



KITCHEN SECRETS



MEASURES AND EQUIVALENTS

ML	TEASPOONS	ML	CUPS
1ml	A pinch	60ml	¼ cup
2ml	¼ teaspoon	85ml	1/3 cup
3ml	½ teaspoon	125ml	½ cup
5ml	1 teaspoon	165ml	2/3 cup
7ml	1 ¼ teaspoon	180ml	¾ cup
8ml	1 ½ teaspoon	250ml	1 cup
10ml	2 teaspoon	300ml	1 ¼ cups
20ml	4 teaspoon	375ml	1 ½ cups
15ml	1 tablespoons	500ml	2 cups
30ml	2 tablespoons	750ml	3 cups
45ml	3 tablespoons	1 litre	4 cups

WEIGHTS (GENERAL)	OUNCES	POUNDS
125g	4 oz	¼ lb
250g	8 oz	½ lb
375g	12 oz	¾ lb
448g	16 oz	1 lb
1 kg	35.2 oz	2.2 lb

WEIGHT (FLOUR)	ML	CUPS
30g	60ml	¼ cup
40g	85ml	1/3 cup
60g	125ml	½ cup
120g	250ml	1 cup



CONVERSION CHART

OVEN TEMPERATURES

VERY LOW HEAT

100 Deg C
110 Deg C
120 Deg C

LOW HEAT

140 Deg C
150 Deg C
160 Deg C

Moderate Heat

180 Deg C
190 Deg C
200 Deg C

High heat

220 Deg C
230 Deg C
240 Deg C

Very high heat

260 Deg C

FLAVOURING SUGGESTIONS

BEEF: horseradish, ginger, black pepper, French mustard

LAMB: mint, rosemary, chilli powder, garlic, turmeric, lemon juice

PORK: orange juice, ginger, garlic, apple sauce, spring onions

FISH: black pepper, lemon juice, parsley, dill

CHICKEN: lemon juice, garlic, paprika, coriander, cumin

RICE: saffron, garlic, onion

POTATOES: chives, spring onions, dill, parsley, turmeric

CARROTS: orange juice, coriander, chives

TOMATOES: basil, origanum, marjoram

GREEN BEANS: lemon juice, mustard seeds

VITAMINS AND MINERALS IN FOOD



VITAMIN A

Artichokes, broccoli, carrots, Chinese cabbage, kale, red peppers, spinach, spring onions, sweet potatoes, watercress.

VITAMIN B1

Almonds, asparagus, brown rice, garlic, kelp, lentils, potatoes, soya beans, wheat germ

VITAMIN B2

Beetroot, lentils, millet, mushrooms, rye, sesame seeds, soya beans, sunflower seeds, wheat

VITAMIN B12

Cheese, eggs, meat, milk, oysters, liver, sea vegetables

VITAMIN C

Asparagus, beetroot, carrot tops, fruit, green peppers, green leafy vegetables (broccoli), kale, watercress

VITAMIN D

Dried fish, fresh vegetables, sunlight (this is the best source of vitamin D)

VITAMIN E

Beans, brown rice and all whole grain cereals, carrots, celery, leeks, nuts, parsley, sweet potatoes

VITAMIN F

Vegetable oils (including sesame and olive oil)

VITAMIN K

Brown rice, cabbage, parsley, this vitamin is also produced by the intestinal flora

CALCIUM

Broccoli, cheese, Chinese cabbage, milk, parsley, sardines, sesame seeds, sea vegetables, spinach, sunflower/poppy seeds, tofu, yoghurt.

MAGNESIUM

Beetroot, cabbage, lentils, sea vegetables, spinach, soya, beans, watercress

POTASSIUM

Artichokes, bamboo shoots, beetroot, broccoli, butternut, cabbage, cauliflower, celery, dried fruits, garlic, nuts, parsley, parsnips, potatoes, pumpkin sea vegetables, soya beans, spinach

PHOSPHORUS

Artichokes, beans, broccoli, garlic, mushrooms, nuts, sea vegetables, wholegrain cereals.

IRON

Beans, brown rice, kale, leeks, spinach, parsley, sea vegetables, sesame seeds, spring onions.

IODINE

Green leafy vegetables, sea vegetables

SODIUM

Beetroot, celery, dried fruits, melies, pickled cucumber, radish leaves, sea salt, sea vegetables

QUICK REFERENCE TO COOKING METHODS



STEAM –FRYING

Use a heavy – based, non stick pan or pot with a lid over medium heat. Add a little non stick spray if desired to prevent sticking. A little stock, water or wine can also be added to ingredients. Gently fry ingredients, stirring occasionally, and replacing the lid each time to allow further cooking. Foods suitable for steam frying are meat or chicken, seafood, vegetables, fruits and eggs.

