

The shortcrust pastry



Serves :

-



Prep :

20 min.



Rest :

Freezing : -
Refrigeration : 2h



Cook :

Temperature : 356°F
Time : 20-30 min.

Special equipment

- 3 mm thickness guides

List of recipes

- The shortcrust pastry



Steps

🌀 **Take the butter out of the refrigerator**

at least 2 hours in advance

🌀 **Mix flour, sugar, salt, and butter in a food processor or stand mixer using a paddle attachment until it becomes a crumbly texture (sablé)**

🌀 **Add the egg yolk and milk and mix until the mixture is homogeneous**

🌀 **Shape into a ball, wrap with cling film**

Let it rest in the refrigerator for a minimum of 2 hours

Ingredients

- ☑ 250 g ~ All-purpose flour (T55)
- ☑ 180 g ~ Softened butter
- ☑ 4 g ~ Salt
- ☑ 5 g ~ Superfine sugar
- ☑ 20 g ~ Egg yolk (1 large)
- ☑ 50 g ~ Milk

The shortcrust pastry

- Take the butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature.
- In the bowl of a stand mixer fitted with the paddle attachment, mix together the sifted flour (250 g), sugar (5 g), salt (4 g), and diced butter (180 g).
- Mix on low speed for a few minutes until the mixture has a sandy texture.
- Then add the egg yolk (20 g) and milk (50 g) and mix until you have a homogeneous mixture.
- Shape the dough into a disk and wrap it with cling film, then let it rest in the refrigerator for at least 2 hours.
- Flour your work surface and roll out the dough using a rolling pin.
- Butter and line a pie dish.
- Place the dish in the freezer for 2-3 hours. This will help you achieve a crispy and almost sandy texture for your crust.



The (savory or sweet) shortcrust pastries are particularly suitable for pies with a filling that may release water, as they are relatively impermeable since they contain little or no sugar.

Other recipes:

❖ Savory shortcrust pastry (quiches, savory tarts, pies...)

- All-purpose flour (T55): 150 g
- Butter: 83 g
- Egg yolk: x1 (20 g)
- Water/milk: 30 g
- Salt: 3 g

❖ Sweet shortcrust pastry (apple or pear tart, fruit pies...)

- All-purpose flour (T55): 150 g
- Butter: 90 g
- Whole egg: x1 (42 g)
- Powdered sugar: 25 g
- Salt: 3 g

❖ Method

Prepare:

- Cut the butter into small cubes and chill in the refrigerator
- Sift the flour
- Weigh the ingredients

Rub in:

- Rub the butter into the flour until the mixture is crumbly. This process helps to coat the flour with butter particles to make it impermeable and slow down the hydration of proteins (gluten) to ensure a crumbly texture of the pastry.

Incorporate:

- Make a well in the center of the crumbly mixture
- Dissolve the sugar and salt in the eggs in the well

Knead:

- Knead gently with fingertips to avoid overworking the dough which would make it elastic and cause it to shrink during baking.

Smear:

- Press the dough with the palm of the hand to make it smooth and uniform and crush any butter lumps.

Rest:

- Roll out the pastry into a square or round shape and cover it with cling film
- Chill in the refrigerator until needed

Roll out:

- Take the pastry out of the refrigerator a few minutes before using it if it is too hard.
- Gently tap it with a rolling pin to soften the pastry and roll it out.

Cut out:

- Prick the pastry with a fork
- Cut into desired shapes

Line:

- Flip the pastry onto the tin
- Cut and line the tin
- Pinch the edges if necessary

Fill:

- Fill according to the recipe (custard, quiche, cream, fruits...)

Bake:

- Bake at 180°C/356°F in a fan-assisted oven, preferably on a silicone mat

Finish:

- Remove the ring or unmold onto a rack
- Glaze if necessary.