



Pastry Basics

14

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Prepare *pâte brisée* and short pastries.
2. Prepare puff pastry dough, blitz puff pastry dough, and reversed puff pastry dough, and make simple pastries from these doughs.
3. Prepare *pâte à choux* (*éclair* paste), and make simple pastries from it.
4. Prepare strudel dough, handle commercial phyllo (strudel) dough, and make pastries using either homemade or commercial dough.
5. Bake meringue and meringue-type sponges, and assemble simple desserts with these meringues.



THE TERM *PASTRY* comes from the word *paste*, meaning, in this case, a mixture of flour, liquid, and fat. In the bakeshop, pastry refers both to various pastes and doughs and to the many products made from them.

We have already discussed two fundamental types of pastry: yeast-raised pastry, such as Danish dough, in Chapters 6 and 9, and pie doughs in Chapter 13. Besides these two, the most important types of pastry are short doughs of various types, puff pastry, also known as *pâte feuilletée*, and *éclair* paste, also known as *pâte à choux*. These three pastries are introduced in this chapter. We also take a look at strudel and phyllo doughs, which are important for some specialty items. Finally, we look at crisp meringues and other meringue-type sponges. These are not pastries in the original sense of the word, because they are not made from a flour paste. Nevertheless, they are used like flour pastries in combination with creams, fillings, fruits, and icings to create a wide range of desserts.

This chapter concentrates on production of the doughs themselves. It is important to master the production techniques for these preparations before applying them to more complicated pastry desserts. Some simple applications of puff paste and éclair paste are included to give you practice handling these doughs. In addition, the section on strudel and phyllo includes examples of pastries made with these doughs. Once you understand the fundamentals, continue on to the next chapter, where you'll learn how these doughs are used in specialty pastry work.

PÂTE BRISÉE AND SHORT PASTRIES

THE QUALITY OF the pastry used to make tarts and tartlets is perhaps even more important than the quality of pie dough. Because tarts are generally thinner than pies, and have less filling, the dough is a prominent part of the finished pastry, not just a holder for the filling, as often seems to be the case with American-style pies. The best of these doughs are made with pure butter, not shortening, and they generally are enriched with eggs and sugar.

The three main doughs in this section—pâte brisée, pâte sucrée, and pâte sablée—are basic preparations in classical pastry.

- **Pâte brisée** (pronounced pot bree ZAY), which literally means “broken dough,” is mixed using the same method as mealy pie dough—the fat is first combined with the flour. In classical pastry, this is known as **sablage** (sah BLAHZH) or the *sanding method*. The fat and flour are mixed until the mixture resembles coarse meal or sand. Coating the flour with fat protects it from absorbing water, and therefore limits gluten development. This results in tender pastry. (Review pie dough production (pp. 284–286) if necessary. Follow the method for mealy pie dough, combining the eggs with other liquids.) If you compare the formula for pâte brisée in this chapter with the formula for Enriched Pie Pastry on page 287, you will see they are very similar. Pâte brisée is usually used for large tarts.
- **Pâte sucrée** (soo CRAY) means “sugared dough.” It is similar to pâte brisée but has a much higher sugar content. The high content of sugar acts as a tenderizer, so the dough is fragile and more difficult to handle than pâte brisée. It is used primarily for small items such as tartlets and petits fours. Pâte sucrée can be mixed either by the sablage method or the creaming method (as it is in this chapter). The creaming method, in which the fat and sugar are mixed first, is also used for cookies, cakes, and muffins. In fact, both pâte sucrée and, especially, pâte sablée can be used to make plain cookies.
- **Pâte sablée** (sah BLAY) contains even more fat than pâte sucrée and less egg and other moisturizers. Some formulas also contain more sugar as well. It is an extremely tender and crumbly dough that is generally used for cookies but can also be used for small tarts and other pastries. The crumbly, “sandy” texture of the baked dough gives the pastry its name (sable means “sand” in French). Pâte sablée can be mixed using the sablage method, but today it is perhaps more common to use the creaming method, as in a typical cookie dough.

The sablée dough in this chapter is often called a **1-2-3 dough**, because it contains 1 part sugar, 2 parts fat, and 3 parts flour by weight. (Compare with the 3-2-1 dough discussed on page 286.)

The three remaining doughs in this section are variations on the basic pâte sablée formula. All these doughs are known as **short doughs**, because their tender structure is due to short gluten strands.

All these doughs are intended to be tender, so gluten development is kept low. Some gluten is necessary, however, to hold the doughs together. Otherwise they would be impossible to handle and roll out. For many formulas, including the ones in this chapter, pastry flour has enough protein to provide structure, but not so much as to make the dough tough. In other sources, you will find formulas that call for higher-protein flour, such as all-purpose flour or a mixture of pastry flour and bread flour. These flours are especially useful when the fat and sugar content is very high. The extra protein balances the tenderizing effect of the fat and sugar to give adequate structure to the dough.

PÂTE BRISÉE

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%	PROCEDURE
Pastry flour	12 oz	400 g	100	
Salt	0.3 oz (1¼ tsp)	10 g	2.5	
Sugar	0.3 oz (1½ tsp)	10 g	2.5	
Butter, chilled	6 oz	200 g	50	
Eggs	4 oz	130 g	33	
Water	0.6 oz (4 tsp)	20 g	10	
Vanilla extract	4 drops	4 drops		
Lemon zest, grated	0.12 oz (1½ tsp)	4 g	1	
Total weight:	1 lb 7 oz	774 g	199 %	

PÂTE SABLÉE

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%	PROCEDURE
Butter, softened	6 oz	150 g	67	
Confectioners' sugar	3 oz	75 g	33	
Salt	0.03 oz (⅛ tsp)	0.7 g	0.3	
Lemon zest, grated	0.04 oz (½ tsp)	1 g	0.5	
Vanilla extract	2 drops	2 drops		
Eggs, beaten	1 oz	25 g	11	
Pastry flour	9 oz	225 g	100	
Total weight:	1 lb 3 oz	475 g	211 %	

VARIATION

CHOCOLATE PÂTE SABLÉE

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%
Butter	6 oz	150 g	86
Confectioners' sugar	3 oz	75 g	43
Grated orange zest	0.08 oz (1 tsp)	2 g	0.2
Eggs, beaten	2 oz	50 g	28
Pastry flour	7 oz	175 g	100
Cocoa powder	1 oz	30 g	17

Substitute the above ingredients and follow the basic procedure. Sift the flour with the cocoa.

PÂTE SUCRÉE

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%	PROCEDURE
Butter, softened	6.5 oz	216 g	54	
Confectioners' sugar	4 oz	132 g	33	
Salt	0.06 oz (1/3 tsp)	2 g	0.5	
Lemon zest, grated	0.06 oz (3/4 tsp)	2 g	0.5	
Vanilla extract	4 drops	4 drops		
Eggs, beaten	3 oz	100 g	25	
Pastry flour	12 oz	400 g	100	
Total weight:	1 lb 9 oz	852 g	213 %	

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition.
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

SHORT DOUGH I

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%	PROCEDURE
Butter or butter and shortening	8 oz	250 g	67	
Sugar	3 oz	90 g	25	
Salt	0.06 oz (1/4 tsp)	2 g	0.5	
Eggs	2.25 oz	70 g	19	
Pastry flour	12 oz	375 g	100	
Total weight:	1 lb 9 oz	787 g	211 %	

1. Using the paddle attachment, mix the butter, sugar, and salt at low speed until smooth and evenly blended.
2. Add the eggs and mix just until absorbed.
3. Sift the flour and add it to the mixture. Mix just until evenly blended.
4. Chill several hours before using.

SHORT DOUGH II

For large-quantity measurements, see page 733.

Ingredients	U.S.	Metric	%	PROCEDURE	
Butter	5 oz	150 g	60		
Sugar	3.5 oz	100 g	40		
Salt	0.07 oz (1/3 tsp)	2 g	0.8		
Vanilla powder	0.07 oz	2 g	0.8		
Powdered almonds	1 oz	30 g	12		
Eggs	1.75 oz	50 g	22		
Pastry flour	8 oz	250 g	100		
Total weight:	1 lb 3 oz	584 g	213 %		

1. Using the paddle attachment, mix the butter, sugar, salt, vanilla powder, and almonds.
2. Add the eggs and flour. Mix until just combined.
3. Chill several hours before using.

ALMOND SHORT DOUGH

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%	PROCEDURE
Butter	8 oz	200 g	80	
Sugar	6 oz	150 g	60	
Salt	0.1 oz (½ tsp)	2.5 g	1	
Powdered almonds	5 oz	125 g	50	
Eggs	1.6 oz	42 g	16.5	
Vanilla extract	¼ tsp	1.25 g	0.5	
Pastry flour	10 oz	250 g	100	
Total weight:	1 lb 14 oz	770 g	308 %	

VARIATIONS

LINZER DOUGH I

For large-quantity measurements, see page 732.

Ingredients	U.S.	Metric	%
Cinnamon	0.06 oz (1⅛ tsp)	1.5 g	0.6
Nutmeg	0.01 oz (⅛ tsp)	0.25 g	0.1

Use ground hazelnuts, ground almonds, or a mixture of the two. Mix in the cinnamon and nutmeg with the salt in the first step.

LINZER DOUGH II

Prepare as for Linzer Dough I but instead of the raw egg yolks, use finely sieved hard-cooked egg yolks.

PUFF PASTRY

PUFF PASTRY IS one of the most remarkable products of the bakeshop. Although it includes no added leavening agent, it can rise to eight times its original thickness when baked.

Puff pastry is a laminated or rolled-in dough, like Danish and croissant doughs. This means it is made up of many layers of fat sandwiched between layers of dough. Unlike Danish dough, however, puff pastry contains no yeast. Steam, created when the moisture in the dough is heated, is responsible for the spectacular rising power of puff pastry. (See p. 106 for a general discussion of laminated doughs.)

Because puff pastry or puff dough consists of over 1,000 layers, many more than in Danish dough, the rolling-in procedure requires a great deal of time and care.

As with so many other products, there are nearly as many versions of puff pastry as there are bakers. Both formulas and rolling-in techniques vary. The formula provided here contains no eggs, for example, although some bakers add them. Two methods for enclosing the butter and two rolling-in methods are illustrated.

Butter is the preferred fat for rolling in because of its flavor and melt-in-the-mouth quality. Special puff pastry shortening is also available. This shortening is easier to work because it is not as hard when refrigerated and doesn't soften and melt at warm temperatures as easily as butter does. It is also less expensive than butter. However, it can be unpleasant to eat because it tends to congeal and coat the inside of the mouth.

The quantity of rolled-in fat may vary from 50 to 100% of the weight of the flour, or 8 ounces to 1 pound of fat per pound of flour. If the lower quantity of fat is used, the dough should be left slightly thicker when rolled out. Puff pastry that is low in fat will not rise as high and may rise unevenly. This is because there is less fat between the dough layers, so the layers are more likely to stick together.

The illustrations in this section show in detail the procedures for mixing the dough, enclosing the butter, and rolling. The Procedure for Making Puff Pastry Dough shows one complete

method for making puff pastry using the *four-fold* method for rolling in. An alternative method for enclosing the butter in the dough is illustrated next. Finally, the *three-fold* method is shown as an alternative rolling-in procedure.

Formulas for *blitz puff pastry* and *reversed puff pastry* are also included. Blitz puff pastry is actually a very flaky pie dough that is rolled and folded like puff pastry. It is easier and quicker to make than classic puff dough (*blitz* is the German word for “lightning”). It does not rise as high as true puff pastry and its texture is not as fine, so it is not suitable for products in

PROCEDURE: Making Puff Pastry Dough

1. Make a well in the mound of flour and add the liquids.



2. Work the ingredients into a dough.



3. Knead the dough until it is smooth. Refrigerate for 30 minutes. Then roll it out into a large rectangle.



4. To prepare the butter, first soften it by beating it with a rolling pin.



5. Square off the butter. Roll it into a smooth rectangle two-thirds the size of the dough rectangle.



6. Place the butter on the dough so it covers the bottom two-thirds of the rectangle.



7. Fold down the top unbuttered third of the dough so it covers half the butter.



8. Fold the bottom third over the center. The butter is now enclosed.



9. To give the dough its first four-fold, roll the dough into a long rectangle. Before rolling, beat the dough lightly, as shown, so that the butter is evenly distributed.



10. Before folding, always brush off excess dusting flour.



which a high, light pastry is desirable. However, it bakes up crisp and flaky and is perfectly suitable for *napoleons* and similar desserts that are layered with cream fillings.

Reversed puff pastry is somewhat unusual and difficult to work with. As the name suggests, the butter and dough are reversed—that is, the butter (which has flour mixed into it) encloses the dough rather than the dough enclosing the butter. Although it is more difficult to prepare, it can be made up and baked without a final rest, as it shrinks less than classic puff pastry.

- 11.** Fold down the top edge of the dough to the center.



- 12.** Fold up the bottom edge to the center.



- 13.** Fold in half to achieve the finished four-fold.



ALTERNATIVE METHOD: ROLLING-IN PROCEDURE

1. Fold the dough rectangle in thirds, as for making Danish Pastry (p. 193).
2. Square off the finished three-fold with the rolling pin.



ALTERNATIVE METHOD: ENCLOSING THE BUTTER IN PUFF PASTRY

1. Roll the dough into a blunt cross shape, as shown, leaving the center thicker than the arms of the cross.
3. Fold the remaining three arms of dough over the center.



2. Place the square of butter in the center. Fold one of the arms of dough over the butter to cover it.





KEY POINTS TO REVIEW

- What method is used to mix *pâte brisée*? What mixing methods are used to mix short doughs, including *pâte sucrée* and *pâte sablée*?
- What are the steps in the rolling-in procedure for making puff pastry dough (*pâte feuilletée*)?
- What guidelines should be followed when making up and baking puff pastry products?

CLASSIC PUFF PASTRY (PÂTE FEUILLETÉE CLASSIQUE)

For large-quantity measurements, see page 733.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	1 lb	500 g	100	MIXING
Salt	0.33 oz	10 g	2	
Butter, melted	2.5 oz	75 g	15	1. Mix the flour and the salt. Place the flour in a mound on a work surface and make a well in the center. (Note: for illustrations of the steps in the mixing and laminating procedures, refer to the Procedure for Making Puff Pastry Dough, pages 320–321.)
Water	8 oz	250 g	50	
Butter, for rolling in	9.5 oz	300 g	60	2. Pour the melted butter and water into the center of the well. Gradually stir from the inside outward to incorporate the flour into the liquids, making a dough.
Total weight:	2 lb 4 oz	1135 g	227%	

- Once the dough has formed, knead briefly, just until smooth. Do not overwork, or the dough will become too elastic and difficult to work. Gather the dough into a smooth ball.
- Decide which method for enclosing the butter (below) you will use. If method 1, wrap in plastic and refrigerate for 30 minutes. If method 2, cut a cross in the top of the dough and wrap in plastic film. Allow to rest for 30 minutes in the refrigerator.

ENCLOSING THE BUTTER: METHOD 1

- Roll out the dough into a large rectangle.
- Place the butter between 2 sheets of plastic film. Soften and flatten it by beating with a rolling pin. Set aside while the dough is rolled out.
- Keeping the butter between the plastic sheets, roll it out and square the edges using the rolling pin to make a rectangle about two-thirds the size of the dough rectangle.
- Remove the plastic from the rectangle of butter and place it on the bottom two-thirds of the dough rectangle. Fold the top third of the dough down over the center to cover half the butter. Fold the bottom one-third over the center. The butter is now enclosed in the dough, making 2 layers of butter between 3 layers of dough.
- Give the dough *4 four-folds*. This will give the dough 1,028 layers of dough and butter. Rest the dough in a cool place between folds to allow the gluten to relax.

Alternatively, give the dough *5 three-folds*, making a total of 883 layers. (If you wish, you can double this number of layers simply by rolling and folding the dough in half after the last three-fold. This is preferable to giving the dough a sixth three-fold—for over 2,400 layers—because the dough may not rise properly when the layers become this thin.)