STIR-FRYING

Use a heavy-based, non stick frying pan or wok over medium heat. Add a little stock or water to ingredients while stirring to prevent sticking. Gently fry ingredients until crisp or lightly browned, according to the recipe. Foods suitable for stir frying are thinly sliced meat or chicken, seafood, vegetables, fruits, cooked pasta or rice.

Dry-frying

Use a heavy based, non stick frying pan over medium heat. Add a little non stick spray if desired to prevent sticking. A little stock, water or wine can also be added to ingredients while stirring to prevent sticking. Gently fry ingredients, stirring, until crisp or lightly browned, according to the recipe. Foods suitable for dry-frying are meat or chicken, seafood, vegetables, fruits and eggs.

BAKING

Preheat the oven according to the recipe, or to the average setting of 180 Deg C. Use a casserole dish. Add a little stock, water, wine or marinade to ingredients, or follow the recipe. Cover with a casserole lid or aluminium foil, or cook uncovered, according to the recipe. Foods suitable for baking are meat or chicken, seafood, vegetables, fruits and pasta.

ROASTING

Preheat the oven according to the recipe, or to the average setting of 180 Deg C. Use a casserole dish or roasting pan. Add a little stock, water, wine or marinade to ingredients, or follow the recipe. Cover with a casserole lid or aluminium foil, or cook uncovered as per the recipe. Alternatively, use a roasting bag. Foods suitable for roasting are lamb, beef, pork, chicken and vegetables.

POACHING

Food can either be lowered into simmering liquid or it can be placed in the pan and the liquid can be added and heated until simmering. The liquid should almost cover the food, not submerge it. The pan can be covered or uncovered. Foods suitable for poaching are eggs, seafood, chicken and fruits.

GRILLING

Preheat the grill or oven on the highest setting. Place the food on the grill rack and grill according to the recipe. With experience it will become easier to determine when meat is rare, medium or well done. Rare steak is quite spongy and soft to the touch. Foods suitable for grilling are lamb, beef, pork, chicken, seafood, vegetables and fruits.

QUICK REFERENCE TO COOKING METHODS



ROASTING MEAT

Meat shrinks during roasting, the surface juices dry out, sealing the meat and concentrating the flavour. Only use tender cuts of meat or you will have tough and dry meat. Make sure that the correct oven temperature is reached before placing meat into the oven.

Roast meat shrinks less if it doesn't come into contact with the roasting pan, so place it on a rack in the pan. It is also less fatty once cooked as it is not sitting in fat.

Always roast meat with the fat side uppermost, especially pork. Stand meat on a rack inside the roasting pan. This allows excess fat to drip through.

Very lean meat such as venison can be covered with rashers of bacon during roasting to prevent it from becoming too dry.

To test whether roast meat is cooked, insert a skewer or point of a sharp knife into the thickest part, or nearest the bone if there is one. If the juice that comes out is pink, then it is underdone or rare, if it is clear, the meat is cooked. Alternatively you can use a meat thermometer.

For a crisp roast pork crackling, rub pork rind with oil and coarse salt before roasting. Score (make cuts into) the skin before cooking pork.

POULTRY

An unpeeled apple inserted inside a chicken or duck before roasting absorbs excess fat which is important to be healthy.

To test whether chicken is cooked, insert a skewer into the thick part of the leg. If the juices run clear, it is cooked.

If you have made too much stuffing for a chicken or turkey, simply wrap the excess in aluminium foil and roast separately in the pan. Slice and serve.

For a colourful meal, serve roast chicken with roast vegetables, creamed spinach and roast beetroot.

Mix your favourite mustard with some chopped fresh herbs and smear under the lifted breast skin of a chicken before roasting.

CARVING

Leave the meat in the warming drawer for 10 minutes after cooking. It makes carving easier. It's especially useful to remember this if you are carving the meat in front of guests!

Use the full length of the carving knife blade in long strokes to ensure that the slices are of equal thickness. Don't press on the meat as the juice will be squeezed out.

Meat should always be carved across the grain to avoid a tough and stringy serving.

It may seem overly obvious to mention, but keep your carving knife sharp. Not only does it make the task of carving easier, but will give you cleanly cut slices that look so much more appealing when served. Never carve with a serrated knife as it tears the meat.

