

Further helpful hints from EOI



Savoury Pastries and Filling Make up Information

The Flour

Bakers flour with a protein level of between 10% and 12% is most suitable for savoury pastry production.

The flour should also have an extensibility level of 17.5cm these factors are important for the dough development. Water level is also important, as this will vary (+ or - up to 10%) depending on the protein level in the flour.

The Margarines and Shortenings

EOI foods have a wide variety of pastry margarines and shortenings designed for special needs. They have all the features i.e. controlled melting points, plasticity ranges that allow lamination to be formed when turning the pastries, and good palate clearing properties when eaten

The Lamination of the Pastry

This aspect of the preparation of pastry making is probably the most important, because the best made dough and quality fats will be of no avail if the layering is destroyed by taking the pastry too thin on the initial turns. No matter if it is 3/4 or 1/2 pastry, or whether the turns are half or hook, therefore it is most important that the reduction in the thickness of the pastry is done gradually. This procedure and the correct resting periods between the turns will ensure good results.

The Baking

Pastries are usually baked in the 210°C -240°C temperature range. This will ensure the steam generation will take place in the dough, causing the lift, and the fat which lubricates the dough layers will not run out while the lift is being established. After the proteins have set the temperature can be reduced to dry the pastries out, making a flaky crisp eating product.

Some Other Useful Points

1. The addition of acid phosphate to dough will help strengthen the flour, this is a good idea, particularly for refrigeration purposes (ratio 42g to 4kg of flour)
2. EOI Ready Bits are designed especially for chopping in doughs
3. Insufficient turns will also cause fat to run out
4. Dough and fat should be near the same consistency
5. Always cover with plastic to reduce moisture loss from dough surface
6. Only use enough dusting flour to do the job. Excess flour robs the dough of moisture and spoils lift, also causes additional surface flakes

Savoury Doughs

These are usually formulated between 1/2 and 1/4 ratio of fat to flour. The degree of shortness is determined by how well you coat the flour with the fat before the addition of water. Shortening contains no water or salt, so could require the addition of water plus salt. The baking powder level will also have an influence on shortness on the assumption that baking powder or bi-carb soda are tenderisers

Savoury Fillings

Are dependent on the quality of the raw materials used. The higher the quality the better the flavour



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