

# Biscuit Pastry

## Characteristics of Biscuit Pastry

Biscuit pastry is a rich, short pastry made by creaming together the butter and sugar, adding the egg yolk and lemon juice and stirring in the flour until a dough is formed. Biscuit pastry is difficult to shape, therefore it is better to roll out the dough between greaseproof paper or plastic wrap.

## Uses

Biscuit pastry is suitable for sweet flans and tartlets, sweet pies and slices.

## Ingredients

- Flour: either all plain or half plain and half self-raising (used when making slices).
- Fat: either butter or margarine.
- Sugar: castor.
- Liquid: in the form of a whole egg or egg yolk and lemon juice. Lemon juice adds flavour and aids rolling.
- Proportions: generally half fat to flour,  $\frac{1}{4}$  cup castor sugar to every cup of flour and 1 egg yolk to every cup of flour.

## Filling suitable for Biscuit Pastry

Any sweet filling would be suitable. Custard, fruit, cheesecake filling, dried fruit and nuts, jams, cream and fruit.



## Biscuit Pastry

### Ingredients:

- ✓ 60g butter
- ✓  $\frac{1}{4}$  cup of castor sugar
- ✓ 1 cup plain flour
- ✓ 1 egg yolk
- ✓ 1 teaspoon lemon juice

### Procedure:

1. Cream together butter and sugar until light and fluffy.
2. Beat in egg yolk and lemon juice.
3. Stir in sufficient amount of the sifted flour to form a dough and knead lightly.
4. Wrap in plastic and chill for about 20 minutes or until firm enough to roll.
5. Roll out to size and shape.
6. Cut into any shape..... be creative...



# Shopping List

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