VEGETABLES

Sweet potatoes, parsnips and beetroot need long slow roasting as they have a high sugar content and sugar burns at high temperatures.

Pumpkin can be roasted in large peeled pieces. Smear with a little butter, season and roast in oven until brown outside and tender inside.

STEAMING

As the name implies, the steaming method consists of cooking food in the steam rising from boiling water.

Vegetables can be steamed in a colander fitted over a saucepan and covered with a lid. Steaming takes longer than boiling.

To steam fish, wrap seasoned fish in aluminium foil and lower into a steamer. If you don't have a steamer, make your own by placing fish on a dish over a saucepan of boiling water and cover. Cook for about 10 minutes. Place shiny side of foil facing the fish, to direct heat inwards.

COOKING TERMINOLOGY AND TECHNIQUES



Boil

To cook until liquid is so hot it forms bubbles

Broil

To cook directly under a heating element

Chill

To place in the refrigerator to lower a food's temperature

Chop

To cut into pieces with a sharp knife or chopper

Combine

To mix ingredients together

Cream

To beat until smooth, soft and fluffy

Cube

To cut into 1/4-inch cubes

Cut

To mix a solid fat into a flour mixture with a pastry blender, a fork or two knives

Dice

To cut food into 1/8-inch cubes

Dot

Drop bits of butter or cheese here and there over food

Drain

To pour off liquid

Flour

To coat greased pans or dishes with a fine coat of flour. Shake out extra flour

Fold

To mix gently by bringing rubber scraper down through mixture, across the bottom, up and over top until blended

Fry

To cook in hot fat

Garnish

To decorate a finished dish with colourful food to make it look pretty

Grate

Rub against a grater to cut into small shreds

Grease

To spread the bottom and/or sides of a pan with shortening to prevent sticking

Grill

To cook directly over a heating element or hot coals

Knead

To fold, turn, and press dough with heel of your hand in order to develop the gluten and make dough more elastic

Ladle

To dip and serve liquid with a ladle

Melt

To heat until it liquefies

Mince

To chop or cut into tiny pieces

Mix

To stir foods together

Pan-fry

To cook in fat in a skillet

Pare

To cut off the outside skin, from an apple or potato

Pit

To take out the seeds

Roll

Flatten and spread with a rolling pin

Sauté

To cook in small amount of fat in a skillet

Scald

To heat milk just below a boiling point. Tiny bubbles will form around the edge

Shred

To cut into very thin strips

Sift

To put dry ingredients like flour through a sifter or sieve

Simmer

To cook in liquid over low heat so bubbles form slowly

Stir

To mix round and round with a spoon

Toss

To mix lightly

Well

A hole made in dry ingredients in which you pour liquid

Whip

To beat with a rotary egg beater or electric mixer to add air

GETTING THE TIMING RIGHT



COOKING TIMES FOR ROASTING MEAT

OVEN 180 DEG C

BEEF

Rare : 20 mins per 500g + an extra 20 mins

Med: 25 mins per 500g + an extra 25 mins

Well done: 30 mins per 500g + and extra 30 mins

LAMB

25 mins per 500g + and extra 25 mins

PORK

35 mins per 500g + an extra 35 mins

VEAL

25 mins per 500g + extra 25 mins

MEAT THERMOMETER READINGS

BEEF

Rare: 53 Deg C

Medium: 62 Deg C

Well Done: 71 Deg C

LAMB

Rare: 56 Deg C

Medium: 62 Deg C

Well Done: 71 Deg C

PORK

Medium: 66 Deg C

Well Done: 73 Deg C

GRILLING TIMES

BACON RASHERS

3-5 mins depending on thickness

LAMB CHOPS

10 – 15 mins depending on size

SAUSAGES

12 – 20 mins depending on size

EGGS

SOFT-BOILED

4 mins from when water begins re-boiling (after egg has been added to boiling water). Cool cold water for 7-8 mins for cold eggs.

HARD-BOILED

10-12 mins from when water begins re-boiling. Cooling in cold water makes them easier to peel.

POACHED

3 ½ - 4 ½ mins.

SOUFFLES

Cooking time 25-30 mins.