ENCLOSING THE BUTTER: METHOD 2

- With the rolling pin, spread open the four quarters of the dough made by cutting the cross and roll out the dough in the shape of a large, broad cross. Keep the dough thicker in the center than in the four arms of the cross.
- Place the butter between 2 sheets of parchment or plastic film. Flatten and soften it slightly by beating lightly with a rolling pin. Then roll it out into a square about $\frac{3}{4}$ in. (2 cm) thick. The size of the square of butter should be smaller than the center section of dough so the butter will not overlap the edges of the dough in step 3.
- Place the square of butter in the center of the dough cross. Fold the four arms of the dough over the butter to enclose it completely, as in an envelope.
- Give the dough *6 three-folds*. Rest the dough in a cool place between folds to allow the gluten to relax. This will give the dough 1,459 layers of dough and butter.

ORDINARY PUFF PASTRY

For large-quantity measurements, see page 733.

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	12 oz	375 g	75	
Cake flour	4 oz	125 g	25	
Butter, softened	2 oz	60 g	12.5	
Salt	0.25 oz	8 g	1.5	
Water, cold	9 oz	282 g	56	
Butter	1 lb	500 g	100	
Bread flour (see Note)	2 oz	60 g	12.5	
Total weight:	2 lb 13 oz	1410 g	282 %	
<p>Note: The purpose of the second quantity of bread flour is to absorb some of the moisture of the butter and help make the dough more manageable. Omit this flour if shop temperature is cool or if puff paste shortening is used instead of butter.</p>				
VARIATION				
<p>The butter for rolling in may be reduced to 75% or even to as little as 50%. If the butter is reduced, you should also reduce the last quantity of flour (for mixing with the butter) in the same proportion, so it is one-eighth the weight of the butter.</p>				

BLITZ PUFF PASTRY

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	8 oz	250 g	50	
Pastry flour	8 oz	250 g	50	
Butter, slightly softened	1 lb	500 g	100	
Salt	0.25 oz	8 g	1.5	
Water, cold	8 oz	250 g	50	
Total weight:	2 lb 8 oz	1258 g	251 %	
VARIATION				
<p>Reduce the butter to 75% (12 oz/375 g).</p>				

REVERSED PUFF PASTRY (PÂTE FEUILLETÉE INVERSÉE)

Ingredients	U.S.	Metric	%	PROCEDURE
Butter	1 lb 4 oz	500 g	100	<ol style="list-style-type: none"> 1. Combine the first quantities of butter and flour in a mixing bowl and mix together, either by hand or with the paddle attachment of a mixer, until completely blended. 2. Roll the butter mixture between 2 sheets of parchment paper to make a large rectangle $\frac{3}{4}$ in. (2 cm) thick. Refrigerate for 30 minutes. 3. Mix the remaining ingredients into a dough using the procedure described in steps 1 and 2 of the formula for Classic Puff Pastry (p. 322). Wrap and refrigerate for 30 minutes. 4. Roll out the dough to make a rectangle half the size of the butter rectangle. 5. Place the dough on the top half of the butter rectangle. Fold the butter over it to enclose completely, using the parchment to lift the butter. 6. Chill for 30 minutes. 7. Give the dough 5 <i>three-folds</i>. Be sure to dust the work surface well with flour so the butter does not stick.
Bread flour	10 oz	250 g	50	
Bread flour	1 lb 4 oz	500 g	100	
Salt	1 oz	25 g	5	
Water	11 oz	270 g	54	
Butter, melted	7 oz	175 g	35	
Total weight:	4 lb 5 oz	1720 g	344%	

Guidelines for Makeup and Baking of Puff Dough Products

1. The dough should be cool and firm when it is rolled and cut. If it is too soft, layers may stick together at the cuts, preventing proper rising.
2. Using a sharp cutting tool, cut straight down with firm, even cuts.
3. Avoid touching the cut edges with your fingers, or the layers may stick together.
4. For best rising, place units upside down on baking sheets. The reason is, even sharp cutting tools may press the top layers of dough together. Baking upside down puts the stuck-together layers at the bottom.
5. Avoid letting egg wash run down the edges. Egg wash can cause the layers to stick together at the edges.
6. Rest made-up products for 30 minutes or more in a cool place or in the refrigerator before baking. This relaxes the gluten and reduces shrinkage.
7. Trimmings may be used again, although they will not rise as high. Press them together, keeping the layers in the same direction. After rolling them out, give them a three-fold before using.
8. Baking temperatures of 400° to 425°F (200° to 220°C) are best for most puff dough products. Cooler temperatures will not create enough steam in the products to leaven them well. Higher temperatures will set the crust too quickly.
9. Larger products such as Pithiviers (p. 366) are harder to bake through than the small ones. To avoid underbaked, soggy interiors, start large items at a high temperature and bake until they are well risen. Then turn the temperature down to about 350°F (175°C) and finish baking until crisp.

Puff Pastry Desserts

The following recipes include instructions for simple puff pastry products, including petits fours. If any of your products do not turn out well, consult the troubleshooting guide in the Puff Pastry Faults and Their Causes table.

PUFF PASTRY FAULTS AND THEIR CAUSES	
FAULTS	POSSIBLE CAUSES
Shrinkage during baking	Dough not relaxed before baking
Poor lift or rising	Too little or too much fat used Dough rolled out too thin or given too many turns Oven too hot or too cold
Uneven lift or irregular shapes	Improper rolling-in procedure Uneven distribution of fat before rolling Dough not relaxed before baking Uneven heat in oven
Fat running out during baking (<i>Note:</i> Some fat running out is normal, but it should not be excessive.)	Too much fat used Not enough turns given Oven too cool

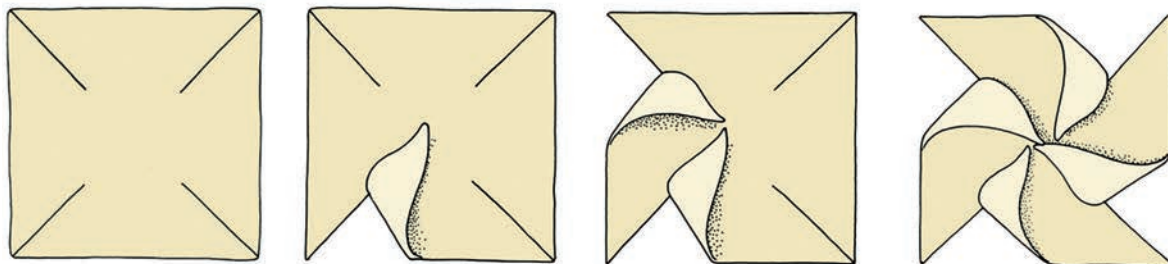
PINWHEELS

Components

Puff pastry dough
Egg wash
Fruit filling

PROCEDURE

1. Roll out the puff pastry dough $\frac{1}{8}$ in. (3 mm) thick.
2. Cut into squares 5 in. (12 cm) per side, or to other size as desired.
3. Cut diagonally from the corners to about 2 in. (5 cm) from the center. Brush the pastry with egg wash.
4. Fold every other corner to the center and press into place, as for making Danish pinwheels (p. 210).
5. Brush with egg wash a second time.
6. Select a thick filling that will not run when baked (see step 9). Place a spoonful of the filling in the center of each pinwheel.
7. Bake at 400°F (200°C) until puffed and golden.
8. Cool. Dust with confectioners' sugar.
9. Pinwheels may also be filled after, instead of before, baking. This method is used for fillings that might run or burn when baked.



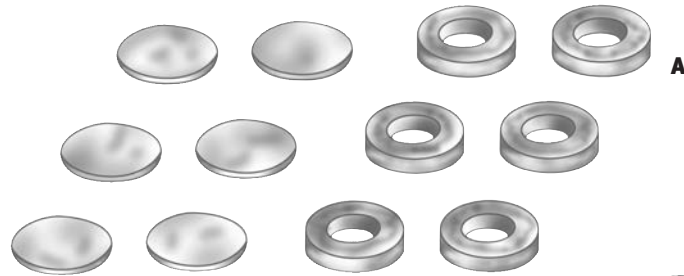
PATTY SHELLS

Components

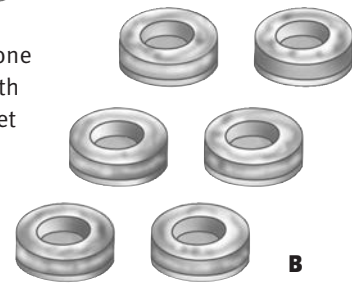
Puff pastry dough
Egg wash

PROCEDURE

1. Roll out puff pastry dough $\frac{1}{8}$ in. (3 mm) thick.
2. Roll out a second piece of dough $\frac{1}{4}$ in. (6 mm) thick.
3. Cut the same number of circles from each piece of dough with a round 3-in. (7.5-cm) cutter.
4. With a 2-in. (5-cm) cutter, cut out the centers of the *thick* circles (a).



5. Wash the thin circles with water or egg wash and place one of the rings on top of each (b). Wash the top carefully with egg wash (do not allow wash to drip down the edges). Let them rest 30 minutes.
6. Place a sheet of greased parchment over the tops of the shells to prevent their toppling over while baking.
7. Bake at 400°F (200°C) until brown and crisp.



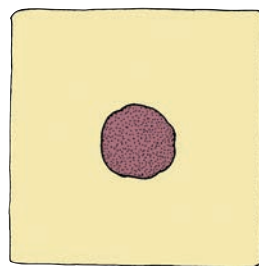
TURNOVERS

Components

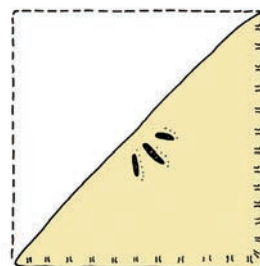
Puff pastry dough
Fruit filling
Egg wash
or
Milk or water; granulated sugar

PROCEDURE

1. Roll puff pastry dough $\frac{1}{8}$ in. (3 mm) thick.
2. Cut into 4-in. (10-cm) squares. Wash the edges of each with water.
3. Place a portion of the desired filling into the center of each square (a).
4. Fold the squares diagonally and press the edges together. With a knife, puncture the tops in 2 or 3 places to allow steam to escape (b). Let them rest 30 minutes.
5. Brush the tops with egg wash, if desired, or brush with milk or water and sprinkle with sugar.
6. Bake at 400°F (200°C) until crisp and brown.



A



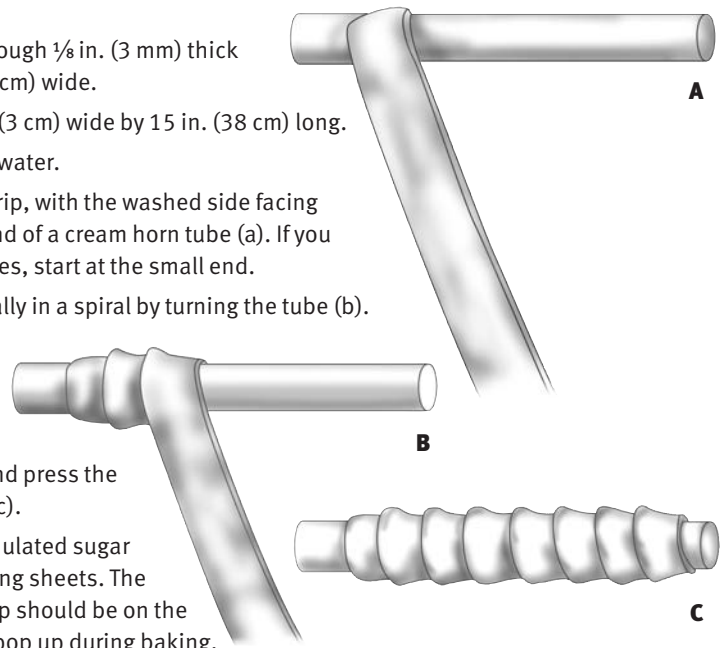
B

BAKED APPLE DUMPLINGS

Components	PROCEDURE
Small, tart baking apples Puff pastry dough Cake crumbs (optional) Cinnamon Sugar (p. 197) Raisins Egg wash	<ol style="list-style-type: none"> 1. Peel and core as many apples as desired. 2. Roll out puff pastry dough to $\frac{1}{8}$ in. (3 mm) thick. Cut out squares large enough to cover an apple completely when the points of the square are overlapped at the top of the apple. <i>Caution:</i> Do not stretch the dough over the apple or it will pull away during baking. To prevent this, cut out one square and test it to be sure it is large enough to cover the apple. Then cut out the remaining squares. 3. If the dough becomes soft, refrigerate it for 15 to 30 minutes before continuing. 4. Place a teaspoonful of cake crumbs in the center of each pastry square. Then place an apple on top of the crumbs. (Note: The crumbs are optional, but they help absorb the juice of the apple.) 5. Fill the center of the apples (where the cores used to be) with cinnamon sugar and raisins. Taste a small piece of apple for tartness to help you judge how much sugar to use. 6. Brush the edges of the dough with water or egg wash. Draw up the four corners of the dough and overlap them at the top of the apple. Press the corners together to seal. Pinch the edges of the dough together to seal the seams. 7. Cut out 1-in. (2.5-cm) circles of dough. Moisten the top of each apple with egg wash and cap with a circle of dough. This covers the overlapping corners and makes the product more attractive. 8. Arrange the apples on parchment-lined pans. Brush with egg wash. 9. Bake at 400°F (200°C) until the pastry is browned and the apples are cooked through but not too soft (or they will sag and flatten out). This will take 45 to 60 minutes, depending on the apples. Test for doneness by piercing one of the apples with a thin skewer. If the pastry browns too fast, cover lightly with a sheet of parchment or foil.

CREAM HORNS

Components	PROCEDURE
Puff pastry dough Granulated sugar Whipped cream or Pastry Cream (p. 267) Confectioners' sugar	<ol style="list-style-type: none"> 1. Roll out puff pastry dough $\frac{1}{8}$ in. (3 mm) thick and about 15 in. (38 cm) wide. 2. Cut out strips $1\frac{1}{4}$ in. (3 cm) wide by 15 in. (38 cm) long. 3. Wash the strips with water. 4. Press one end of a strip, with the washed side facing outward, onto one end of a cream horn tube (a). If you are using conical tubes, start at the small end. 5. Roll the strip diagonally in a spiral by turning the tube (b). Overlap the edges by $\frac{3}{8}$ in. (1 cm). Do not stretch the dough. 6. Roll up completely and press the end in place to seal (c). 7. Roll the horns in granulated sugar and lay them on baking sheets. The end of the dough strip should be on the bottom so it will not pop up during baking. 8. Bake at 400°F (200°C) until brown and crisp. 9. Slip out the tubes while still warm. 10. Just before service, fill the horns from both ends (if using cylindrical tubes) or from the large end (if using conical tubes) with whipped cream or pastry cream, using a pastry bag with a star tip. Dust with confectioners' sugar.



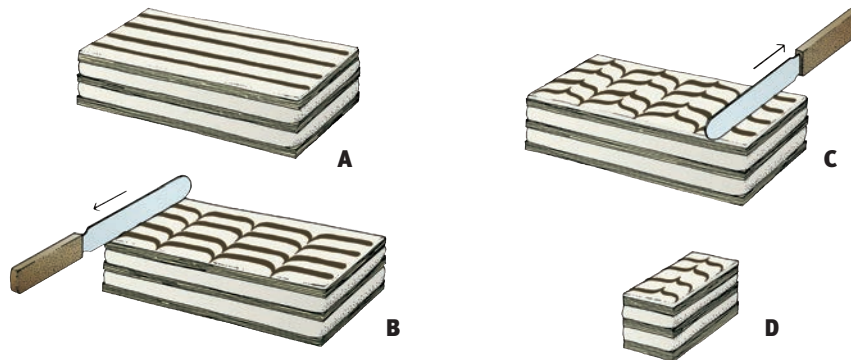
NAPOLEONS

Components

Puff pastry dough
Pastry Cream (p. 267) or
mixture of pastry cream
and whipped cream
Fondant (p. 421)
Chocolate Fondant
(p. 421)

PROCEDURE

1. Roll puff pastry dough into a very thin sheet about the size of a sheet pan. Blitz puff paste or rerolled trimmings may be used.
2. Place on a sheet pan and let rest 30 minutes, preferably in the refrigerator.
3. Dock with a fork to prevent blistering.
4. Bake at 400°F (200°C) until brown and crisp.
5. Trim the edges of the pastry sheet and cut with a serrated knife into equal strips 3–4 in. (7.5–10 cm) wide. Set the best strip aside for the top layer. If one of the strips breaks, it can be used as the middle layer.
6. Spread one rectangle with pastry cream or with a mixture of pastry cream and whipped cream.
7. Top with a second sheet of pastry.
8. Spread with another layer of pastry cream.
9. Place third pastry rectangle on top, with the flattest side up.
10. Ice the top with the fondant (see p. 421).
11. To decorate, pipe 4 strips of chocolate fondant lengthwise on the white fondant (a). Draw a spatula or the back of a knife across the top in opposite directions to feather the design (b, c).
12. Cut into strips 1½–2 in. (4–5 cm) wide (d).



