



Using the Nutrition Program for revision

This booklet shows how you can find things out by using Nutrition Program to help your Food Technology, Hospitality and Catering or Home Economics revision.

Topic - Pastry

Ideas

1. Enter the 3 pastry recipes into the program to find out and compare results for
 - the nutritional value of each
 - the traffic light values
 - the allergens
 - the cost and selling price
2. Each pastry has been made into products - Cheese and onion pasties, sausage rolls and profiteroles. Enter these recipes and test out the Nutrition results.
3. Cheese straws - enter the recipe and find the allergens and traffic light values
4. Test out 2 recipes and try and make a healthier version
Recipes to try - Cheese and onion pasties, sausage rolls.
5. Costing - compare the costs of the 3 products and work out the selling price for a portion.

Methods of pastry making - shortcrust



Cheese and onion pastie

Ingredients

Makes 4

Shortcrust pastry

200g plain flour

100g butter/margarine or lard - you choose

pinch salt

2-3 tbs cold water

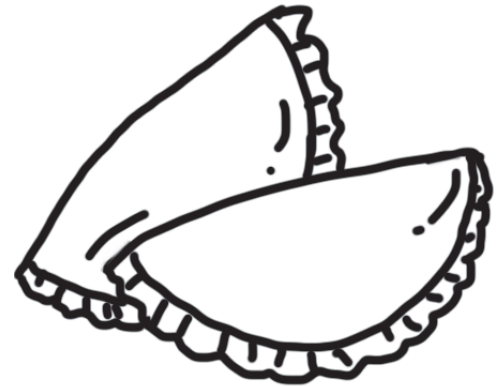
Filling

150g grated hard cheese

1 egg

1 small onion finely chopped

black pepper



Method

Pre heat oven to 200°C/Fan 180°C/gas 6.

1. For the pastry put the flour, butter/margarine or lard and salt in a bowl.
2. Rub the fat into the flour with your fingertips until the mixture looks like breadcrumbs. Work quickly to stop the dough getting warm.
3. Add cold water to the mixture and stir until the dough binds together, add more cold water a teaspoon at a time if the mixture is too dry.
4. Wrap the dough in clingfilm and chill for 15 minutes. This helps the dough to rest and not shrink on baking. If not rested enough the pastry is hard to roll as it will not stretch and breaks and cracks.
5. Put the dough on a floured surface, dust the rolling pin, and roll out evenly.
6. Cut into 4 circles.
7. Prepare the filling by mixing all the ingredients together. Save a little egg for glaze.
8. Put a quarter of the cheese mixture onto each pastry circle. Dampen the edges with water, then fold over and crimp the edges.
9. Put onto a baking tray and brush with egg glaze.
10. Bake for 45 minutes until golden and pastry is crisp.

Quick pastry method

Use a food processor to work in the fat into the flour until it becomes breadcrumbs.

Add water slowly and mix quickly to form a dough.

Questions

1. Explain why a pastry dough needs resting. (1)
2. Give one advantage of using a food processor for pastry making. (1)

Know the making processes for pastry

- Sieving, rubbing in, chilling, resting, layering, shaping, baking, cooling
- Process and Quality Control Checks - weigh ingredients accurately, check pastries are correct size and shape, check they are cooked properly
- Kitchen safety – avoid cross contamination, wear oven gloves.

Methods of pastry making - rough puff and choux



Sausage rolls with rough puff pastry

Ingredients

Makes 12

Rough puff pastry

200g strong flour

200g butter/margarine and lard - you choose

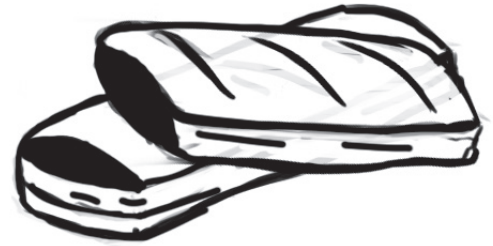
pinch salt

about 125ml cold water

Filling

300g sausage meat

egg for glaze



Method

1. Preheat the oven to 200°C/ Fan 180°C/ Gas 6.
2. Cut the fat into chunks - butter/margarine or lard - and work in with a knife.
3. Pour in most of the water and mix to a stiff dough. Cover with cling film and rest in fridge for 20 minutes.
4. Turn onto a floured board, form into an oblong. Roll out to about 20cm x 40cm.
5. Fold the top third down then the bottom third. Turn the dough in a quarter turn.
6. Roll out 3 times more, cover and chill.
7. Cut the pastry in half and roll into 2 oblongs.
8. Spread the sausage meat down each length. Wet the sides of the pastry and roll up and seal.
9. Use a fork to prick and seal the edges of the pastry.
10. Brush with beaten egg for glaze and clip the top with scissors. Put on a baking tray.
11. Bake for 35-40 minutes until golden and crisp.

Choux pastry profiteroles

Ingredients

Makes 10

Choux pastry

25g butter or margarine

75g strong flour

2 eggs

125ml water

Filling

150ml Whipped double cream

icing sugar

Method

1. Preheat the oven to 200°C/ Fan 180°C/ Gas 6.
2. Put the butter/margarine and water in a saucepan and heat until the fat has melted.
3. Sieve in the flour and beat the mixture off the heat until it forms a ball.
4. Beat the eggs and slowly beat them into the flour mixture. The paste should be thick and shiny.
5. Pipe or spoon the mixture onto a greased baking tray.
6. Bake for 20-25 minutes until the buns are well risen and crisp. Cool on a wire rack.
7. Fill with whipped cream and sprinkle with icing sugar. Keep chilled.