(in general, using an approximately 15cm deep dish)



TIPS AND TRICKS

- Stop water boiling over by placing a matchstick between the lid and the saucepan during cooking.
- Reduce fat splatter by placing an inverted colander over the frying pan.
- When frying mushrooms, add a teaspoon of lemon juice to the butter, to keep them white and firm.
- When stir frying, cook the onions, garlic and spices before adding the meat to release the flavour.
- Poach fish in a liquid containing white wine and herbs.
- Bake stuffed tomatoes and peppers in a muffin tin to help hold their shape.
- If you prick the shell of an egg with a pin before boiling it will prevent it from cracking.
- Make peeling tomatoes easier by microwaving for 10 seconds. Leave to stand for 5 minutes before peeling.
- If you don't have a double boiler, you can melt chocolate in a microwave. 100g broken into pieces melts in 1 minute
- Pierce whole vegetables before cooking in the microwave. This allows the steam to escape and prevents them exploding.
- When roasting peppers under the grill, place them face down, roast till the outside is black, then peel off the black.
- Store unused tomato pure in an ice tray and freeze, take out a block when needed.
- When frying onion, add a little water, this will stop them browning too quickly and stop oil splashing out of the pan.
- When poaching eggs in boiling water, add a little vinegar to hold them together.
- Always have all your ingredients and utensils ready before starting to cook a meal.



A BIT ON EGGS:

Every country has its own standards and regulations how eggs are sized and packed, and in South Africa these things are regulated by the agricultural product standards act:

Jumbo eggs weigh more than 66grams

X-large eggs weigh more than 59grams

Large eggs weigh more than 51grams

Medium eggs weigh more than 43 grams

Small eggs weigh more than 33 grams

HOW TO MAKE YOUR OWN STOCK



BEEF STOCK

(makes about 2 litres)

- 2 large onions
- 2 large carrots
- 4 stalks celery
- 2 large leeks
- 1kg boned shin or beef
- 1kg meaty bones beef copped into large chunks
- 4 litres water
- 50g butter
- Mushroom stalks or trimmings
- 2 squashy tomatoes
- 4 springs of parsley
- 1 spring of thyme or a pinch of dried thyme
- 1 bay leaf
- 1 clove
- 10 black peppercorns
- 5 ml salt

Roughly chop the onions, carrots, celery and leeks. Put the bones and the vegetables into a roasting pan, dot with butter and roast for 45 minutes at 240 Deg C.

Transfer the bones and vegetables to a large pot together with 3 ½ litres of water. Deglaze the roasting pan. You do this by adding the remaining 500ml of water to the pan and over heat, scraping the crusty bits off the pan to dissolve in the water. Add this water to the pot, together with the mushrooms and tomatoes. Bring to a brisk boil, skim and add remaining ingredients. Simmer for two hours and when scum forms on the surface, skim with a slotted spoon. Strain through a fine sieve, cool and store. The volume of liquid would have reduced substantially thereby concentrating the flavours, so go easy on the salt. (About 1 teaspoon will be enough to start with, you can always add more at the end).

CHICKEN STOCK

(makes about 2 litres)

- 1 whole chicken
- 1 veal knuckle
- 3 ½ litres water
- 5ml salt
- 3 large carrots
- 3 large onions
- 2 leeks
- 4 stalks of celery
- 2 or 3 squashy tomatoes
- 4 springs of parsley
- 2 springs of thyme
- 1 bay leaf
- 2 cloves
- 8 peppercorns

Put the chicken and the veal into a large pot with the water and slowly bring to the boil. As the water boils, add the salt, which will help draw the scum to the surface where it can be skimmed off using a slotted spoon. Skim several times until the liquid is free of scum. Now add all the vegetables, roughly chopped, and the remaining herbs and spices. Simmer for 2 ½ hours until the stock is reduced by half. Strain the stock through a fine sieve and leave to cool.

STORING AND USING YOUR STOCK

Stocks can be used for gravies or casseroles. If you freeze a portion in an ice cube tray and unmould into a freezer bag when solid, it is easy to use in amounts required for each dish. As freezing causes ingredients to separate it should be brought to the boil before using.

SAUCES

BECHAMEL SAUCE

60g of butter
50g of flour
2 cups of milk
Salt and pepper
Grated cheese to flavour (like parmigiano, gruyere or mature cheddar)

Melt the butter (don't allow to brown) and then add flour to make a roux (paste). Add milk whilst whisking continuously. Cook whilst whisking until the mixture thickens. Add cheese and seasoning.

NAPOLI SAUCE

½ medium onion, chopped finely
1-2 cloves of garlic, chopped finely
1-2 tablespoons of olive oil
1 tin of Italian tomatoes (400g)
Salt and pepper
1-2 teaspoons brown sugar

Saute the onion and garlic in olive oil. Add the tomatoes and allow to simmer away for about 20 minutes.

