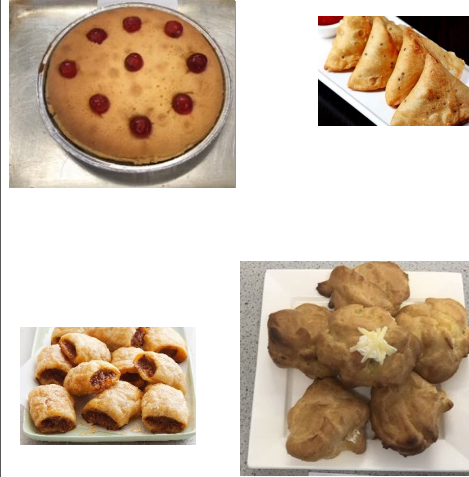


Pastry types

<u>Pastry</u>	<u>Products</u>
Short crust	Jam tarts, fruit tarts, quiche, pies.
Puff	Sausage rolls, pies, vanilla slices, turnovers
Rough puff	Same as puff pastry
Filo	Pie, strudel, samosas.
Choux	Profiteroles & eclairs
Hot water crust	Pies

Dishes made using pastry



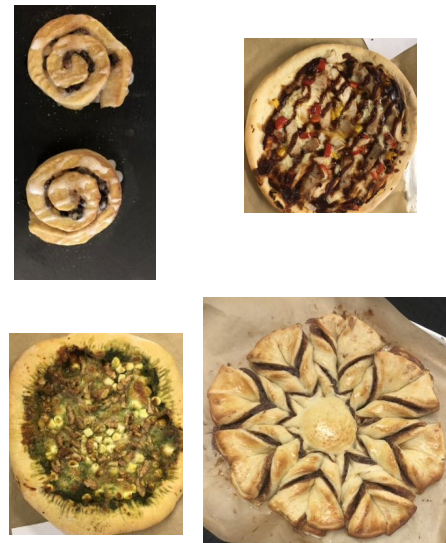
Bread key words

<u>Key word</u>	<u>Definition</u>
Gluten	The protein found in flour. Creates a stretchy dough which allows for the bread to have a structure.
Yeast	Is a micro organism that helps the bread to rise. However it needs the right conditions to do this.
Kneading	This is done to help stretch the gluten and allow the bread to have structure when baked.
Proving	When bread dough is allowed to sit in a warm place allowing for fermentation to take place.
Fermentation	The process in which yeast converts sugar into CO2 and alcohol which helps the bread to rise.
Enriching	Using milk or egg to enhance the flavour of the bread.
Fortification	This is when a nutrient that is not naturally in the product is added to the product. In the UK we fortify bread with calcium and iron to prevent deficiencies.

Pastry key words

<u>Key word</u>	<u>Definition</u>
Shortening	Shortening is any fat that is a solid at room temperature and used to make crumbly pastry .
Rubbing in	'Rubbing in' is a technique where flour is rubbed into a fat to make dishes such as shortcrust pastry.
Double turn	A double turn is when you fold the dough over to create lamination or layers. Mainly used in flaky or puff pastry.
Gelatinisation	When the starch in flour is subjected to heat in liquid. It absorbs the liquid and burst dispersing the starch to thicken the mixture e.g. choux pastry.

Dishes made using bread



Conditions for yeast to grow