NAPOLEONS

What does the layered puff pastry dessert have to do with the French emperor Napoleon? Actually, nothing. The name comes from the French adjective *napolitain*, meaning “pertaining to the Italian city of Napoli,” or, as it is known in English, Naples. The pastry was thought to have originated there, and it has no connection with the emperor Napoleon. A better English name for it would be neapolitan.

In fact, the dessert may have been the invention of Carême (p. 7) rather than of pastry cooks in Naples. Perhaps he was making a dessert in what he considered to be the style of Naples.

In French, the dessert is not called *napoleon* but *mille-feuille*, meaning “thousand leaves.” Italians don’t call it *napoleon*, either, but *mille foglie*, also meaning “thousand leaves.”

Fruit Tarts

Puff pastry may be used instead of short dough to make fruit tarts. Fruit strips are fruit tarts made in the shape of long strips about 4 to 5 inches (10 to 12 cm) wide.

The procedure for assembling these desserts is the same as that for unbaked fruit tarts described in Chapter 15 (p. 356), except baked puff pastry should be assembled only at the last minute because the pastry quickly becomes soggy.

The shells can be made in any shape, but squares and rectangles are easiest, as in the following procedure.

FRUIT TARTS

Components	PROCEDURE
Puff pastry dough Egg wash Pastry Cream (p. 267) Fruit, as desired Apricot Glaze (p. 198) or other glaze	<ol style="list-style-type: none"> 1. Roll out the puff pastry dough $\frac{1}{8}$ in. (3 mm) thick. 2. Cut out squares or rectangles of desired size. 3. With the remaining dough, cut strips about $\frac{3}{4}$ in. (2 cm) wide and long enough to make borders for the tarts. 4. Brush the rims of the dough squares with water or egg wash. Lay the strips in place on the moistened edges to make borders. Egg-wash the tops of the borders. 5. With a fork, knife tip, or roller docker, dock the inside of the shell (not the borders) to prevent blistering. 6. Rest in the refrigerator 30 minutes before baking. 7. Bake at 400°F (200°C) until browned and crisp. Cool. 8. Fill with a thin layer of pastry cream, arrange fruit on top, and brush with apricot glaze. <p>See page 356 for the detailed procedure for filling fruit tarts.</p>
	VARIATION
	FRUIT STRIPS Follow the above procedure, but make the rectangles 4–5 in. (10–12 cm) wide and as long as your sheet pans. Put borders on the two long sides, but leave the ends open.

PETITS FOURS

The term *petit four*, French for “small oven,” can be used for any small cake, pastry, or cookie that can be eaten in one or two bites. Petits fours are discussed in more detail on pages 479–480 and 491. The name may derive from the fact that, in the days of wood-fired brick ovens, petits fours were baked when the oven was cooling down, after the main baking of the day was finished.

For a long time, people in North America thought of petits fours only as small pieces of delicate layer cake individually iced in fondant. (Many of these cakes found in American bakeshops are, in fact, not very “petit.”) However, as many more restaurants have adopted the practice of serving a small tray or plate of tiny chocolates and petits fours of many types after dessert, Americans have become more familiar with the broader meaning of the term.

Puff Pastry Petits Fours

CHAUSSENS

Components	PROCEDURE
Puff pastry dough Egg wash Apple Compote (p. 200)	<ol style="list-style-type: none"> 1. Roll out puff pastry dough to less than $\frac{1}{8}$ in. (2 mm) thick. Place on a sheet pan lined with parchment paper. Chill for 30 minutes. 2. With a 2½-in. (6-cm) round cutter, cut out circles of dough. 3. Brush the edges with egg wash. 4. Spoon about $\frac{1}{2}$ tsp (2–3 mL) apple compote onto the center of each circle. 5. Fold over to make a half-moon shape. Seal the edges by pressing with the reverse edge (the dull edge) of the round cutter. 6. Brush with egg wash. Score the tops lightly with the back of a fork to make a simple decoration. 7. Bake at 375°F (190°C) until puffed and golden brown.
	VARIATION
	Use other fruit compotes (see Chapter 22) or Frangipane (p. 199) instead of the apple filling.

PALMIERS

Components

Puff pastry dough
Granulated sugar or
sanding sugar

PROCEDURE

1. Line a sheet pan with parchment. Alternatively, thickly butter a sheet pan and chill.
2. Dust the work surface heavily with granulated sugar.
3. Place puff pastry dough on top of the sugar and roll it out into a long strip about 12 in. (30 cm) wide and $\frac{1}{8}$ in. (3 mm) thick. Turn it over once or twice as you roll it out to coat both sides with sugar.
4. Trim the sides of the strip so they are straight.
5. Determine the center of the strip. Then fold each side halfway to the center (a). Then fold each side again so the two folds meet in the center (b). Each half of the strip should be 3 layers thick.
6. Fold one half over the other lengthwise to make a strip 6 layers thick and about 2 in. (5 cm) wide (c).
7. Refrigerate until firm.
8. Cut into slices $\frac{1}{2}$ in. (6 mm) thick with a sharp knife (d) and lay on the prepared sheet pan in staggered rows, leaving plenty of space between them to give them room to expand.
9. Press down on the slices with the palm of the hand to flatten lightly.
10. Bake at 375°F (190°C) until golden brown. Turn the palmiers over and bake the second side until well colored. Transfer to a wire rack to cool.



VARIATIONS

Serve plain, as a dry petit four.



Sandwich with buttercream and serve as a tea pastry.

Dip halfway into melted chocolate.

ALLUMETTES

Components	PROCEDURE
Puff pastry dough Royal Icing (p. 430)	<ol style="list-style-type: none"> 1. Roll out puff pastry dough to a rectangle $\frac{1}{8}$ in. (3 mm) thick. Place on a sheet pan. 2. Spread a thin layer of royal icing thinly over the puff pastry. Freeze until icing sets. 3. Cut the pastry with a wet knife into batons or strips approximately $\frac{5}{8} \times 1\frac{1}{2}$ in. (1.5 × 4 cm). Place on a sheet pan lined with parchment paper. 4. Bake at 375°F (190°C) until risen, then cover with a silicone mat and cook until golden and fully cooked, approximately 20 minutes. 5. Cool on a wire rack.

PAPILLONS (BUTTERFLIES, OR BOW TIES)

Components	PROCEDURE
Puff pastry dough Granulated sugar	<ol style="list-style-type: none"> 1. Line a sheet pan with parchment. Alternatively, thickly butter a baking tray and chill. 2. Scale 1 lb (500 g) puff pastry dough. On a work surface dusted with sugar, roll out to a rectangle 13 × 5 in. (33 × 13 cm). Trim the edges neatly. 3. Cut into 5 equal pieces, measuring about $2\frac{1}{2} \times 5$ in. (6.5 × 13 cm). Brush 4 of them with a little water and stack them, placing the unbrushed one on top. 4. Using the back of a knife, mark a center line down the length of the pastry. Turn over and repeat in the same place on the underside. Chill. 5. Trim the edges of the stack to neaten if necessary. Using a sharp knife, cut crosswise into slices $\frac{1}{4}$ in. (5 mm) thick with an indentation in the middle (a). 6. Twist the slices in the middle to splay the layers. Place on the tray and press down the edges lightly (b). Bake at 375°F (190°C) until golden brown. <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div>
<p>VARIATION</p> <p>Add ground cinnamon or ginger to the sugar.</p>	

CONVERSATIONS

Components

Puff pastry dough
 Fruit jam, such as
 raspberry
 Frangipane Filling (p. 199)
 Royal Icing (p. 430)

PROCEDURE

1. Roll out puff pastry dough as thin as possible. It should be nearly transparent. Chill for 30 minutes on a tray lined with parchment paper.
2. With a round cutter, cut out circles of dough large enough to line 2-in. (5-cm) tartlet cases. Cut out additional circles for the tops of each pastry and set aside. Keep the trimmings flat to use for the decoration.
3. Put about $\frac{1}{2}$ tsp (3 g) jam in the bottom of each tartlet and top with 1 tsp (5 g) frangipane filling.
4. Brush the edges of the pastry with egg wash. Top with a circle of very thin puff pastry and chill.
5. Using a small palette knife, coat the top of the puff pastry with a thin layer of royal icing.
6. Cut strips of puff pastry very thinly and lay on top of the royal icing to form a lattice pattern. The illustration shows one pastry without its top (right) and three ready to bake.
7. Bake at 375°F (190°C) until golden brown and cooked through.



Puff pastry petits fours, left to right: Palmiers, Conversations, Papillons.

SACRISTAINS

Components	PROCEDURE
Puff pastry dough	1. Roll out strips of puff pastry dough $\frac{1}{8}$ in. (3 mm) thick. Cut into long strips 4 in. (10 cm) wide.
Egg wash	2. Brush the dough with egg wash and sprinkle with coarse granulated sugar or a mixture of sugar and chopped almonds. With a rolling pin, lightly press the sugar and nuts into the dough.
Granulated sugar	3. Turn the strips over and coat the other side with egg wash, sugar, and almonds in the same way.
Almonds, chopped (optional)	4. Cut the strips crosswise into small strips $\frac{3}{4}$ in. (2 cm) wide and 4 in. (10 cm) long.
	5. Twist each strip to make a shape like a corkscrew. Place on paper-lined baking sheets and press down the ends lightly so the twists do not unwind during baking.
	6. Bake at 425°F (220°C) until brown and crisp.

ÉCLAIR PASTE

ÉCLAIRS AND CREAM puffs are made from a dough called *éclair paste*, or *choux paste*. The French name *pâte à choux* (pronounced pot a SHOO) means “cabbage paste,” referring to the resemblance of cream puffs to little cabbages.

Unlike puff pastry, éclair paste is extremely easy to make. The dough itself can be prepared in just a few minutes. This is fortunate, because for best baking results the dough should not be prepared more than 1 hour ahead of time.

The exact procedure for making éclair paste is detailed in the formula that follows. In general, the method consists of these steps:

1. Bring the liquid, fat, salt, and sugar (if used) to a boil. The liquid must be boiling rapidly so the fat is dispersed in the liquid, not just floating on top. If this is not done, the fat will not be as well incorporated into the paste, and some of it may run out during baking.
2. Add the flour all at once and stir until the paste forms a ball and pulls away from the sides of the pan. It should leave a thin film on the bottom of the pan (a).
3. Remove the paste from the heat and let it cool to 140°F (60°C) (b). Beat or mix the paste so it cools evenly. If the paste is not cooled slightly, it will cook the eggs when they are added.
4. Beat in the eggs a little at a time (c). Completely mix in each addition of eggs before adding more. If the eggs are added too quickly, it will be difficult to get a smooth batter. When the paste is smooth and moist but stiff enough to hold its shape (d), it is ready to use.

In principle, éclair paste is similar to popover batter (p. 229), even though the former is a thick dough and the latter a thin batter. Both products are leavened by steam, which expands the product rapidly and causes large holes to form in the center of the item. The heat of the oven then coagulates the gluten and egg proteins to set the structure and make a firm product. A strong flour is necessary in both for sufficient structure.

Éclair paste must be firm enough to hold its shape when piped from a pastry bag. You may occasionally find a formula that produces too slack a dough. Correct such a formula by reducing the water or milk slightly. Alternatively, stop adding eggs when the paste arrives at the proper texture. Take care, though, as éclair paste should not be too dry. It should look smooth and moist, not dry and rough. Paste that is too dry does not puff up well and is thick and heavy.

Éclair paste for cream puffs and *éclairs* is normally piped onto parchment-lined pans. It can also be piped onto greased pans, although this method is not used as often.



A



B



C



D

Proper baking temperatures are important. Start at a high temperature (425°F/220°C) for the first 15 minutes to develop steam. Then reduce the heat to 375°F (190°C) to finish baking and set the structure. The products must be firm and dry before being removed from the oven. If they are removed too soon or cooled too quickly, they may collapse. Some bakers like to leave them in a turned-off oven with the door ajar. However, if the oven must be heated again for other products, this may not be the best idea. It may be better to bake the products thoroughly, remove them carefully from the oven, and let them cool slowly in a warm place.

Note: French doughnuts or crullers, also made with éclair paste, are discussed in Chapter 11 (p. 239).

ÉCLAIR PASTE OR PÂTE À CHOUX

Ingredients	U.S.	Metric	%	PROCEDURE
Water, milk, or half water, half milk	1 lb 2 oz	560 g	150	<ol style="list-style-type: none"> 1. Combine the liquid, butter, and salt in a heavy saucepan or kettle. Bring the mixture to a full, rolling boil. 2. Add the flour all at once. Stir quickly. 3. Over moderate heat, stir vigorously until the dough forms a ball and pulls away from the sides of the pan. 4. Transfer the dough to the bowl of a mixer. Or, if you wish to mix it by hand, you can leave it in the saucepan. 5. With the paddle attachment, mix at low speed until the dough has cooled slightly. It should be 110°–140°F (43°–60°C), which is still very warm but not too hot to touch. 6. At medium speed, beat in the eggs a little at a time. Add no more than one-quarter of the eggs at once, and wait until they are completely absorbed before adding more. Do not add all the eggs before checking the texture. The paste should be smooth and moist but firm enough to hold its shape. If the paste reaches this texture before all the eggs are added, stop adding eggs. The paste is now ready for use.
Butter or regular shortening	9 oz	280 g	75	
Salt	0.18 oz (1 tsp)	5 g	1.5	
Bread flour	12 oz	375 g	100	
Eggs	1 lb 4 oz	625 g	167	
Total weight:	3 lb 11 oz	1845 g	493 %	
<p>Note: If a sweeter product is desired, add ½ oz (15 g) sugar in step 1.</p>				

Éclair Paste Products

CREAM PUFFS

Components	PROCEDURE
Éclair paste Filling of choice Confectioners' sugar	<ol style="list-style-type: none"> 1. Line sheet pans with parchment paper. 2. Fit a large pastry bag with a plain tube. Fill the bag with the éclair paste. 3. Pipe out round mounds of dough about 1½ in. (4 cm) in diameter onto the lined baking sheets. If you prefer, drop the dough from a spoon. 4. Bake at 425°F (215°C) for 10 minutes. Lower the heat to 375°F (190°C) and continue baking until the mounds are well browned and very crisp. 5. Remove them from the oven and let cool slowly in a warm place. 6. When cool, cut a slice from the top of each puff. Fill with whipped cream, Pastry Cream (p. 267), or other desired filling, using a pastry bag with a star tube. 7. Replace the tops and dust with confectioners' sugar. 8. Fill as close to service time as possible. If cream-filled puffs must be held, keep refrigerated. 9. Unfilled and uncut puffs, if thoroughly dry, may be held in plastic bags in the refrigerator for 1 week. Re crisp in the oven for a few minutes before use.