BASIC WHITE SAUCE

30g butter
30g plain flour
250 ml milk
Seasoning

Place all ingredients in a saucepan over a moderate heat and bring to the boil whisking continuously. Cook for a further 2-3 minutes until thick and smooth and there is no taste of flour. Season to taste with salt and pepper
For a 500ml batch of this sauce, use 50g each of butter and flour and 500ml milk.

VARIATIONS OF A WHITE SAUCE

CHEESE SAUCE

Add 1 cup grated cheddar to the hot sauce and stir to melt the cheese. Season with salt and paprika.

PARSLEY SAUCE

Add 30ml of finely chopped parsley to prepared sauce.

PEPPER SAUCE

Add coarsely ground black pepper, white pepper and salt to taste.

SWEET SAUCE

Add 50ml sugar and a few drops of vanilla essence to the hot sauce.

MUSHROOM SAUCE

In a frying pan, fry chopped mushrooms in a little butter and garlic, add a little finely chopped parsley. Add this mixture to the prepared hot sauce.





Basic hollandaise Sauce

INGREDIENTS

500ml white wine vinegar

1 tbsp peppercorn

bunch tarragon

3 large free-range egg yolks

200ml melted and skimmed unsalted butter (see Secrets for success, below)

squeeze lemon juice

Method

Boil the vinegar together with peppercorns and tarragon, reduce by half. Strain and reserve (see Secrets for success on storing, below).

Boil a large pan of water, then reduce to a simmer. Using a large balloon whisk, beat together the yolks and 2 tsp of the reduced wine vinegar in a heatproof bowl that fits snugly over the pan.

Beat vigorously until the mixture forms a foam, but make sure that it doesn't get too hot. To prevent the sauce from overheating, take it on and off the heat while you whisk, scraping around the sides with a plastic spatula.

The aim is to achieve a golden, airy foam (called a sabayon), which forms ribbons when the whisk is lifted.

Whisk in a small ladle of the warmed butter, a little at a time, then return the bowl over a gentle heat to cook a little more. Remove from the heat again and whisk in another ladle of butter. Repeat until all the butter is incorporated and you have a texture as thick as mayonnaise. Finally, whisk in lemon juice, salt and pepper to taste plus a little warm water from the pan if the mixture is too thick.

VEGETABLE DISHES

CREAMED SPINACH

Ingredients

25g butter
1 small onion, finely chopped
2 tbsp plain flour
200ml full-fat milk
2 x 200g bags spinach
100ml single cream
fresh nutmeg, for grating

Method

Heat the butter in a saucepan, then add the onion and cook for 5 mins until softened. Stir in the flour and cook for 2 mins, then slowly start to whisk in the milk. When it has all been incorporated, gently cook for 5 mins until the sauce has thickened.

Meanwhile, place the spinach in a large colander. Pour over a kettle full of boiling water until the leaves have wilted (you may have to do this twice). Place the spinach in a clean dishcloth, squeeze out any excess liquid, then roughly chop. Stir into the sauce with the cream, gently heat, then finely grate over some nutmeg and season well.

CAULIFLOWER AU GRATIN

Ingredients

1 smallish head cauliflower, cut into large florets
25 g butter
25g flour
1 ¾ cups (375 ml) milk
1 tablespoon Dijon mustard
1 ½ cups tasty cheese, grated
Salt and pepper
½ cup fresh breadcrumbs

Method

Preheat oven to 180°C.

Steam or microwave the cauliflower until tender. This will take about 6 minutes, covered on high in the microwave.

Make sure any excess moisture is drained off and arrange the florets in individual gratin dishes. Try to keep the “flower” side up where possible. To make cheese sauce, in a medium saucepan melt butter and add flour over medium heat. Stir constantly with a wooden spoon until it gathers into a dough.

Continue to stir for another minute or so. This begins to cook the flour. Add a little milk – about ¼ cup. This will incorporate fairly quickly into the dough and will once again come away from the sides of the pan. Once this happens you can add another ¼ cup milk and repeat until all the milk has been added.

Stir in mustard, then add one cup of the cheese and stir until it melts. Taste, and season with salt and pepper if required. Pour the cheese sauce over the florets, making sure there are no gaps.

Mix the remaining cheese with the breadcrumbs and sprinkle over the cauliflower.

Bake uncovered for 10-15 minutes or until golden brown on top.



