

Shortcrust Pastry (Shell)

Author: *The Art & Soul of Baking* by Cindy Mushet

Carolyn T's
Main Cookbook

Servings: 8



FOR SAVORY CRUST:

1 1/4 cups all-purpose flour

1/4 teaspoon salt

4 ounces unsalted butter, very cold, cut in 1/2 inch cubes

2 large egg yolks

1 teaspoon ice water, or up to 3 teaspoons if needed

ADDITIONS FOR SWEET CRUST:

1/4 cup sugar

2 teaspoons vanilla extract

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 215 Calories; 13g Fat (54.5% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 70mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 1/2 Other Carbohydrates.

Notes: To blind bake, fill raw shell with waxed paper and pie weights and bake in a 375 oven for 10-20 minutes just until it turns the lightest of golden color.

Description: Food processor, or by hand, press-in type

1. CRUST: Place the flour, sugar (only if you're making a sweet crust) and salt in the bowl of the food processor. Pulse 5 times to blend. Add the ice cold butter pieces and pulse 6-8 times, just until the butter is the size of large peas.
2. In a small bowl whisk together the egg yolks, water (and vanilla if this is for dessert). Add it to the butter mixture, then process just until the dough begins to form small clumps, 5-10 seconds. Do not let the dough form a ball. Test the dough by squeezing a handful of clumps - when you open your hand, they should hold together. If they are crumbly and fall apart, sprinkle another teaspoon of water over the dough and pulse a few times then test it again. Repeat, if necessary.
3. Turn the dough out on a lightly floured work surface and knead gently 2-3 times, just to finish bringing it together. (If it still crumbles a bit too much, put it back in the processor and add another teaspoon of water and process again.)
4. Shape it into a disk about 6 inches in diameter. If the dough is still cool to the touch, continue on to the next step. If not, wrap in plastic wrap and chill for 30 minutes before continuing.
5. ROLLING PIN METHOD: Make sure the dough is cool, but if it's too cold, it won't be malleable, so allow it to sit out for 5 -10 minutes or so. If you try to roll it, it will crack and be totally unmanageable. Place the dough between 2 pieces of plastic wrap, wax paper or parchment paper. Gently roll it, turn and roll, always from the center out. Lift as you reach the outer edges so you don't mash the tender dough into the paper. If the paper wrinkles, gently lift it up and replace it on top. Turn the dough over if needed. Roll is out until it's about 11 inches in diameter. If the dough gets too warm place it on a baking sheet and chill for 30 minutes.
6. Peel off the top piece of paper and gently turn it over onto a pie pan/dish. Peel off the other piece of paper and gently move the dough into place. Trim larger edges (if you have any) and fold the outer edges under the top rim. If there are thin spots use a small piece of dough and gently press it into place.
7. PRESS-IN type: Chill dough for 30 minutes. Allow to sit out just a few minutes, then break the dough into smaller pieces (about 10-12) and place them around the pie pan. Using your fingers, press each piece - starting from the center of the pan - toward the outer edges. The warmth of your fingers will allow you to manipulate the dough fairly easily. Press the excess up the sides to form walls, making sure they are the same thickness as the bottom. Push the dough up to the top and fold over to crimp. If using a tart pan, just push the dough at the top to remove excess. Save excess dough in case you need to patch somewhere.
8. Chill dough, preferably, for about 30 minutes.
9. BLIND BAKE: Place two layers of waxed paper in the pie dish. Pour in pie weights (or dried beans) to mostly fill the pan. Trim paper edges just a bit (you need enough length, though, to lift the hot pie weights after it's baked so don't cut them too short) so it doesn't touch any of the heating elements in the oven. Bake at 375 for about 8-15 minutes, or until just beginning to turn golden brown. Remove from oven and allow to sit on a rack for about 10 minutes. Gently remove paper with pie weights and allow to cool completely.