

BANBURY SLICE

Recipes Courtesy of Sally Slice



INGREDIENTS PASTRY

- ❖ 250g plain flour
- ❖ ¼ teaspoon salt
- ❖ Tiny pinch of cream of tartar (optional)
- ❖ 250g chilled butter, cut into 2cm cubes
- ❖ 1 egg yolk
- ❖ 125ml very cold water

METHOD - PASTRY

- ❖ Place the dry ingredients in the bowl of a food processor and then add the butter cubes.
- ❖ Pulse for 4 seconds. Shake the processor bowl to ensure even distribution of ingredients and then pulse for 3 seconds more. The cubes of butter should now be mostly 1 cm in size.
- ❖ Transfer the mixture to a mixing bowl. Whisk the egg yolk and water together separately, then drizzle this over the butter/flour mixture until it comes together.
- ❖ Turn the mixture out onto a floured surface - it will be a bit scraggy but that's ok, just push together as best you can (briefly, so as not to warm the mixture with heat from your hands), shaping into a rectangle.
- ❖ Sprinkle with just a little flour and roll out to a rectangle about 10mm thick.
- ❖ Fold top third down and then bottom third up over it, kind of envelope style. Turn the dough around 90 degrees and repeat the process, always making sure the edges are straight, this time rolling out thinner. Repeat twice more, then wrap the pastry in cling film or similar, and refrigerate for at least 40 minutes, preferably more.

 Radio
CANBERRA

Mornings
with Georgia Stynes
on 666AM and the ABC listen app



BANBURY SLICE

Recipes Courtesy of Sally Slice



INGREDIENTS – FILLING

- ❖ 400g currants
- ❖ Water
- ❖ Juice 1 lemon
- ❖ Finely grated zest 1 lemon
- ❖ 1 teaspoon mixed spice
- ❖ 1 teaspoon ground cinnamon
- ❖ Sugar to taste (about $\frac{1}{4}$ cup is usually sufficient)
- ❖ 3 teaspoons cornflour mixed to a thin paste with 2 tablespoons cold water

METHOD- FILLING

- ❖ Place the currants, lemon juice and zest and spices in a saucepan with enough water to just cover them.
- ❖ Bring to the boil then reduce heat and simmer for 10 minutes.
- ❖ Add sugar to taste, then, with mixture still simmering, stir in the corn flour paste and cook 2 minutes more. Cool completely.

ASSEMBLY

- ❖ Grease a Swiss Roll tin 25 x 35cm approximately, making sure it is 2.5 cm deep. Preheat oven to 200 degrees C, fan forced.
- ❖ Cut pastry in half. On a lightly floured surface (and lightly dusting the top with flour), roll the pastry out to fit the tin.
- ❖ Spoon on the cooled filling and spread out to cover pastry evenly.
- ❖ Roll out the other piece of pastry to fit on top. Trim edges.
- ❖ Bake for 10 minutes, then reduce heat to 170 degrees and bake for 15 to 20 minutes more or until the pastry is browned. Cool completely before cutting into squares to serve.

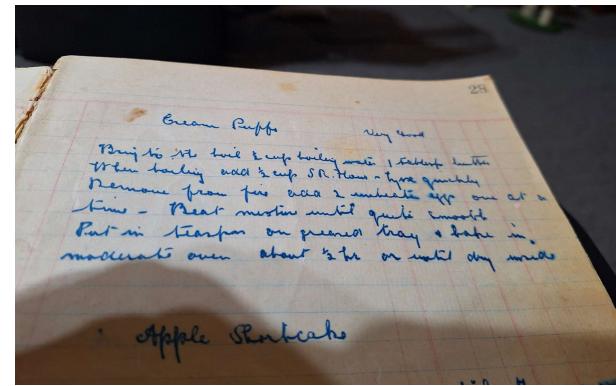


Mornings
with Georgia Stynes
on 666AM and the ABC listen app



CHOUX PASTRY

Recipes Courtesy of Sally Slice



INGREDIENTS

- ❖ ½ cup boiling water
- ❖ 1 tablespoon butter
- ❖ ½ cup self raising flour
- ❖ 2 eggs

METHOD

- ❖ Bring to the boil: ½ cup boiling water and 1 tablespoon butter
- ❖ When boiling, add half a cup of self raising flour and mix quickly.
- ❖ Remove pan from heat and add 2 unbeaten eggs one at a time. Beat mixture until quite smooth.
- ❖ For cream puffs, put teaspoonfuls on a greased tray in a moderate oven half an hour or until dry inside.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