VEGETABLE DISHES CONTINUES



BUTTERNUT INGREDIENTS

1 Butternut
Water to cover
20ml Cinnamon
60g brown sugar
30g butter

METHOD

Peel the butternut, slice and remove all the pips.

Cut the slices in half and place in a microwave dish or a pot on top of the stove.

Cover with water, add the cinnamon and brown sugar to the water and cook till the butternut is soft.

Remove from the water and begin to mash, add the butter and continue to mash until smooth.

Add a little more sugar and cinnamon to taste. Serve hot.

VEGETABLE IDEAS

Try adding some feta to your sweet potatoes and browning under the grill.

Add some Ina Paarmans Rosemary and olive and garlic and herb seasoning to your roughly chopped vegetables and drizzle with olive oil or coconut oil and bake in the oven.

Peel potatoes, halve and place on a baking tray in a moderate oven.

Bake till the insides are soft, serve with gravy or slice open and add a blob of butter.

Wash large whole potatoes with the skins on, slice, lay them on a baking tray and brush with olive oil. Brown under the grill till the centre is soft and the tops crispy.

BASIC HOMEMADE PASTA RECIPE



INGREDIENTS

200g of 00 flour or strong flour
2 extra large eggs (1 egg for every 100g of flour)
1 tablespoon olive oil
2.5 mls salt
1-2 tablespoons of water, if necessary

METHOD

Sift the flour into a mound on a work surface. Make a well in the centre, and break in the eggs into this well. Add the olive oil and then the salt. Whisk the eggs in the well with a fork and then slowly incorporate all the flour, being careful not to let the liquid run out. Add a tablespoon or two of water if necessary to bring the dough together. Start to knead the dough (total kneading time about 10 minutes). Cover with cling wrap. Allow to rest for approx. 10 minutes and then roll out to about 0.5mm on a floured surface. (alternatively mix all ingredients in an electric mixer with a paddle attachment and knead by hand for a further 5 minutes). Cut into sheets for lasagne or cannelloni or strands for tagliatelle or circles and fill for tortellini
Home made pasta cooks very quickly in boiling water 2 – 5 minutes.

VARIOUS PASTRIES AND THEIR USES



CHOUX PASTRY

Choux pastry is shaped and has a hollow centre, which can be filled with cream for éclairs, or cheese for cheese puffs

CRUMB CRUST PASTRY

This is a quick and easy short cut to making a pie crust or tart shell. It can be made with breadcrumbs, biscuits or cornflakes, crushed either with a rolling pin or in the food processor and combined with melted butter and (sugar if needed)

FLAKY PASTRY

Particularly suitable for pies that will be served cold. Flaky pastry has thin, crisp layers with air in between.

PHYLLO PASTRY

It is very difficult to make the layers of this Greek pastry thin enough yourself. Buying the ready made frozen phyllo pastry is highly recommended. Phyllo pastry is usually used for spinach or chicken pies as well as the traditional dessert, baklava.

PUFF PASTRY

Similar to flaky pastry, puff pastry is richer and lighter and can be used for just about everything. A word of warning, though, it is tricky and takes a long time to make. The ready mixed and frozen puff pastry available at the supermarket is of good quality and well worthwhile.

SHORTCRUST PASTRY

With its crisp melt in the mouth texture, this pastry can be used for both sweet and savoury pies with equal success.

SWEET SHORTCRUST PASTRY

Used for cold tart and flans, this pastry has sugar and eggs added, and can be rolled out very thin.

VOL-AU-VENT

These are baked cases of flaky pastry, which are filled with various fillings. Sizes vary from a large case for 4 servings, individual servings or small boucle cases for cocktail snacks.

GLAZES AND FINISHES

Brush the crust of a pie with well-beaten egg or slightly beaten egg white before baking.

For a golden glaze on scones or pies, add a small amount of custard powder to the milk and brush on before baking.

Sugar glazes can be used to top fruit pies and tarts. Simply brush the upper crust with cold water and sprinkle with castor sugar before baking.

PASTRY TIPS

Avoid stretching your pastry by lifting into the pie dish on a rolling pin.

Use your rolling pin to run along the edge of a pie dish to trim surplus pastry.

Baking blind: will ensure an even pastry base for your pie, to do this you line the pie dish with the pastry. Cut a piece of greaseproof paper a little larger than the pie dish and fit on top of the pastry. Pour a shallow layer of rice or dried beans onto the paper to stop the pastry from rising. Bake at 200 Deg C for about 10 minutes. Remove from the oven and remove the paper, rice or beans.