
1/8 cup	2 tablespoons	1 fl. oz.
1/4 cup	4 tablespoons	2 fl. oz.
1/3 cup	5 tablespoons & 1 teaspoon	2 3/4 fl. oz.
1/2 cup	8 tablespoons	4 fl. oz.
2/3 cup	10 tablespoons & 2 teaspoons	
3/4 cup	12 tablespoons	6 fl. oz.
1 cup	16 tablespoons	8 fl. oz.
1 pint	2 cups	16 fl. oz.
1 quart	4 cups	2 pints
1 liter	34 fl. oz.	
1 gallon	16 cups	4 quarts
1 fl. oz.	28 grams	30 ml
1 pound	454 grams	