ÉCLAIRS

Components	PROCEDURE
Éclair paste Pastry Cream (p. 267) Chocolate Fondant (p. 421)	<ol style="list-style-type: none"> 1. Proceed as for cream puffs, except pipe the dough out into strips about ¾ in. (2 cm) wide and 3–4 in. (8–10 cm) long. Bake as for cream puffs. 2. Fill baked, cooled éclair shells with pastry cream. Two methods may be used: <ul style="list-style-type: none"> • Make a small hole in one end and fill with a pastry bag or a doughnut filling pump. • Cut a slice lengthwise from the top and fill with a pastry bag. 3. Dip the tops of the éclairs in chocolate fondant. 4. For service and holding, see Cream Puffs, above.
VARIATION	
FROZEN ÉCLAIRS AND PROFITEROLES <ol style="list-style-type: none"> 1. Fill éclairs or small cream puffs (profiteroles) with softened ice cream. Keep frozen until service. 2. At service time, top with chocolate syrup. 	

PARIS-BREST

Components	PROCEDURE
Éclair paste Sliced or chopped almonds Filling of choice	<ol style="list-style-type: none"> 1. Line a sheet pan with parchment paper. Using a round cake pan of the desired size as a guide, draw a circle on the parchment. An 8-in. (20-cm) circle is a popular size. 2. Fit a large pastry bag with a plain tube. Pipe a ring of éclair paste 1 in. (2.5 cm) thick just inside the drawn circle. Pipe a second ring inside the first one, just touching it. Then pipe a third ring on top of the other two. 3. Egg-wash the paste circles and sprinkle with sliced or chopped almonds. 4. Bake as for cream puffs and éclairs. 5. When cool, cut a slice off the top of the pastry. Fill with whipped cream, vanilla pastry cream (p. 267), Pastry Cream Mousseline (p. 267), or Chiboust Cream (p. 268). Replace the top.

PARIS-BREST-PARIS

The bicycle race from Paris to Brest (in Brittany) and back to Paris again is the oldest regularly run bicycle race; it was begun in 1891. The race is a grueling 1200 kilometers (750 miles). The race is commemorated in the pastry known as Paris-Brest, made in the shape of a bicycle wheel.

CHOUX PASTRY LATTICE

Components	PROCEDURE
Éclair paste Poppy seeds	<ol style="list-style-type: none"> 1. Draw lattice designs on a sheet of parchment paper. Turn the paper over and place on a sheet pan. The drawings should show through. 2. Fill a paper cone with éclair paste and cut a small opening in the tip. Pipe the pastry over the outlines. If necessary, neaten the joints with the point of a small knife. 3. Sprinkle with poppy seeds. 4. Bake at 375°F (190°C) until evenly golden, 4–7 minutes. 5. Use as a garnish for various cakes and plated desserts.

Choux Petits Fours

PARIS-BREST MINIATURES

Components

Choux pastry
 Flaked almonds
 Praline Pastry Cream
 (p. 267)
 Melted chocolate
 Confectioners' sugar

PROCEDURE

1. On a lightly buttered sheet pan, mark circles by dipping a 1-in. (2.5-cm) pastry cutter into flour and then tapping onto the tray.
2. Following this line, pipe a continuous ring of choux pastry using a small star tip.
3. Brush lightly with egg wash. Sprinkle with flaked almonds.
4. Bake at 375°F (190°C) until golden brown and hollow-sounding when tapped. Cool on a wire rack.
5. Slice the rings in half horizontally and pipe ½ oz (10 g) praline crème pâtissière in the lower half of each.
6. Flick the tops with melted chocolate, dust with confectioners' sugar, and replace the tops.



Choux Petits Fours, left to right: Paris-Brest, Mini Éclairs, Pralines, Mini Cream Puffs, Choux Florentines.

PRALINES

Components

Choux pastry
 Praline Pastry Cream
 (p. 267)
 Nuts, lightly toasted
 Caramelized sugar
 (p. 274)

PROCEDURE

1. Line a sheet pan with parchment paper, or butter it lightly. Pipe onto it $\frac{3}{4}$ -in. (2-cm) bulbs of choux pastry. Brush lightly with egg wash.
2. Bake at 375°F (190°C) until golden and well risen. Cool on a wire rack.
3. Once cold, make a small hole in the bottom of each. Pipe praline crème pâtissière into the holes.
4. On a lightly oiled sheet pan, place lightly toasted nuts, one for each pastry, slightly apart.
5. Dip the top of each pastry in caramelized sugar and then place downward directly on top of each nut, allowing the caramel to cool around the nut and onto the flat tray.
6. Serve in paper petit four cases with the nut upward.



MINI CREAM PUFFS

Components

Choux pastry
 Flaked almonds
 Crème Chantilly (p. 261)
 Melted chocolate
 Confectioners' sugar

PROCEDURE

1. Line a sheet pan with parchment paper, or butter it lightly. Pipe onto it $\frac{3}{4}$ -in. (2-cm) bulbs of choux pastry. Brush lightly with egg wash and sprinkle with flaked almonds.
2. Bake at 375°F (190°C) until golden and hollow-sounding when tapped. Cool on a wire rack.
3. Slice in half horizontally. Pipe crème chantilly onto the bases.
4. Flick the tops with melted chocolate, dust with confectioners' sugar, and replace the tops.
5. Serve in paper petit four cases.

MINI ÉCLAIRS

Components


Choux pastry
 Chocolate Pastry Cream
 (p. 267)
 Chocolate Fondant
 (p. 421) or caramelized
 sugar (p. 274)

PROCEDURE

1. Line a sheet pan with parchment paper, or butter it lightly. Pipe onto it 2-in. (5-cm) fingers of choux pastry using a medium plain tip.
2. Brush with egg wash. Gently press down with the back of a fork.
3. Bake at 375°F (190°C) until puffed and golden. Cool on wire racks.
4. Make a hole at either end of the éclair. Pipe chocolate crème pâtissière inside, then dip the top in chocolate fondant icing or caramelized sugar.
5. Pipe designs in melted chocolate on the top of each and serve in paper petit four cases.



CHOUX FLORENTINES

Components	PROCEDURE	
Choux pastry Flaked almonds Caramelized sugar (p. 274) Crème Chantilly (p. 261)	<ol style="list-style-type: none"> 1. On a lightly buttered sheet pan, mark circles by dipping a 1-in. (2-5 cm) pastry cutter in flour and then tapping onto the tray. Alternatively, using a round cutter as a guide, draw circles on a sheet of parchment. Turn the parchment over and place on a sheet pan. The circles should show through. 2. Following this line, pipe a ring of choux pastry using a small star tip. 3. Brush lightly with egg wash. 4. Bake at 375°F (190°C) until golden brown and hollow-sounding when tapped. Cool on a wire rack. 5. Dip the tops in caramelized sugar. Fill the center hole by piping a rosette of crème chantilly. 	

STRUDEL AND PHYLLO

PUFF PASTRY DOUGH, you will remember, consists of over 1,000 layers of dough and fat. Starting with a single thick piece of dough, you fold in butter and then continue to roll out and fold until you have a very flaky pastry of extremely thin layers.

Pastries made from *strudel dough* or phyllo doughs are even flakier than puff pastries. Unlike puff pastries, these desserts start out with paper-thin layers of dough that are brushed with fat and then stacked or rolled up to make many-layered creations.

Strudel is an Eastern European pastry that begins as a soft dough made of strong flour, eggs, and water. After the dough is mixed well to develop the gluten, it is stretched by hand into a very thin, transparent sheet. This is a skilled operation that takes practice to do well.

Phyllo dough (pronounced FEE-lo and sometimes spelled “filo” or “fillo”) is a Greek version of this type of paper-thin dough. Although not exactly the same as strudel dough, it is interchangeable with strudel dough for most of our purposes. Because it is available commercially, phyllo dough is widely used today for strudel-making. In fact, commercial phyllo is often labeled “phyllo/strudel dough.”

Commercially made phyllo is almost always available frozen; and in some locations it can also be purchased fresh (refrigerated). The sheets usually measure about 11 or 12 × 17 in. (28 to 30 × 43 cm). A 1-pound (454-g) package contains about 25 sheets.

The following recipes are for homemade strudel dough and for two popular strudel fillings, apple and cheese. Included with these are procedures for assembling and baking a strudel using both homemade dough and commercial phyllo leaves. Finally, we include a procedure for assembling and baking baklava, the popular Greek phyllo pastry filled with nuts and soaked with a honey syrup.

STRUDEL DOUGH

Yield: enough for 4 sheets, each about 3 × 4 ft (1 × 1.2 m)

Ingredients	U.S.	Metric	%	PROCEDURE
Bread flour	2 lb	900 g	100	
Water	1 lb 2 oz	500 g	56	1. Mix all ingredients into a smooth dough. To develop the gluten well, mix at moderate speed for about 10 minutes. The dough will be very soft.
Salt	0.5 oz	15 g	1.5	2. Divide the dough into 4 equal parts. Flatten each piece into a rectangle. Place the 4 pieces of dough on an oiled sheet pan. Oil the top of the dough lightly and cover it with plastic film.
Eggs	5 oz (3 eggs)	140 g (3 eggs)	15	3. Let the dough rest at least 1 hour at room temperature, or longer in the retarder.
Vegetable oil	2 oz	55 g	6	
Total weight:	3 lb 9 oz	1610 g	178 %	

PROCEDURE: Stretching Strudel Dough

1. Strudel dough stretches best if it is slightly warm, so place the dough in a warm place. Allow at least 1 to 2 hours if the dough has been refrigerated.
2. Cover a large table (at least 3 × 4 ft/1 × 1.2 m) with a cloth. Dust the cloth well with flour and rub it in lightly.
3. Using plenty of dusting flour, place one piece of dough in the center of the table and, with a rolling pin, roll it out roughly into an oval or rectangle. This step is meant only to start the stretching, so don't try to roll the dough too thin.
4. With the back of the hands up, slide your hands under the dough. Carefully begin stretching the dough from the center outward, using the backs of your hands, not your fingers, to avoid poking holes in the dough. Work your way around the table, gently stretching the dough little by little in all directions. Concentrate on the thickest parts of the dough, to make it of even thickness all around.
5. Keep stretching the dough until it is paper-thin and nearly transparent. If small holes appear, you can ignore them; if large holes appear, patch them with pieces of dough from the edges after stretching is complete. Each piece of dough should make a sheet about 3 × 4 ft (1 × 1.2 m).



6. With scissors, cut off the heavy rim of dough around the edge and discard it.
7. Let the dough dry about 10 minutes, then fill it and roll it according to the Procedure for Filling, Rolling, and Baking Strudel.

PROCEDURE: Filling, Rolling, and Baking Strudel

METHOD 1, USING HOMEMADE DOUGH

1. Assemble the following ingredients:

1 sheet freshly made strudel dough	3 × 4 ft	1 × 1.2 m
Melted butter	8 oz	250 g
Cake crumbs, bread crumbs, finely chopped nuts, or a mixture of these	8 oz	250 g
Cinnamon	0.25 oz (1 tbsp)	7 g
Cheese filling	5–5½ lb	2300–2600 g
or Apple filling	4–4½ lb	2000–2200 g

2. Sprinkle or brush the dough all over with the melted butter. If you brush the fat on, draw the brush very lightly over the dough to avoid tearing it.

- Mix the crumbs, nuts, and cinnamon and sprinkle them evenly over the dough (a).
- Arrange the filling in a band 1½-in. (4-cm) thick along one long side of the dough. Leave a margin of about 2 in. (5 cm) between the row of filling and the edge of the dough.
- Standing on the side of the filling, grasp the edge of the cloth and lift it upward and forward to start the strudel rolling (b). Using the cloth as an aid, roll up the strudel like a jelly roll (c, d).
- Cut the strudel in lengths to fit on a greased or paper-lined sheet, or bend the strudel to fit it on in one piece. Pinch the ends closed.
- Brush the top with butter or egg wash. Bake at 375°F (190°C) until browned, about 45 minutes.
- When cool, dust butter-washed strudel with confectioners' sugar, or brush egg-washed strudel with a clear syrup glaze (p. 197).



METHOD 2, USING PHYLLO LEAVES

Each unit requires 4 phyllo leaves plus one-fourth of the filling ingredients needed in Method 1.

1. Assemble the following ingredients:

Phyllo leaves	4 sheets	4 sheets
Melted butter	2 oz	60 g
Cake crumbs, bread crumbs, finely chopped nuts, or a mixture of these	2 oz	60 g
Cinnamon	1 tsp	2 g
Cheese filling	20–22 oz	575–625 g
<i>or</i>		
Apple filling	16–18 oz	500–550 g

- Mix together the crumbs, nuts, and cinnamon.
- Lay a cloth or a sheet of parchment on the bench. Lay a sheet of phyllo on the cloth or paper. Brush it with butter and sprinkle it with one-fourth of the crumb mixture.
- Lay a second sheet on top of the first one. Brush with butter and sprinkle with crumbs.
- Repeat with the remaining two sheets.
- Arrange the filling in a band along the wide side of the sheet, leaving a margin of about 2 in. (5 cm) between the filling and the edge.
- Roll up and bake as in Method 1 (steps 5 to 7). Each unit will fit crosswise on a standard baking sheet, 4 to 6 units per sheet.
- In the retail shop, it is customary to cut each of these baked units in half and display the halves with the cut edges toward the customer.

Handling Phyllo Dough

Commercially made phyllo is so thin and delicate it must be handled very carefully. Two guidelines are important:

- First, thaw frozen phyllo completely *before opening the plastic package*. Do not try to handle frozen dough; it will break.
- Second, after opening the package and unfolding or unrolling the sheets of dough, keep the stack of leaves covered to prevent drying. Remove and work with one sheet at a time, keeping the rest covered. (Note: Package instructions often say to cover the dough with a damp cloth, but this is risky because the sheets stick together if the dough becomes too damp.)

The modern trend to lighter pastries has inspired chefs to use baked layers of phyllo in place of puff pastry to make desserts such as napoleons.

PROCEDURE: Making Crisp Phyllo Layers for Napoleons

- On a cutting board, lay out one sheet of phyllo dough. Brush very lightly with butter. It is not necessary to cover the surface thoroughly with butter; use a light hand. Top with a second and third layer, buttering each layer lightly.
- Cut the pastry into squares or rectangles of desired size for individual pastries—for example, squares 3 in. (8 cm) on a side. Cut 2, 3, or 4 squares for each pastry, depending on the number of layers desired. A typical napoleon requires 3 layers.
- Arrange the squares on baking sheets. Bake at 400°F (200°C) until brown, about 5 minutes.
- The pastry squares to be used for top layers may be caramelized to enhance their appearance and flavor. To caramelize, coat with confectioners' sugar by sifting the sugar over them. Place under a hot broiler until the sugar is caramelized. Watch closely so neither the sugar nor the pastry burns or scorches.

PHYLLO TARTLET SHELLS

Prepare squares of pastry as in steps 1 and 2, making 4 layers. Press each square into a tartlet shell and bake. Use as shells for unbaked fruit tartlets, following the procedure on page 356.

APPLE FILLING FOR STRUDEL

Yield: 4 lb (2000 g)

Ingredients	U.S.	Metric	%
Apples, peeled and cored (see <i>Note</i>)	3 lb	1500 g	100
Lemon juice	1 oz	30 g	2
Sugar	8 oz	250 g	17
Sugar	8 oz	250 g	17
Raisins	4 oz	125 g	8
Walnuts, chopped	4 oz	125 g	8
Cake crumbs, preferably yellow or white	2 oz	60 g	4
Lemon zest, grated	0.25 oz	8 g	0.5
Cinnamon	0.25 oz	8 g	0.5

PROCEDURE

1. Cut the apples into thin slices or small dice. Mix with the lemon juice and the first quantity of sugar. Let stand for 30 minutes while preparing the pastry.
2. Drain the apples well. The sugar will have drawn out juice that would otherwise run out of the strudel and make the bottom soggy.
3. Mix the apples with the remaining ingredients.



Note: Canned sliced apples may be used. Weigh after draining. Omit the lemon juice and the first quantity of sugar. Omit steps 1 and 2 in the procedure.