Cheese straws



Cheese straws

Makes 16

Ingredients

- 100g plain flour
- 1g black pepper
- 2g teaspoon mustard powder
- 75g butter or margarine
- 75g Cheddar cheese, grated finely
- 1 egg - beaten
- 5g sesame seeds

Method

1. Preheat the oven to 200°C/Fan 180°C/ Gas 6.
2. Line a baking sheet with baking parchment.
3. Sieve the flour, pepper and mustard powder into a large bowl.
4. Add the butter or margarine and rub in with your fingertips to make breadcrumbs. Add the finely grated cheese and mix to a stiff dough with the beaten egg. Save some egg for glazing
5. Roll out the dough to a thickness of 5mm. Cut into narrow fingers, about 2 x 10cm.
6. Put on the baking tray and brush over with egg glaze. Sprinkle on the sesame seeds.
7. Bake for 7-10 minutes until golden, then transfer to a wire rack to cool.

To do

Enter the recipe into The Nutrition Program then answer the questions below.

1. What is the kcals in one cheese straw?
2. What colours are the traffic lights for fat, saturated fat and salt? Explain what this means.
3. What is the RI % (women) for a portion of cheese straws?
4. Look at the Food Label and list the allergens in the cheese straws.
5. Explain how these allergens are shown on a food label.

Nutrition, allergens and cost of pastry



Use the Nutrition Program for your revision research.

Take the 3 recipes for pastry

- shortcrust,
- rough puff and
- choux and put them into the Nutrition Program.

You can choose different fats to make the pastries - this will affect the Nutrition results.

Use the Nutrition Information, Food label and Costs to fill in the chart:

Name of pastry	Nutrition per 100g	Allergens	Cost for 100 grams
Shortcrust	energy kcal protein g carbohydrate g fat g saturated fat g		
Rough puff	energy kcal protein g carbohydrate g fat g saturated fat g		
Choux	energy kcal protein g carbohydrate g fat g saturated fat g		

Questions

1. Which of the 3 pastries is a) highest in fat, b) highest in saturated fat, c) highest in calories. (3)
2. What colours are the traffic light symbols for each recipe? Explain what the colours mean. (3)
3. What are the main allergens in the pastries? (3)

Nutrition, allergens and cost of pastry



Use the Nutrition Program for your revision research.

Take the 3 pastry products

- cheese and onion pasties with shortcrust pastry
- sausage rolls with rough puff pastry
- profiteroles with choux pastry and put them into the Nutrition Program.

Choose different fats to make the pastries - this will affect the Nutrition results.

Use the Nutrition Information, Food label and Costs to fill in the chart:

Name of pastry	Nutrition per portion	Allergens	Cost for portion
Cheese and onion pastie	energy kcal protein g carbohydrate g fat g saturated fat g		
Sausage rolls	energy kcal protein g carbohydrate g fat g saturated fat g		
Profiteroles	energy kcal protein g carbohydrate g fat g saturated fat g		

Questions

1. Which portion is a) highest in fat, b) highest in saturated fat, c) highest in calories. (3)
2. What colours are the traffic light symbols for each recipe? Explain what the colours mean. (3)
3. What are the main allergens in the pastries? (3)
4. Explain how you could change one of the recipes to make it healthier. Test this out on the Nutrition Program.

Allergens

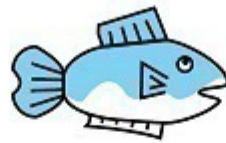


There are 14 allergens that have to be listed on a food label if they are present in the food product. The allergens are shown in bold on the label.

14 Allergens



Wheat gluten Milk



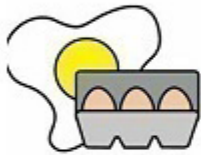
Fish



Molluscs



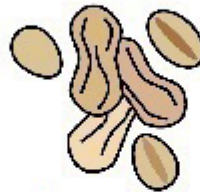
Crustaceans



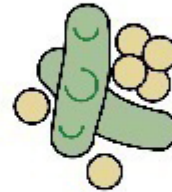
Eggs



Nuts



Peanuts



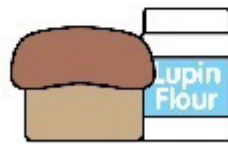
Soya



Sesame



Mustard



Lupin



Sulphites



Celery

The 14 allergens are:

wheat gluten, milk, fish, molluscs, crustaceans, eggs, nuts, peanuts, soya, sesame, mustard, lupin, sulphites, celery.

To do

Look at the recipe ingredients for each of the products - underline the allergens in each recipe.

Cheese straws:

plain flour, black pepper, mustard powder, butter or margarine, Cheddar cheese, egg, sesame seeds

Sausage rolls:

strong flour, butter/margarine or lard, salt, water, sausage meat, egg

Choux buns:

butter, strong flour, eggs, water, double cream, icing sugar

Costing



Compare the costs of the 3 products and work out the selling price for a portion.

Comment on the results - is the selling price reasonable?

Product	Cost per portion	Selling price	Comments
Cheese and onion pastie			
Sausage rolls			
Profiteroles			