

## WARM UP

## 1 Translate these types of pastry into your language.

- 1 shortcrust pastry
- 2 pâte sucrée
- 3 puff pastry
- 4 choux pastry
- 5 filo pastry

## Different types of pastry

Pastry is a mixture of flour and fat, which you bind together with water to form a paste. The wide range of pastries made today vary in texture and taste according to the proportion of fat you use, the way you mix it with the flour and the method you choose to shape the dough.



**Shortcrust pastry** is a very simple type of pastry to make. It is also very versatile as it readily incorporates other flavourings. You can use it for sweet or savoury pies and tarts, pasties and other pastry parcels. You bind regular shortcrust pastry with water, but for a rich version replace the water with egg.



**Sweet shortcrust pastry or pâte sucrée** is a French sweet pastry similar to shortcrust pastry, but with high sugar content and egg yolks for richness.

**Puff pastry** has much more fat and uses a special rolling and folding technique to create fine layers of dough that trap air between them. The pastry then puffs up on baking, creating delicious leaves with a light texture and rich flavour. **Flaky pastry** and **'rough puff'** are similar to puff pastry but quick and easy to make. They are ideal for recipes where you want a flaky texture but do not need the pastry to rise impressively.



**Choux pastry** is a light, twice-cooked pastry usually used for sweets and buns. It is made with plain flour, salt, butter, eggs, milk and a little sugar to make profiteroles, éclairs and choux puffs; or without sugar to make savoury pastries.



**Filo pastry** is paper-thin translucent sheets of pastry commonly used in Greek, eastern European and Middle Eastern cuisines. If you use several layers together, you will strengthen the delicate sheets, which can be fried or oven-baked, cooking very quickly to make a wide variety of sweet and savoury dishes.



## READING COMPREHENSION

### 2 Read the text about different types of pastry and answer these questions.

Which pastry...

- 1 is quick, easy and crumbling, but do not rise?
- 2 has a lot of fat and has light texture and rich flavour?
- 3 is a light, twice-cooked pastry used for sweets and buns?
- 4 is a sweet, rich, French version of shortcrust pastry?
- 5 is simple, versatile and easily incorporates other flavours?
- 6 is thin, transparent and quick cooking and has several layers?

*Flaky pastry and 'rough puff'*

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## LISTENING

### 3 4 Listen to tips about pastry making and decide if these sentences are T (true) or F (false).

- 1 You should keep shortcrust and puff pastry cool.
- 2 Marble is not a good surface for making pastry.
- 3 Traditionally people make pastry in the afternoon.
- 4 You need to mix pastry quickly.
- 5 Too much handling can make fat soft and the pastry greasy.
- 6 You can keep pastry in the fridge for 2 or 3 weeks before using.
- 7 You can freeze it for up to three months.
- 8 You can't make vegan shortcrust pastry.

| T                        | F                        |
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## WRITING

### 4 Design a menu showcasing pastry dishes. Choose one starter, one main course and one dessert using three different types of pastry.

# Menu



o **STARTER**

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o **MAIN COURSE**

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o **DESSERT**

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