CHEESE FILLING FOR STRUDEL

Yield: enough for 4 strudels (each 16 in./41 cm long) or one 5-ft (1.6-m) strudel, using homemade dough

Ingredients	U.S.	Metric	%
Baker's cheese	2 lb 8 oz	1200 g	100
Butter	10 oz	300 g	25
Sugar	12 oz	360 g	30
Cake flour	3 oz	90 g	7.5
Salt	0.5 oz	15 g	1.25
Vanilla extract	0.5 oz	15 g	1.25
Lemon zest, grated	0.25 oz (1 tbsp)	8 g	0.6
Eggs	6 oz	180 g	15
Sour cream	8 oz	240 g	20
Raisins	8 oz	240 g	20
Total weight:	5 lb 8 oz	2648 g	220 %

PROCEDURE

1. Combine the cheese and butter (at room temperature) and blend at low speed with the paddle attachment until smooth.
2. Add the sugar, flour, salt, vanilla, and zest. Blend at low speed until just smooth and completely mixed. Do not cream too much air into the mixture or it will expand when baked and may burst the pastry.
3. Add the eggs a little at a time, mixing in at low speed. Mix in the sour cream.
4. Fold in the raisins.

VARIATION

CREAM CHEESE FILLING FOR STRUDEL

Ingredients	U.S.	Metric	%
Cream cheese	3 lb	1440 g	100
Sugar	12 oz	360 g	25
Cake flour	3 oz	90 g	6
Salt	0.5 oz	15 g	1
Vanilla extract	0.5 oz	15 g	1
Lemon zest	0.25 oz	8 g	0.5
Eggs	6 oz	180 g	12.5
Sour cream	8 oz	240 g	17
Raisins	8 oz	240 g	17

Substitute the above ingredients for those in the main recipe, using cream cheese instead of baker's cheese and omitting the butter. Mix as in basic recipe.

BAKLAVA

Yield: one 15 × 10-in. (38 × 25 cm) pan, about 48 pieces

Ingredients	U.S.	Metric
Pastry		
Phyllo leaves	1 lb	500 g
Walnuts, chopped	1 lb	500 g
Sugar	2 oz	60 g
Cinnamon	0.06 oz (1 tsp)	2 g
Cloves, ground	0.04 oz (½ tsp)	0.5 g
Butter, melted, or mixture of butter and oil	8 oz	250 g
Syrup		
Sugar	12 oz	375 g
Water	9 oz	280 g
Honey	4.5 oz	140 g
Lemon peel	2 strips	2 strips
Lemon juice	1 oz	30 g
Cinnamon stick	1	1

PROCEDURE

1. Unfold the phyllo leaves and keep them covered.
2. Mix together the nuts, sugar, cinnamon, and cloves.
3. Butter the bottom and sides of a 15 × 0-in. (38 × 25-cm) baking pan.
4. Lay 1 phyllo sheet in the bottom of the pan, letting the ends of the dough fold upward at the sides of the pan. Brush the dough with butter (a).
5. Repeat until there are 10 buttered sheets in the pan.
6. Place one-third of the nut mixture in the pan in an even layer (b).
7. Put in 2 more phyllo leaves, buttering each as it is placed in the pan.
8. Put in another third of the nuts, another 2 buttered phyllo leaves, and the rest of the nuts.
9. Finally, lay each of the remaining leaves in the pan, buttering each, including the top one.
10. There will be excess dough sticking up around the edges of the pan. With a sharp knife, trim it level with the top of the pastry.
11. Chill the pastry to congeal the butter. This will make cutting easier.
12. Cut the pastry into 4 rows of 6 squares, each about 2½ in. (6 cm) on a side. Then cut the squares diagonally to make triangles (c). (A traditional method is to cut baklava into diamond shapes, but this always leaves small, odd-shaped pieces at the ends.)
13. Bake at 350°F (175°C) for 50–60 minutes, until golden brown.
14. While the baklava is baking, combine the syrup ingredients and bring to a boil. Simmer for 10 minutes, then cool to lukewarm. Remove the cinnamon stick and lemon peel. Skim off foam, if any.
15. When the pastry is baked, pour the warm syrup carefully over the hot baklava (d).
16. Let the baklava stand overnight to absorb the syrup.



BAKLAVA

There are countless varieties of baklava throughout the Mediterranean region, including Greece and southeastern Europe, Turkey, Lebanon, and other countries in the Middle East, and parts of North Africa. The pastry seems to have originated centuries ago with Turkish layered breads. Today, connoisseurs of baklava can tell its origin by its filling (usually chopped nuts, including walnuts, pistachios, and almonds), its shape, and its flavorings (for example, honey and cinnamon in Greece, lemon and rose water in Lebanon).

BAKED MERINGUES

TO REFER TO *baked meringues* as pastries may seem odd, as the term *pastry* usually refers to desserts made from flour goods such as puff pastry, short dough, or éclair paste. However, meringue that is bagged out into shapes and baked until crisp is used in many of the same ways as flour pastry. It can be filled or iced with many kinds of creams, icings, and fruits to make an interesting variety of attractive desserts.


Basic meringue mixtures are discussed in Chapter 12, along with other creams and toppings. Common meringue and Swiss meringue are the types generally used to make crisp, baked shells. The basic procedure for baking meringue is presented in this section, followed by instructions for individual desserts. Also, a special meringue mixture containing nuts, called *japonaise*, is introduced. This flavorful mixture is usually made into round, crisp layers that are used somewhat like cake layers. They may be filled and iced with buttercream, chocolate mousse, whipped cream, or similar light icings and creams.

The most common use for the preparations in this section is to pipe them out into disks and use the baked meringues as bases or layers for a variety of pastries. (To make meringue or sponge layers, mark a circle on a sheet of parchment and pipe the meringue or batter in a spiral to fill the circle.) Chopped or powdered nuts, especially almonds and hazelnuts, may be folded into a meringue before baking, making flavorful, crisp layers for a variety of pastries, as well as specialty cakes. Two formulas of this type are included.

Four of the recipes in this section contain some cake flour and are mixed like sponge cakes. In fact, they are sometimes called *sponges*. The flour contributes structure. The quantity of flour is low, however, and the main ingredients are egg whites and sugar, as in regular meringues. Therefore, these recipes are grouped with meringues rather than with cakes.

You will find pastry recipes using these meringues in Chapter 15. Chapter 18 includes cakes that incorporate one or more layers of meringue.

CRISP BAKED MERINGUES

Components	PROCEDURE	
Common Meringue (p. 263), Chocolate Meringue (p. 263) or Swiss Meringue (p. 263)	<ol style="list-style-type: none"> 1. On baking sheets lined with parchment paper, and using a pastry bag, form the meringue into the desired shapes. (Specific shapes are indicated in the procedures for specific desserts.) 2. Bake at 200° to 225°F (100°C) until crisp but not browned. This will take 1 to 3 hours, depending on size. 3. Cool the meringues, then remove them from the parchment. Be careful, because they may be fragile. 	

ALMOND MERINGUES

For large-quantity measurements, see page 733.

Ingredients	U.S.	Metric	Egg whites at 100%	PROCEDURE
			%	
Egg whites	4 oz	120 g	100	<ol style="list-style-type: none"> 1. Prepare baking sheets by lining them with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the circles are on the bottom but visible through the paper. 2. Whip the egg whites to soft peaks. 3. Add the sugar and continue whipping until firm and glossy. 4. Fold in the powdered almonds. 5. Using a pastry bag with a ½-in. (12-mm) plain tube, fill in the circles on the baking sheets by making spirals starting in the center of each circle, as on page 345. Fill each circle with a layer of meringue about ½ in. (12 mm) thick. 6. Bake at 325°F (160°C) until firm and dry, about 25 minutes.
Fine granulated sugar	4 oz	120 g	100	
Powdered almonds	4 oz	120 g	100	
Total weight	12 oz	360 g	300%	

JAPONAISE MERINGUES

Ingredients	U.S.	Metric	Egg whites at 100%	PROCEDURE
			%	
Egg whites	1 lb	500 g	100	<ol style="list-style-type: none"> 1. Line baking sheets with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the marks are on the bottom but visible through the paper. 2. With the whip attachment, beat the egg whites at medium speed until they form soft peaks. 3. Add the granulated sugar, a little at a time, with the machine running. Whip until the meringue forms stiff peaks. 4. Stop the machine. Mix together the confectioners' sugar and nuts. Fold this mixture into the meringue. 5. Using a pastry bag with a ½-in. (12-mm) plain tube, fill in the circles on the baking sheets by making spirals starting in the center of each circle, as on page 345. Fill each circle with a layer of meringue about ½ in. (12 mm) thick. 6. Bake at 250°F (120°C) until meringue is crisp and very lightly browned, about 1½–2 hours. 7. Use in place of or in addition to cake layers in assembling cakes and gâteaux (Chapter 17).
Fine granulated sugar	1 lb	500 g	100	
Confectioners' sugar, sifted	1 lb	500 g	100	
Blanched hazelnuts or almonds, chopped very fine	1 lb	500 g	100	
Total weight:	4 lb	2000 g	400%	

MARLY SPONGE

Ingredients	U.S.	Metric	Egg whites at 100%		PROCEDURE
				%	
Powdered almonds	5 oz	150 g		60	<ol style="list-style-type: none"> Line sheet pans with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the marks are on the bottom but visible through the paper. Sift the almonds, flour, and first quantity of sugar. Whip the egg whites to soft peaks. Add the second quantity of sugar and whip to firm peaks. Fold in the almond powder mixture. Using a pastry bag with a plain tip, pipe disks inside the circles marked on the paper, using the technique on page 345. Bake at 350°F (180°C) for 12–15 minutes.
Cake flour	2.25 oz	70 g		28	
Sugar	8 oz	250 g		100	
Egg whites	8 oz	250 g		100	
Sugar	5 oz	150 g		60	
Total weight:	1 lb 12 oz	870 g		248%	

COCONUT DACQUOISE

Ingredients	U.S.	Metric	Egg whites at 100%		PROCEDURE
				%	
Powdered almonds	3 oz	90 g		60	<ol style="list-style-type: none"> Line baking sheets with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the marks are on the bottom but visible through the paper. Sift together the almond powder, first quantity of sugar, and flour. Stir in the coconut. Whip the egg whites to soft peaks, add the second quantity of sugar, and continue whipping to firm peaks. Add the sifted dry ingredients and fold in. Using a pastry bag with a medium plain tip, pipe disks inside the circles marked on the paper, using the technique shown on page 345. Bake at 350°F (180°C) for 10 minutes or until golden.
Sugar	4 oz	120 g		80	
Cake flour	1.5 oz	42 g		28	
Coconut, grated	0.5 oz	15 g		10	
Egg whites	5 oz	150 g		100	
Sugar	4 oz	120 g		80	
Total weight:	1 lb 2 oz	537 g		358%	

HAZELNUT COCONUT SPONGE

Ingredients	U.S.	Metric	Egg whites at 100%		PROCEDURE
				%	
Powdered hazelnuts	5 oz	150 g		83	<ol style="list-style-type: none"> Sift together the hazelnuts, confectioners' sugar, and cake flour. Stir in the coconut. Whip the egg whites and sugar to firm peaks. Fold in the dry ingredients. Using a pastry bag with a medium plain tip, pipe the mixture onto parchment-lined pans into disks of desired size, as shown on page 345. Bake at 350°F (180°C) for 10–12 minutes.
Confectioners' sugar	4 oz	120 g		67	
Cake flour	1 oz	30 g		17	
Coconut, grated	1.16 oz	35 g		19	
Total weight:	1 lb 4 oz	605 g		336%	
Egg whites	6 oz	180 g		100	
Granulated sugar	3 oz	90 g		50	

SUCCÈS

For large-quantity measurements, see page 733.

Ingredients	U.S.	Metric	Egg whites at 100%		PROCEDURE
				%	
Egg whites	6 oz	180 g		100	<ol style="list-style-type: none"> Line baking sheets with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the marks are on the bottom but visible through the paper. Make a French meringue: Whip the egg whites until they form soft peaks. Add the granulated sugar and whip until the meringue is stiff and glossy. Sift together the remaining ingredients. Fold into the meringue. Using a pastry bag with a plain tip, pipe disks inside the circles marked on the paper using the technique shown on page 345. Bake at 350°F (180°C) until dry to the touch but not completely hardened, 20–30 minutes.
Granulated sugar	4 oz	120 g		67	
Powdered almonds	4 oz	120 g		67	
Confectioners' sugar	4 oz	120 g		67	
Cake flour	1 oz	30 g		17	
Total weight	1 lb 3 oz	570 g		318%	

VARIATION

PROGRÈS

This mixture can also be prepared with powdered hazelnuts, in which case it is more properly called progrès. (The final “s” is not pronounced in either succès or progrès.)

Note that this preparation is similar to Marly Sponge (p. 347).

PISTACHIO MACARON SPONGE

Ingredients	U.S.	Metric	Egg whites at 100%	PROCEDURE
			%	
Almond paste	9 oz	270 g	90	<ol style="list-style-type: none"> Line baking sheets with parchment paper. Draw circles of the desired size on the paper, using cake pans or other round objects as guides. Turn the sheets over so the marks are on the bottom but visible through the paper. Soften the almond paste with the heavy cream. Heat the mixture to 105°F (40°C). Mix in the pistachio paste. Whip the egg whites to soft peaks. Add the sugar and whip to firm peaks. Fold into the almond paste mixture. Using a pastry bag with a medium plain tip, pipe disks inside the circles marked on the paper, using the technique shown on page 345. Bake at 350°F (180°C) for 8 minutes.
Heavy cream	2.5 oz	75 g	25	
Green pistachio paste	2 oz	60 g	20	
Egg whites	10 oz	300 g	100	
Sugar	4 oz	120 g	40	
Total weight:	1 lb 11 oz	825 g	275%	

CHOCOLATE HEADS

Components	PROCEDURE
Common Meringue (p. 263) or Chocolate Meringue (p. 263) Chocolate Buttercream (p. 422) Grated chocolate or chocolate sprinkles	<ol style="list-style-type: none"> Prepare shells as for Meringue Chantilly (below). Sandwich two shells together with chocolate buttercream. Refrigerate shells until firm. Spread each meringue sandwich with more chocolate buttercream so it is completely covered. Roll in grated chocolate or chocolate sprinkles.

MERINGUE CHANTILLY

Components	PROCEDURE
Common Meringue (p. 263), Chocolate Meringue (p. 263), or Swiss Meringue (p. 263) Crème Chantilly (p. 261)	<ol style="list-style-type: none"> On a baking sheet lined with parchment paper, shape the meringue into round mounds about 2 in. (5 cm) in diameter, using a 3/4-in. (2-cm) plain tube in the pastry bag. Bake at 200° to 225°F (100°C) until crisp but not browned. Optional step to allow more room for cream filling: When the shells are firm enough to handle but not completely crisp, remove them from the baking sheet. With your thumb, press a hollow in the base (the flat side). Return them to the oven to finish baking. Cool the shells and store them in a dry place until needed. Just before serving, sandwich two shells together with crème chantilly. Place the filled shells on their sides in paper cases. Using a pastry bag with a star tube, decorate with additional whipped cream in the space between the shells. If desired, the cream may be decorated with nuts or candied fruit.

MERINGUE GLACÉE

Components	PROCEDURE
Common Meringue (p. 263), Chocolate Meringue (p. 263), or Swiss Meringue (p. 263) Ice cream Whipped cream	<ol style="list-style-type: none"> 1. Prepare meringue shells as for Meringue Chantilly (above). 2. Sandwich two shells together with ice cream instead of crème chantilly. 3. Decorate with whipped cream.

MERINGUE MUSHROOMS

Components	PROCEDURE
Common Meringue (p. 263)	<p>These are used primarily for decorating Bûche de Noël (Chocolate Christmas Roll), page 477.</p> <ol style="list-style-type: none"> 1. On baking sheets lined with parchment paper, and using a pastry bag with a small, plain tube, make small mounds of meringue in the shapes of mushroom caps. Make smaller, pointed mounds to use as stems. 2. If desired, sprinkle very lightly with cocoa. 3. Bake as for Crisp Baked Meringues (p. 345). 4. When baked, make a small hole in the bottoms of the caps. Attach the stems with meringue or royal icing.

