

Basic shortcrust pastry

Recipe Source: *Kitchen Garden Cooking with Kids*,
Stephanie Alexander (Penguin Lantern 2006)

Season: All

Type: Basics & Breads

Difficulty: Easy

Makes: enough to line a 22 cm, 24 cm, or 26 cm flan tin (with varying amounts left over)

Equipment:

metric measuring cups
kitchen scales
sieve or sifter
food processor
chopping board
large knife
plastic wrap

Ingredients:

1/4 cup water
240 g plain flour
salt
180 g butter

What to do:

- Place the water in the freezer to get icy-cold.
- Sift the flour, along with a pinch of salt, into the bowl of the food processor.
- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Chop the butter into small pieces and add them to the food processor.
- Using the pulse action on the food processor, briefly combine the butter and flour until the mixture looks like breadcrumbs.
- Leaving the motor running, add the icy-cold water. Stop the machine as soon as the mixture forms a rough ball.
- Sprinkle a little bit of flour on your workbench, then tip the dough out onto the bench and knead it briefly.
- Divide the dough in half and flatten each piece into a disc.
- Wrap in plastic and chill for 20 minutes.
- The pastry is now ready to use.

Note: There is some chilling time in this recipe, so it can help to get some students started on the pastry first while another group prepares the filling for the tart or flan.