ROUGH PUFF PASTRY

Recipes Courtesy of Sally Slice

INGREDIENTS

- ❖ 250g plain flour
- ❖ ¼ teaspoon salt
- ❖ Tiny pinch of cream of tartar (optional)
- ❖ 250g chilled butter, cut into 2cm cubes
- ❖ 1 egg yolk
- ❖ 125ml very cold water

METHOD

- ❖ Place the dry ingredients in the bowl of a food processor and then add the butter cubes. Pulse for 4 seconds. Shake the processor bowl to ensure even distribution of ingredients and then pulse for 3 seconds more. The cubes of butter should now be mostly 1 cm in size.
- ❖ Transfer the mixture to a mixing bowl. Whisk the egg yolk and water together separately, then drizzle this over the butter/flour mixture until it comes together.
- ❖ Turn the mixture out onto a floured surface - it will be a bit scraggy but that's ok, just push together as best you can (briefly, so as not to warm the mixture with heat from your hands), shaping into a rectangle.
- ❖ Sprinkle with just a little flour and roll out to a rectangle about 10mm thick.
- ❖ Fold top third down and then bottom third up over it, kind of envelope style. Turn the dough around 90 degrees and repeat the process, always making sure the edges are straight, this time rolling out thinner.
- ❖ Repeat twice more, then wrap the pastry in cling film or similar, and refrigerate for at least 40 minutes, preferably more.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



SWEET SHORTCRUST PASTRY

Recipes Courtesy of Sally Slice

INGREDIENTS

- ❖ 125g butter, softened
- ❖ 125g sugar
- ❖ 1 egg
- ❖ ¼ teaspoon baking powder
- ❖ 250g plain flour

The recipe can be made using gluten free flour (be sure the baking powder is also gluten free)

METHOD

- ❖ Whisk the butter and sugar together, then whisk in the egg until well combined.
- ❖ Mix in the combined baking powder and flour with a metal spoon to make a soft dough. Wrap in cling wrap and refrigerate for at least 30 minutes before using.

Note: I always make a double batch of this pastry as it will keep well for at least two weeks in the fridge or four months or more in the freezer. It is then always ready at hand to make a sweet pie or tarts.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



SOUR CREAM PASTRY

Recipes Courtesy of Sally Slice

INGREDIENTS

- ❖ 250g plain flour
- ❖ Pinch salt
- ❖ 200g cold salted butter, diced
- ❖ 120g sour cream
- ❖ 2 teaspoons lemon juice
- ❖ 1 tablespoon milk

METHOD

- ❖ Place the flour, salt and butter in the bowl of a food process and process until the mixture resembles breadcrumbs (this can also be done by placing ingredients in a bowl and rubbing together to the same stage).
- ❖ Add the sour cream, lemon juice and milk and process (or mix) until the mixture forms a ball.
- ❖ Flatten out and then wrap in cling film and refrigerate for at least 30 minutes before using.
- ❖ Wrap in cling wrap or similar and refrigerate at least 30 minutes before using.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



SAVOURY SHORTCRUST PASTRY

Recipes Courtesy of Sally Slice

INGREDIENTS

- ❖ 300g plain flour
- ❖ ½ teaspoon salt
- ❖ 150g butter, diced
- ❖ 1 egg yolk, lightly whisked
- ❖ 3 tablespoons cold water, approximately
- ❖ 1 egg, separated

This recipe will make sufficient pastry for one 20cm double crust pie, or two tart bases or 2 top crust only pies.

Although it is technically a savoury pastry, it can be used for pies with a sweet filling also.

METHOD

- ❖ Place the flour, salt and butter in a food processor and process until it resembles breadcrumbs (or rub together with the fingertips to this stage).
- ❖ Turn out into a bowl and mix with enough water and egg yolk to bring it together into a soft dough (do this with a metal spoon). Wrap in cling film and place in fridge for at least 30 minutes.
- ❖ Heat oven to 190°C. Grease a 20 cm round pie dish.
- ❖ To make a 2-crust pie, cut off two thirds and roll that first on a lightly floured surface to fit your pie dish.
- ❖ Whisk the egg white until just broken up, then brush over the pastry base, right up to the edge.
- ❖ Spoon in the cooled filling, Roll out the other piece to fit the top. Put in place and crimp the edges together with your fingers or a fork.
- ❖ Prick the pie in several places. Whisk the egg yolk with 1 tablespoon cold water and brush over the pastry.
- ❖ Bake for 20 to 30 minutes until golden.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app