MERINGUE CREAM CAKES

Components	PROCEDURE
Japonaise Meringues (p. 346) Buttercream (p. 422)	<ol style="list-style-type: none"> 1. For each cake, you will need two 2½-in. (6–7-cm) japonaise meringues and about 2 oz (60 g) buttercream in any flavor. 2. Spread one japonaise circle with a thin layer of buttercream. Top with a second circle. 3. Ice the top and sides smoothly. 4. If desired, coat the iced cakes with chopped nuts, grated chocolate, toasted coconut, etc.

VACHERIN

Components	PROCEDURE
Common Meringue (p. 263), Chocolate Meringue (p. 263), or Swiss Meringue (p. 263) Sweetened whipped cream Fruit of choice Sponge cake, cubed, moistened with flavored syrup (optional) Fresh or candied fruit	<ol style="list-style-type: none"> For a large vacherin, draw 8-in. (20-cm) or 9-in. (23-cm) circles on sheets of parchment, using a cake pan as a guide. For individual vacherins, draw 2½-in. (6–7-cm) circles. Using a pastry bag with a plain tube, make one meringue base for each vacherin. Do this by making a spiral starting in the center of a circle and continuing until the circle is filled in with a layer of meringue about ½ in. (12 mm) thick. For the sides of the vacherin, make rings of meringue the same size as the bases. For each large vacherin, you will need 4 or 5 rings. For each individual vacherin, make 2 rings. Bake as for Crisp Baked Meringues (p. 345). Carefully remove the baked meringues from the parchment. Be especially careful with the rings, as they are fragile. Stack the rings on the bases, using additional unbaked meringue to stick the pieces together. If the rings are neatly and uniformly made, you may leave the shell as is. If the sides are not attractive, you may spread the sides of the shell smoothly with fresh meringue, or later ice the sides of the finished shell with buttercream. Bake the shells again to dry out the fresh meringue. Cool. Fill the shells with sweetened whipped cream and fruit (such as strawberries or sliced peaches). Cubes of sponge cake moistened with a flavored syrup may be used in addition to fruit. Using a pastry bag, decorate the top with more whipped cream. Finally, arrange pieces of fresh or candied fruit in an attractive pattern on the top.



KEY POINTS TO REVIEW

- What are the steps in mixing pâte à choux (éclair paste)?
- What guidelines should be followed when handling phyllo dough? Describe how to make strudel using phyllo dough.
- What is the procedure for making crisp baked meringues?

TERMS FOR REVIEW

pâte brisée	short dough	reversed puff pastry	strudel dough
sablage	puff pastry	napoleon	strudel
pâte sucrée	four-fold	éclair paste	phyllo dough
pâte sablée	three-fold	pâte à choux	baked meringue
1-2-3 dough	blitz puff pastry	éclair	japonaise



QUESTIONS FOR DISCUSSION

- Compare the mixing method for pâte brisée with the mixing method for short dough.
- Describe two methods for enclosing the butter when making puff pastry.
- Compare the mixing methods for puff pastry dough and blitz puff dough. Compare blitz puff dough and flaky pie dough.
- What might happen to patty shells during baking if the puff dough is not relaxed before cutting and baking? What might happen to them if they are cut out of soft dough with a dull cutter?
- Why is it important to bake cream puffs and éclairs thoroughly, and to cool them slowly?
- What precautions must you take when handling frozen commercial phyllo/strudel dough?
- In order to bake meringue shells until crisp, should you use a hot, moderate, or cool oven? Why?



Tarts and Special Pastries

15

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO:

1. Prepare baked and unbaked tarts and tartlets.
2. Prepare a variety of special pastries based on puff pastry, choux pastry, and meringue-type sponges.



TO MANY BAKERS, pastry work is the most exciting and challenging part of their careers. It offers unlimited scope for developing artistic creativity, and it gives them opportunities to display their decorative skills. The basic doughs you learned in the preceding chapter, together with the creams and icings in other chapters, are the components of a nearly infinite variety of delicious and eye-appealing desserts and sweets.

Chapter 14 presented the principal pastry doughs in detail. Procedures for preparing simple items were included for all these preparations (except short doughs) to help you become familiar with handling them. This chapter continues the study of pastries, introducing more elaborate and advanced pastries.

The chapter is divided into two parts. The first explains the production of baked and unbaked tarts and presents a wide variety of recipes as examples. The remainder of the chapter is devoted to a selection of other special pastries, including modern creations as well as classic favorites.

TARTS AND TARTLETS

A *tart* is not just a pie without a top crust. Although they may resemble pies, tarts are more closely related to other European-style pastries. They are light, usually less than 1 inch (2.5 cm) thick, and often colorful. Their appearance usually depends on a pattern of carefully arranged fruit. Tartlets are basically the same as tarts but prepared in individual-portion sizes.

Unlike pie pans, tart pans are shallow and straight-sided—that is, with sides that are perpendicular to the base. Often the sides are fluted. Because tarts are usually removed from the pans before serving, false-bottom pans are easiest to use. To remove a tart from a false-bottom pan, first remove the outside ring then slide the tart from the flat base onto a cardboard circle or a serving dish. A flan ring, which is a simple metal hoop, is another form of tart pan. When a flan ring is placed on a baking sheet, it forms the side of the pan, and the baking sheet serves as the bottom.

Small tartlet pans are not false-bottomed, because tartlets are easy to remove from their tins. The tins may have straight or sloping sides, which may or may not be fluted.

Tarts need not be round. Square and rectangular tarts are also made, especially when puff pastry is used instead of short dough or pie pastry (see p. 329).

Tarts contain less filling than pies do, so the flavor of the dough is very important. Although regular pie dough can be used, the richer, buttery flavor of *Pâte Brisée* (p. 317), *Pâte Sablée* (p. 317), and other short doughs (p. 318) make them better choices. Short dough is a little harder to handle than enriched pie pastry, so it is used most often for individual tartlets. Almond short dough can also be used for tartlets.

The procedure on page 355 explains the method for making baked tart shells. Baked shells are most often filled with pastry cream, topped with fruit, and served without further baking. The procedure for making unbaked tarts from prebaked shells is illustrated in the recipe for Fresh Fruit Tart (p. 356). Small tartlets are made using the same procedure.

Baked tart shells may also be made of puff pastry dough, as explained on page 329.

Baked Tarts

In its simplest form, a baked fruit tart is nothing more than an unbaked tart shell filled with a layer of fresh fruit and a little sugar and then baked. Many types of fruits may be used; the most popular are apples, pears, peaches, plums, apricots, and cherries.

A number of variations on this theme are possible, allowing you to create a wide range of tarts. Here are some of the more popular varieties:

1. When using juicy fruits, sprinkle the bottom of the tart shell with a thin layer of cake crumbs, cookie crumbs, or even bread crumbs. These absorb some of the excess juices during baking and contribute to the texture and flavor of the filling.
2. Sprinkle chopped nuts in the bottom of the tart shell.
3. Spread Frangipane (p. 199) on the bottom of the shell. This creates a rich, luxurious almond-flavored fruit tart.
4. Use Pastry Cream (p. 267) in place of frangipane cream, especially for small, individual tartlets. Arrange the fruit so it covers the cream completely.
5. If the raw fruit is hard (some apples, pears, and plums, for example), it may not cook to tenderness in the time it takes to bake the pastry. This is especially true if frangipane or pastry cream is used under the fruit. In such cases, precook the fruit by poaching it in a syrup (p. 586) or sautéing it in butter and sugar.
6. Before serving or displaying fruit tarts for sale, dress them up by brushing them with a glaze or dusting them lightly with confectioners' sugar.

PROCEDURE: Making Baked Tart Shells

This procedure is for making large tart shells. For individual tartlet shells, see the variation that follows.

1. Remove short dough or pâte brisée from the refrigerator. Scale the dough as required:
 - 10–12 oz (300–340 g) for 10-in. (25-cm) tarts
 - 8–10 oz (225–300 g) for 9-in. (23-cm) tarts
 - 6–8 oz (175–225 g) for 8-in. (20-cm) tarts
 - 4–5 oz (115–140 g) for 6-in. (15-cm) tarts
2. Let the dough stand a few minutes, or work it briefly with the hands to make it pliable. Dough should be cold, but if it is too cold and hard, it is difficult to roll out without cracking.
3. Roll out the dough on a floured surface or floured canvas. Pâte brisée should be rolled to about $\frac{1}{8}$ in. (3 mm) thick. Short dough may be a little thicker, slightly less than $\frac{1}{4}$ in. (5 mm).
4. Place the dough in the tart pan. To lift the dough without breaking it, roll it loosely around the rolling pin. Allow the dough to settle into the pan and then press it into the corners without stretching it. Remember: Stretched dough shrinks during baking.
5. Trim off excess dough. The simplest way to trim the dough is to roll the rolling pin across the top of the pan (a). At this point, the dough is ready to be filled with the fillings to be baked in the shell.



6. Refrigerate for at least 20–30 minutes before continuing. Resting the dough relaxes the gluten and helps prevent shrinkage. For tart shells to be baked empty, continue with step 7.
7. Prick the bottom of the dough all over with a fork (this is called *docking*). Line the shell with parchment and fill it with dried beans. These two steps keep the crust from puffing and blistering during baking.
8. Bake at 400°F (200°C) until the shells are fully baked and lightly browned, about 20 minutes. Remove the paper liners and beans. If the centers of the shells are still slightly underbaked, return them to the oven and bake for a few minutes more.
9. Cool the shells completely.

PROCEDURE VARIATION: SMALL TARTLET SHELLS

Individual tartlet molds come in many shapes, including plain round, fluted round, rectangular, and barquette (boat-shaped).

METHOD 1

1. Arrange the tartlet shells close together on the work surface so there is as little space as possible between them. Different shapes may be used at the same time, as long as they are the same height.
2. Roll out the dough as in the basic procedure.
3. Lift the dough by rolling it loosely around the rolling pin. Drape it over the tartlet shells. Let the dough settle into the tins.
4. Run the rolling pin over the top of the dough to cut it off at the edges of the tins.

5. Using a small ball of scrap dough, press the pastry firmly into the shells.
6. Continue as in the basic procedure (step 5).

METHOD 2: FOR ROUND SHELLS ONLY

1. Roll out the dough as in the basic procedure.
2. With a round cutter about $\frac{1}{2}$ in. (1 cm) larger than the top diameter of the tartlet shells, cut the dough into circles.
3. For each shell, fit a circle of dough into a tin and press it well against the bottom and sides. If you are using fluted tins, make sure the dough is thick enough on the sides so it won't break apart at the ridges.
4. Continue as in the basic procedure.

Quantity Notice

Ingredient quantities in the following recipes may need to be adjusted. For example, especially sour fruit may need more sugar. Also, fruit may yield more or less than average quantities after trimming (peeling, pitting, etc.).

Most of the recipes on pages 356–362 are for 10-inch (25-cm) tarts. For smaller tarts, *multiply or divide each ingredient quantity by the factors indicated below* to get the approximate quantities needed.

Tart size

9-in. (23-cm)

8-in. (20-cm)

7-in. (18-cm)

6-in. (15-cm)

5-in. (13-cm)

4-in. (10-cm)

3-in. (7.5-cm)

Factor

multiply by 0.8 (or $\frac{4}{5}$)multiply by 0.66 (or $\frac{2}{3}$)

divide by 2

divide by 3

divide by 4

divide by 6

divide by 10

FRESH FRUIT TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric
Fresh fruit (see Procedure)	1.5–2 lb	750–1000 g
Pastry Cream (p. 267)	14 oz	400 g
10-in. (25-cm) baked tart shell	1	1
Apricot Glaze (p. 198)	4 oz or as needed	125 g or as needed

PROCEDURE

1. Select the fruit for the tart. Fresh fruit tarts may be made from all one fruit or a colorful combination of two or more fruits. Prepare fruit as necessary. Trim and wash. Cut large fruits such as peaches or pineapples into even slices or uniform bite-size pieces. Poach hard fruits such as apples or pears (see p. 586 for poaching methods). Drain all fruits well.
2. Spread a layer of pastry cream in the baked shell. Use enough pastry cream to fill it about half full.
3. Carefully arrange the fruit on top of the pastry cream.
4. Warm the apricot glaze; if it is too thick, dilute it with a little water or simple syrup. Brush the glaze on the fruit to coat it completely.



APPLE TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
Firm, flavorful cooking apples	1 lb 12 oz	750 g	
10-in. (25-cm) unbaked tart shell	1	1	
Sugar	3 oz	90 g	
Apricot Glaze (p. 198)	as needed	as needed	

1. Peel, core, and cut the apples into thin slices. You should have about 1 lb 6 oz (600 g) apple slices.
2. Arrange the apple slices in the tart shell. Save the best, most uniform slices for the top; arrange them shingle-fashion in concentric rings.
3. Sprinkle the sugar evenly over the apples.
4. Bake at 400°F (200°C), about 45 minutes, or until the pastry is browned and the apples are tender.
5. Cool. Brush with apricot glaze.

VARIATIONS

Saving enough of the best slices for a top layer, chop the rest of the apples and cook them with 2 oz (60 g) of the sugar and 0.5 oz (15 g) butter until they make a thick applesauce. Cool and spread in the bottom of the tart shell. Arrange apple slices on top. Sprinkle with remaining sugar and bake.

If the apple slices are very hard, sauté them lightly in 1–2 oz (30–60 g) butter and 1 oz (30 g) sugar until they begin to get soft and lightly browned. Turn them carefully to avoid breaking them. Proceed as in the basic recipe.

PLUM, APRICOT, CHERRY, OR PEACH TART

Follow the basic recipe, but sprinkle a thin layer of cake crumbs, cookie crumbs, or bread crumbs in the unbaked shell before adding the fruit. Adjust the sugar according to the sweetness of the fruit.

Appropriate spices, such as cinnamon for plums or apples, may be added in small quantities.

APPLE CUSTARD TART

Reduce the apples to 1 lb 4 oz/560 g (or 1 lb/450 g after peeling and coring). Reduce the sugar to 1.5 oz (45 g). Assemble and bake as in the basic recipe. When about half done, carefully pour in a custard mixture made by mixing the following ingredients.

Ingredients	U.S.	Metric
Milk	4 oz	120 mL
Heavy cream	4 oz	120 mL
Sugar	2 oz	60 g
Whole egg	1	1
Egg yolk	1	1
Vanilla extract	1 tsp	5 mL

Continue baking until set. Cool and dust with confectioners' sugar.

LEMON TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
10-in. (25-cm) tart shell	1	1	
Sugar	4 oz	120 g	
Lemon zest, grated	1 tbsp	15 mL	
Eggs	6.67 oz (4 eggs)	190 g (4 eggs)	
Lemon juice	6 oz	175 mL	
Heavy cream	2 oz	60 mL	

1. Bake the tart shell until it is golden but not too brown. Cool.
2. In a mixer fitted with the paddle attachment, blend the sugar and zest together thoroughly.
3. Add the eggs. Mix until well combined, but do not whip.
4. Mix in first the lemon juice and then the cream. Pass the mixture through a strainer.
5. Pour the strained filling into the tart shell. Bake at 325°F (165°C) just until the filling is set, no longer, about 20 minutes.

VARIATION

Arrange a few fresh raspberries on top of the tart. Dust lightly with confectioners' sugar.

PEAR ALMOND TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric
10-in. (25-cm) tart shell	1	1
Frangipane (p. 199) or Almond Cream (p. 200)	12 oz	350 g
Pear halves, canned or poached	8	8
Apricot Glaze (p. 198)	as needed	as needed
Garnish (optional):		
Pear Crisps (p. 601; see variations)	2	2

PROCEDURE

1. Spread the frangipane filling evenly in the tart shell.
2. Drain the pears well. Cut them crosswise into thin slices, but keep the slices together in the shape of pear halves.
3. Arrange the sliced pear halves on top of the frangipane like spokes of a wheel. Do not cover all the filling with the pears. Push them gently into the cream.
4. Bake at 375°F (190°C), about 40 minutes.
5. Cool. Brush the top with apricot glaze.
6. If desired, place two pear crisps in the center of the tart.

VARIATIONS

Cooked or canned peaches, apples, apricots, plums, or cherries may be used instead of pears. For small fruits such as apricots, plums, and cherries, reduce the quantity of frangipane and use enough fruit to cover the top completely.

FRUIT TART WITH PASTRY CREAM

Omit the frangipane and instead cover the bottom of the tart shell with a ½-in. (1-cm) layer of pastry cream. Alternatively, use a mixture of 2 or 3 parts pastry cream blended smooth with 1 part almond paste. Cover the cream with a layer of fruit, arranged attractively.

FRANGIPANE TART

Omit the fruit. Spread the bottom of the tart shell with a thin layer of apricot jam. Fill with frangipane filling. Bake and cool. Instead of glazing, dust lightly with confectioners' sugar. This recipe is especially appropriate for small, individual tartlets.

FRUIT TARTLETS

The ingredients in the main recipe are the basis for all regular baked fruit tartlets. The following fresh or cooked fruits are the most commonly used: apples, pears, cherries, blueberries, pears, apricots, peaches, nectarines. Use only one type of fruit per tartlet. Approximately the following quantities will be needed for ten 3-in. (8 cm) tartlets.

Ingredients	U.S.	Metric
Short Dough (p. 318) or Pâte Sucrée (p. 318)	12 oz	350 g
Frangipane (p. 199) or Almond Cream (p. 200)	14 oz	400 g
Fruit	8–14 oz	250–400 g
Apricot Glaze (p. 198)	3–4 oz	90–120 g



CHOCOLATE TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric
10-in. (25-cm) tart shell made with Short Dough (p. 318) or Chocolate Pâte Sablée (p. 317)	1	1
Heavy cream	6 oz	175 mL
Milk	6 oz	175 mL
Bittersweet chocolate	8 oz	240 g
Egg	1.67 oz (1 egg)	50 g (1 egg)

PROCEDURE

1. Roll the short dough as thin as possible when making the tart shell. Bake until golden but not too brown. Cool.
2. Combine the cream and milk. Bring to a simmer and remove from the heat.
3. Add the chocolate. Stir in until completely melted and blended uniformly with the cream.
4. Beat the egg lightly in a bowl. Gradually stir in the warm chocolate mixture.
5. Pour the chocolate into the tart shell. Bake at 375°F (190°C) until set, about 15 minutes.

VARIATION

CHOCOLATE BANANA TART

In addition to the ingredients above, assemble the following:

Ingredients	U.S.	Metric
Ripe banana	1	1
Lemon juice	0.5 oz	15 g
Butter	0.5 oz	15 g
Sugar	1.5 oz	45 g

Slice the banana and toss the pieces gently with the lemon juice. Heat the butter in a nonstick sauté pan over high heat. Add the banana pieces and then the sugar. Sauté over high heat so the bananas brown and become coated in the caramelized sugar. Do not cook so long that they become soft and mushy. Transfer to a sheet pan lined with parchment and let cool. Arrange the caramelized bananas in the bottom of the tart shell before pouring in the chocolate mixture. Proceed as in the basic recipe.



TARTE TATIN

Yield: one 9-in. (23-cm) tart

Ingredients	U.S.	Metric
Apples	3 lb	1500 g
Butter	3 oz	100 g
Sugar	8 oz	250 g
Puff Pastry (pp. 322–323), Blitz Puff Pastry (p. 323), Flaky Pie Dough (p. 287), or Pâte Brisée (p. 317)	8 oz	250 g

VARIATIONS

PEAR TARTE TATIN AND PEACH TARTE TATIN

Although these are not traditional, they may be made following the basic procedure, substituting pears or peaches for the apples.

Note on terminology: These desserts are sometimes called *Tatins*, but strictly speaking, this is not correct. They are tarts. The term *Tatin* indicates what type of tart they are. *Tarte Tatin* is a shortened form of a French expression meaning, approximately, “tart made in the style of the Tatin sisters.” These ladies owned a small hotel in the Loire Valley, where they became famous for this apple tart.

PROCEDURE

1. Peel the apples, cut them in half vertically, and remove the cores. If the apples are large, cut the halves in half again to make quarters.
2. Select a heavy 10-in. (25-cm) skillet or sauté pan (a 10-in. skillet is needed to make a 9-in. tart). Melt the butter in the skillet. Cover the butter with the sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill in the center with the remaining apple halves. The pan should be completely full of apple halves standing on their edges and leaning against each other. They should protrude above the rim of the pan, as they will sink as they cook, making a tart about 1½ in. (4 cm) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and the juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked but will finish cooking when the tart is baked. Remove from the heat and let cool slightly.
5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples. Tuck the edges of the pastry inside the pan, rather than letting it overlap the outside of the pan.
6. Bake at 425°F (220°C) for 30–40 minutes, until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or be partially reabsorbed so the tart can be turned out. Place a cake circle or a platter over the pan then invert the pan and circle or platter to turn out the tart. The tops of the apples should have a rich caramel color. If more shine is desired, dust the top with sugar, and caramelize it under a broiler or with a torch. Serve warm or at room temperature.

ORANGE BRÛLÉE TART

Yield: one 8-in. (20-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
Orange juice	2.5 oz	75 g	
Sugar	4 oz	120 g	
Orange zest, grated	0.14 oz (1¾ tsp)	4 g	
Butter	3.5 oz	105 g	
Whole eggs	3.33 oz (2 eggs)	100 g (2 eggs)	
Egg yolks	2.67 oz (4 yolks)	80 g (4 yolks)	
Sugar	3.5 oz	105 g	
Cornstarch	0.5 oz	15 g	
Prebaked 8-in. (20-cm) tart shell made with Short Dough II (p. 318)	1	1	
Fine granulated sugar	as needed	as needed	
Garnish (optional)			
Orange segments	as needed	as needed	
Apricot Glaze (p. 198)	as needed	as needed	

CARAMELIZED APPLE TART WITH VANILLA

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
Firm, flavorful cooking apples	2 lb 12 oz	1300 g	
Butter	2 oz	60 g	
Vanilla extract	0.33 oz (2 tsp)	10 g	
10-in. (25-cm) unbaked tart shell made with Pâte Brisée (p. 317)	1	1	
Sugar	3 oz	90 g	




WALNUT TART

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
Brown sugar	8 oz	225 g	
Butter	2 oz	55 g	
Eggs	5 oz (3 eggs)	150 g (3 eggs)	
Flour	1 oz	30 g	
Cinnamon	½ tsp	2 mL	
Walnuts, broken or coarsely chopped	12 oz	340 g	
Unbaked 10-in.(25-cm) tart shell	1	1	
Chocolate Glaçage (p. 431) or tempered chocolate	as needed	as needed	

LINZERTORTE

Yield: one 10-in. (25-cm) tart

Ingredients	U.S.	Metric	PROCEDURE
Linzer Dough (p. 319)	1 lb 8 oz	700 g	
Raspberry jam	14 oz (1¼ cups)	400 g	
<p>Note: This famous Austrian pastry is called a torte but it is actually a tart filled with raspberry jam.</p>			
			

SPECIAL PASTRIES

THIS SECTION PRESENTS a collection of pastries of many types. The first three recipes are for famous classics based on puff pastry, *pâte à choux*, and short dough. These are items that all pastry chefs should know how to make well. The *gâteau St-Honoré* is a spectacular assembly of choux pastry, short dough, caramel, and cream fillings. It is often decorated with a nest of spun sugar (p. 672) on top. The rich *Pithiviers* and the special napoleon or *millefeuille* test your ability to work with puff pastry.

The remaining recipes are mostly of the type sometimes known in North America as *French pastries*. They are individual portions made up of any of a number of creams, icings, Bavarian creams (from Chapter 20), and layers of meringue, pastry, and even sponge cake. One of the first of these recipes, *Passionata*, is illustrated in detail to introduce you to the basic techniques for making this type of pastry. You can then apply the same techniques to other pastries in this section.

This chapter focuses primarily on pastries based on the doughs and meringue-type mixtures in Chapter 14, although cake layers (Chapter 16) are often used as well. Many of the cakes in Chapter 18 could also be presented as French pastries, as discussed on page 478. Additional pastries based on cake batters are explained in that chapter. The most common way to make French pastries from cakes is to bake the cake layers as sheets rather than as rounds, cut the sheet cakes into long strips, about 4 inches (10 cm) wide, and then slice the strips crosswise into portions, as explained on page 478. Note that several of the desserts in Chapters 20 and 22 are made in large ring molds. These, too, can be made as individual pastries by assembling them in small ring molds instead.

Finally, the chapter includes a recipe for a popular pastry called *sfogliatelle* (pronounced SFO lee ah TELL eh), a type of filled turnover from southern Italy. It is somewhat difficult to prepare, so follow the instructions carefully.

ST-HONORÉ

Two stories are told to explain the origin of the name of this elegant, classic pastry. One is that the confection was created in honor of the patron saint of pastry cooks, Saint Honoré (san toh no RAY). The other story is that it was developed in a pastry shop on the Paris street Rue Saint-Honoré. As a footnote to this second story, the pastry chef who developed the pastry was M. Chiboust, who supposedly invented a cream (see Chiboust Cream, p. 268) that is often used to fill a *gâteau St-Honoré*.

GÂTEAU ST-HONORÉ

Yield: two 8-in. (20-cm) gâteaux

Ingredients	U.S.	Metric
Pâte Brisée (p. 317)	10 oz	300 g
Pâte à Choux (p. 334)	1 lb 4 oz	600 g
Egg wash		
Egg yolks	4 oz (6 yolks)	120 g (6 yolks)
Whole egg	1.67 oz (1 egg)	50 g (1 egg)
Sugar	¼ tsp	1 g
Salt	¼ tsp	1 g
Water	2 tsp	10 g
Vanilla Crème Diplomat (p. 270)	12–13 oz	385 g
Chocolate Crème Diplomat (p. 270)	14 oz	425 g
Caramel		
Fine granulated sugar	7 oz	200 g
Water	2 oz	60 g
Glucose or corn syrup	0.67 oz	20 g

PROCEDURE

PREPARING THE PASTRIES

1. Chill the pâte brisée for at least 30 minutes before use.
2. Fit a pastry bag with a medium plain tip and fill with the pâte à choux.
3. Beat together the ingredients for the egg wash. (Note: You will not need the total quantity of egg wash. Reserve the remainder for another use.)
4. Roll out the pâte brisée about ⅛ in. (3 mm) thick into a long oval shape (large enough to cut the circles in the next step). Place on a buttered sheet pan and dock well. Chill.
5. Cut two 8-in. (20-cm) circles from the pastry. Leave the circles on the pan and remove the excess dough.
6. Brush around the edges of the circles with egg wash.
7. Pipe a thick band of pâte à choux around the edge of the pastry circles about 1 in. (2.5 cm) from the outer edge. Brush lightly with egg wash. Press down the choux pastry lightly by running the back of a fork along the top. Pipe an additional small spiral of choux pastry in the center of each circle.
8. Onto a parchment-lined or buttered sheet pan, pipe the remaining choux pastry into ¾-in. (2-cm) bulbs and brush with egg wash. (This will make more bulbs than necessary for the finished pastry, allowing you to select those of the best appearance.)
9. Bake all the pastries at 375°F (190°F) until risen and golden and the bulbs sound hollow when tapped. Cool on wire racks.

ASSEMBLING THE GÂTEAUX

1. Select the best choux bulbs for the finished pastries. You will need 12–14 for each. Make a small hole in the bottom of each bulb and use a pastry bag to fill it with vanilla crème diplomat.
2. Spread a layer of chocolate crème diplomat in the bottom of each pastry circle.
3. Fit two pastry bags with St-Honoré tips (see p. 439 for illustration). Fill with the remaining creams.
4. Holding the bag so the V-shaped point of the St-Honoré tip is up, pipe alternating lines of vanilla and chocolate creams to fill the pastry circles. See the photograph of the finished gâteau, as well as page 443, for piping with the St-Honoré tip. Chill the pastries.
5. Make a caramel by heating the sugar and water gently to dissolve the sugar. Bring to a boil, add the glucose, and cook until golden. Plunge the base of the pan into ice water briefly to stop the cooking.
6. Dip the filled choux bulbs into the caramel and then place caramel side down onto an oiled marble slab until cold.
7. Reheat the remaining caramel and use to glue the bulbs around the edges of the pastry circles, keeping the flat caramel tops of the bulbs as level as possible.



PRALINE MILLEFEUILLE

Yield: one pastry, about 6 × 10 in. (15 × 25 cm) and weighing about 2½ lb (1200 g)

Ingredients	U.S.	Metric	PROCEDURE
Classic Puff Pastry (p. 322)	1 lb 4 oz	630 g	
Confectioners' sugar	as needed	as needed	
Praline Cream (p. 543)	1 lb	500 g	
Praline Pailletine (recipe below)	5 oz	150 g	
Garnish			
Caramelized nuts	as desired	as desired	

1. Roll out the puff pastry to a rectangle about 13 × 20 in. (33 × 52 cm). Place on a sheet pan lined with parchment paper. Dock the dough and refrigerate for 20 minutes.
2. Bake at 400°F (200°C). When the pastry is about four-fifths baked, remove from the oven and dredge generously with confectioners' sugar.
3. Raise the oven heat to 475°F (240°C). Return the pastry to the oven and bake until the sugar caramelizes, 2–3 minutes.
4. Remove from the oven and let cool.
5. With a serrated knife, trim the edges of the pastry so they are straight and square. Then cut crosswise into 3 equal rectangles. (Exact size depends on how much the pastry shrank; approximate size is indicated above in the yield.) Select the best of the rectangles and reserve it for the top layer.
6. Spread one of the pastry rectangles with a layer of praline cream ⅝ in. (1.5 cm) thick. Cover with a second layer of pastry.
7. Top with the praline pailletine and then another layer of the praline cream.
8. Cover with the third layer of pastry.
9. Decorate the top as desired with caramelized nuts.

PRALINE PAILLETINE

Ingredients	U.S.	Metric	PROCEDURE
Milk chocolate couverture	1 oz	25 g	
Cocoa butter	0.25 oz	6 g	
Almond-hazelnut praline paste	4 oz	100 g	
Ice cream wafers (pailletine), crushed	1 oz	25 g	
Total weight:	6 oz	156 g	

1. Melt the chocolate and cocoa butter in a bowl over a hot-water bath.
2. Mix in the praline paste.
3. Add the crushed wafers and mix in.
4. To use in Praline Millefeuille (above), spread on a sheet pan to a thickness of about ¼ in. (5 mm), making a rectangle about 6 × 10 in. (15 × 25 cm), or the same size as the pastry rectangles.
5. Place in the refrigerator to harden.

APRICOT PITHIVIERS

Yield: two 8-in. (20-cm) pastries, about 11 oz (325 g) each

Ingredients	U.S.	Metric
Classic Puff Pastry (p. 322) (See <i>Note</i>)	1 lb	500 g
Almond Cream (p. 200)	12 oz	370 g
Canned apricot halves, drained, syrup reserved (see variations)	5 oz	150 g
Egg wash		
Egg yolks	4 oz (6 yolks)	120 g (6 yolks)
Whole egg	1.67 oz (1 egg)	50 g (1 egg)
Sugar	¼ tsp	1 g
Salt	¼ tsp	1 g
Water	2 tsp	10 g

Note: This quantity of pastry allows for about 7 oz (200 g) trimmings. Each Pithiviers uses about 5 oz (150 g) pastry. Chefs who can roll pastry to accurate dimensions can get by with less pastry to start.

VARIATIONS

Other canned fruits, such as pears or plums, may be used.

For a classic plain Gâteau Pithiviers, omit the fruit and increase the quantity of almond cream.



PROCEDURE

- Roll out the puff pastry to ⅛ in. (3 mm) thick. Place on a sheet pan lined with parchment. Cover with plastic film and chill.
- Cut out two 8-in. (20-cm) and two 9-in. (23-cm) circles from the pastry. Chill again.
- Beat together the ingredients for the egg wash.
- For each pastry, brush egg wash around the outer edge of an 8-in. (20-cm) pastry disk. Dock the center.
- Spread with a layer of almond cream, staying about 1–1½ in. (3–4 cm) from the edge.
- Arrange the fruit on the top of the almond cream.
- With a pastry bag, pipe the remaining almond cream over the apricots to form a dome. Smooth with a palette knife.
- Cover with the 9-in. (23-cm) pastry circle, pressing lightly to remove any trapped air. Select a bowl slightly larger than the dome of almond cream and invert it over the pastry. Press down to seal.
- Using a bottle cap cut in half, cut a scalloped edge around the edge. (This can also be done with a knife, but an even finish is harder to achieve.) Remove the pastry trimmings (a).
- Brush the top of the pastry with egg wash. Allow to dry in the refrigerator. Repeat with another layer of egg wash, and again allow to dry.
- With a paring knife, cut a pinwheel pattern in the top, stopping short of the scalloped edge (b). Make very shallow cuts; do not cut through the pastry.
- If desired, score the scalloped edge lightly to decorate (c).
- Bake at 375°F (190°C) until golden brown and well risen. Reduce the oven temperature to 325°F (160°C) and bake until a knife inserted in the center comes out clean. Total baking time is about 45 minutes.
- Use the syrup from the canned fruit to brush the hot pastry and return to the oven at 425°F (220°C) until the syrup bubbles and the top is glazed.
- Cool on a wire rack.

PITHIVIERS

Gâteau Pithiviers (PEE tee vyay) is a specialty of the town of Pithiviers in the Loire region of north central France. The dessert pastry is traditionally made with a filling of almond cream. The swirled design on top is also traditional. Some cooks also make savory pastries in the same shape, filled with meat or vegetable mixtures.

CAPUCINE CHOCOLATE

Yield: 12 pastries, about 3½ oz (100 g) each

Ingredients	U.S.	Metric	PROCEDURE
Marly Sponge disks (p. 347), 2¾ in. (7 cm) in diameter	24	24	1. For each pastry, place a disk of sponge inside a ring mold 2¾ in. (7 cm) in diameter and 1½ in. (4 cm) high. Trim the sponge disks as necessary to fit.
Chocolate Ganache II (p. 272)	1 lb 12 oz	775 g	
Chocolate shavings	as needed	as needed	2. Cover the sponge disks with a layer of ganache about ¾ in. (2 cm) thick.
Confectioners' sugar	as needed	as needed	
Chocolate Ganache II (p. 272) (optional)	2 oz	60 g	3. Top with a second sponge disk. 4. Place in the freezer until set. 5. Remove the ring molds, using a blowtorch to lightly warm the molds to release them. 6. Press chocolate shavings onto the sides of the pastries. 7. Sprinkle the tops with confectioners' sugar. 8. If desired, for additional decoration, pipe about 1 tsp (5 g) ganache onto the centers of the tops of the pastries.

PASSIONATA

Yield: 12 pastries, about 5 oz (140 g) each

Ingredients	U.S.	Metric
Canned pineapple, drained	10 oz	300 g
Vanilla Syrup (p. 258)	6 oz	175 g
Rum	0.67 oz (4 tsp)	20 g
Coconut Dacquoise disks (p. 347), 2¾ in. (7 cm) in diameter	24	24
Passion Fruit Bavarian (p. 540)	2 lb	1000 g
Gelatin	0.1 oz	3 g
Fondant (p. 421)	5 oz	150 g
Passion fruit juice	3.5 oz	100 g
Passion fruit, fresh	1 oz	1
Coconut, grated and toasted	as needed	as needed

PROCEDURE

1. Cut the pineapple into ¼ × ¾ in. pieces (5 mm × 2 cm). Add to the vanilla syrup. Simmer 10 minutes. Add the rum and flambé. Cool, then chill the mixture.
2. Select 12 ring molds 2¾ in. (7 cm) in diameter and 1½ in. (4 cm) high. Place a disk of dacquoise on a cake card and set a ring mold over it so the disk is inside the mold. Trim the disks if necessary to fit snugly (a).
3. Drain the pineapple well and arrange half of it on top of the dacquoise (b).
4. Fill the molds halfway with passion fruit Bavarian (c).
5. Cover with a second dacquoise disk and add the remaining pineapple. Fill to the top with the remaining Bavarian and smooth with a palette knife.



PASSIONATA PROCEDURE CONTINUED

6. Place in the freezer until set.
7. Prepare the passion fruit glaze for the top. Soften the gelatin in water (see pp. 83–84). Combine the fondant and passion fruit juice and bring to a boil. Add the gelatin. Stir to dissolve. Add the seeds and juice from a fresh passion fruit.
8. Spoon a thin layer of this mixture over the tops of the cold pastries to glaze (d); spread it to the edges with a palette knife (e). Allow to set.
9. Remove the ring molds by heating the sides gently with a blowtorch to release them (f). Lift off the mold (g).
10. Coat the sides of the pastries with coconut (h).

VARIATIONS

The procedure and components for making Passionata can be used to create a variety of pastries by substituting other fruits and flavorings. For example, substitute fresh raspberries for the pineapple, and use raspberry Bavarian and raspberry juice in place of the passion fruit.



GÂTEAU SUCCÈS

Yield: 1 gâteau, 7 in. (18 cm) in diameter

Ingredients	U.S.	Metric
Succès layers (p. 348), 7 in. (18 cm) in diameter	2	2
Praline Buttercream (p. 425)	8 oz	225 g
Nougatine (p. 666), crushed	2 oz	60 g
Sliced almonds, toasted	2.5 oz	75 g
Confectioners' sugar	as needed	as needed

PROCEDURE

1. Place one succès layer on a cake card, anchoring it in place with a dab of buttercream.
2. Spread a layer of buttercream on the succès.
3. Sprinkle the crushed nougatine evenly over the buttercream.
4. Top with the second layer of succès.
5. Spread the top and sides of the cake with buttercream.
6. Coat the top and sides with the almonds. Sprinkle the top very lightly with confectioners' sugar.

VARIATION

Individual succès pastries can be made using the same procedure. Use small succès disks 2¾ in. (7 cm) in diameter.

CHOCOLATINES

Yield: 10 pastries, about 2½ oz (75 g) each

Ingredients	U.S.	Metric
Succès disks (p. 348), 2¾ in. (7 cm) in diameter	20	20
Chocolate Mousse I (p. 273)	14 oz	400 g
Confectioners' sugar	2 oz	60 g
Cocoa powder	1 oz	30 g

PROCEDURE

1. For each pastry, place a succès disk in the bottom of a ring mold 2¾ in. (7 cm) in diameter.
2. Fill about two-thirds full with chocolate mousse.
3. Top with a second succès disk and push down gently.
4. Fill the mold with additional chocolate mousse and smooth the top.
5. Chill several hours or overnight.
6. Remove the ring mold by warming it carefully with a blowtorch and lifting off.
7. Sift together the confectioners' sugar and cocoa. Return the mixture to the sieve and sift it over the tops of the pastries.

NOUGATINE PARISIENNE

Yield: 8 pastries, about 5 oz (150 g) each

Ingredients	U.S.	Metric	PROCEDURE
Pistachio Macaroon Sponge disks (p. 349), 2¾ in. (7 cm) in diameter	16	16	<ol style="list-style-type: none"> 1. For each pastry, place a sponge disk in the bottom of a ring mold 2¾ in. (7 cm) in diameter. 2. Arrange half the caramelized apricots over the sponge disks. 3. Cover with half of the nougatine cream. 4. Place another sponge disk on top of the cream. 5. Arrange the remaining apricots over the disks. 6. Fill the molds with nougatine cream, smoothing the top with a palette knife. 7. Refrigerate or freeze until set. 8. Carefully remove the ring molds by warming them briefly with a blowtorch. 9. Select strips of acetate of the same width as the height of the molds. Temper the chocolate (see p. 637) and spread it over the strips, as shown on page 642. 10. While the chocolate is still soft, wrap the acetate around the pastries, chocolate side in, and allow to set. 11. Glaze the tops with apricot glaze and decorate as desired with pieces of apricot and pistachios. 12. Peel the acetate off the chocolate just before serving.
Caramelized Apricots (p. 598)	10 oz	300 g	
Nougatine Cream (p. 542)	1 lb 8 oz	750 g	
Dark chocolate	7 oz	200 g	
Apricot Glaze (p. 198)	3.5 oz	100 g	
Garnish			
Caramelized Apricots	as needed	as needed	
Pistachios, whole, broken, or chopped	as needed	as needed	

CREOLE DÉLICES

Yield: 10 pastries, about 4 oz (120 g) each

Ingredients	U.S.	Metric	PROCEDURE
Raisins	5 oz	150 g	
Dessert Syrup (p. 258) flavored with rum	6 oz	180 g	
Almond Meringue disks (p. 346), 2¾ in. (7 cm) in diameter	20	20	
Liqueur Bavarian Cream (p. 536) flavored with dark rum	1 lb 10 oz	800 g	
Chocolate Glaçage (p. 431)	5 oz	150 g	
VARIATION			
CHOCOLATE RUM DÉLICES			
<p>Prepare as in the main recipe but with the following changes: Use only half the quantity of Bavarian cream and omit the raisins and syrup. Use the cream in the bottom layer as in the main recipe. After placing the second meringue disk in the mold, fill the mold with Chocolate Mousse I (p. 273). Chill or freeze until set. Glaze the top as in the main recipe.</p>			

FINANCIERS AU CAFÉ

Yield: about 150 pastries, ½ oz (4 g) each

Ingredients	U.S.	Metric	PROCEDURE
Raisins	1.67 oz	40 g	
Rum	2 oz	60 g	
Cake flour	2.25 oz	65 g	
Confectioners' sugar	6.5 oz	185 g	
Powdered almonds	2.25 oz	65 g	
Egg whites	4.5 oz	125 g	
Butter, melted	4.5 oz	125 g	
Coffee extract	1 drop	1 drop	
Dark rum	3.5 oz	100 g	
Honey	3.5 oz	100 g	
Apricot Glaze (p. 198) or Clear Glaze (p. 197)	as needed	as needed	

PRALINE CAKE (PRALINETTE)

Yield: 12 individual-serving cakes, about 4 oz (110 g) each

Ingredients	U.S.	Metric	PROCEDURE
Marjolaine Sponge Cake disks (p. 411), 2¾ in. (7 cm) in diameter	24	24	
Light Praline Cream (p. 426)	1 lb 8 oz	680 g	
Milk chocolate couverture Cocoa powder	1 lb 4 oz–1 lb 12 oz as needed	600–800 g as needed	



5. Following the procedure described for Feuille d'Automne (p. 466), coat the bottoms of sheet pans with melted milk chocolate (see p. 644), and with a scraper, cut long strips of the chocolate to cover the cakes (a). (Note: For more information and further illustration of this procedure, refer to the recipe for Feuille d'Automne.)
6. Handling the chocolate as little and as lightly as possible, wrap it around the pastry (b).
7. Fold the top edge of the chocolate over the top of the pastry (c). Decorate the top with additional narrow strips of chocolate.
8. Sprinkle very lightly with cocoa powder.



SFOGLIATELLE

Yield: 10 large pastries, about 3½ oz (100 g) each, or 20 small pastries, about 1¾ oz (50 g) each

Ingredients	U.S.	Metric	PROCEDURE
Dough			<ol style="list-style-type: none"> To make the dough, sift the flour and salt into a bowl. Add the water and mix to make a dry dough. Turn out the mixture onto a work surface and knead until the dough holds together. Set the rollers of a pasta machine at their widest opening. Pass the dough through the rollers and fold in half. Repeat until the dough is smooth and elastic. Wrap the dough in plastic and rest for 1–2 hours in the refrigerator. Cut the dough into 4 equal pieces. Pass each piece through the rollers. Then set the rollers closer together, and repeat until you reach the narrowest setting of the rollers. You should have 4 long, paper-thin strips of dough. Melt together the butter and shortening or lard. Cool slightly.
Bread flour	12 oz	375 g	
Pastry flour	4 oz	125 g	
Salt	1 tsp	5 g	
Water	7 oz	215 g	
Butter	4 oz	125 g	
Lard or shortening	4 oz	125 g	
Filling			
Water, cold	8 oz	250 g	
Sugar	3 oz	90 g	
Semolina	3 oz	90 g	
Ricotta cheese	12 oz	375 g	
Egg yolks	1½ oz (2 yolks)	40 g (2 yolks)	
Cinnamon extract	¼ tsp	0.5 mL	
Candied orange peel, finely diced	3 oz	90 g	
			<ol style="list-style-type: none"> Lay one strip of dough out on the workbench and brush heavily with the melted fat. Roll up tightly from one end until only about 1 in. (2.5 cm) of the strip remains. Move the roll back to the other end of the bench and lay the second strip out so the beginning of the first strip butts up against the end of the first strip to make a continuous roll. Again, brush heavily with the fat and continue to roll up. If you are making large pastries, repeat with the third and fourth strips. You should now have a roll of dough about 6 in. (15 cm) long and 2½ in. (6 cm) thick. If you are making small pastries, make a new roll with the third and fourth strips of dough, so you have two rolls about 6 in. (15 cm) long and 1¾ in. (4.5 cm) thick. Refrigerate for several hours. Save the remaining melted fat for step 10. Prepare the filling. Combine the water, sugar, and semolina in a saucepan and mix until smooth. Bring to a boil over moderate heat, stirring constantly, and cook until the mixture is thick. Pass the ricotta through a fine sieve and add it to the pan. Cook for 2 or 3 minutes more. Remove from the heat and add the remaining filling ingredients, beating in well. Place in a bowl, cover tightly with plastic film, and chill. When the mixture is cold, beat until smooth and transfer to a pastry bag with a medium plain tip. Remove the dough rolls from refrigeration and square off the ends with a sharp knife. Carefully slice each dough roll into 10 slices ½ in. (1.25 cm) thick. (Note: The pastry can be prepared in advance up to this point and frozen for later use.) For each pastry, place a slice of the dough on the workbench. With a small, light rolling pin, very gently roll the circle of dough from the center outward in all directions just until the layers of dough fan outward toward the edges of the circle. At this point, if it is warm in the bakeshop, chill the rolled-out slices briefly. Remove only a few at a time from refrigeration, because they are easier to work with if the fat between the layers is firm. Pick up a circle of pastry with both hands, with the thumbs underneath and the fingers above the center of the circle. The side that was up when the circle was rolled out should be on top. Carefully shape the circle into a cone by working the thumbs into the center of the circle and moving outward so the layers of dough slide away from each other. The side that was on top during rolling should be the outside of the cone. Hold the cone in one hand and, using the pastry bag, fill it with about 1 oz (30 g) filling for small pastries, 2 oz (60 g) for large pastries. Lay the pastries on their sides on a sheet pan lined with parchment. Brush with the remaining fat. Bake at 400°F (200°C) until golden, 25–30 minutes.

SFOGLIATELLE

This distinctive pastry, which somewhat resembles an oyster shell, is an ancient tradition from Naples. The pastry for sfogliatelle (SFO lee ah TELL eh) is sort of an antique form of puff pastry. In Italian, *sfoglia* is a sheet of pasta dough, and *pasta sfoglia* is puff pastry.



KEY POINTS TO REVIEW

- Which doughs are used to make tarts and tartlets?
- What is the procedure for making baked tart shells?
- What is the procedure for making a fresh fruit tart (unbaked)?
- What are the following pastries: Gâteau St-Honoré? Millefeuille? Pithiviers? Describe each of them.

TERMS FOR REVIEW

tart

gâteau St-Honoré

millefeuille

sfogliatelle

tarte Tatin

Pithiviers

French pastry



QUESTIONS FOR DISCUSSION

1. What is the purpose of docking tart shells before they are baked?
2. List four or five ingredients besides fruit and sugar that are sometimes used for filling *baked* fruit tarts.
3. Describe the procedure for making baked tartlet shells.
4. Describe the procedure for making an unbaked fruit tart.
5. Describe, in as much detail as possible, the procedure for making a gâteau St-Honoré.
6. Read the procedures for special cakes in Chapter 18. Which do you think might be appropriate for making up as French pastries? Select one and describe how you would modify the procedure to make French pastries.