



Metfield Bakery

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HOT WATER PASTRY

Serves: 0

Preparation time: 30 minutes

Cooking time:

METHOD

1. This is the recipe that we use, so apologies for the large amounts, but you should be able to divide them down simply enough. We boil up the lard and water separately as we have had a couple of accidents with water and lard boiling together - if it boils over (which it can do as they behave pretty violently in the pan together) it goes up like a bloody rocket, and it is extremely difficult to put out. Its safer of course using electricity - we use gas, which is not a good idea.
2. So, place the melted lard and boiling water together in a mixer (Kenwood or Kitchen Aid style, or a Magimix blender type)and process the dry ingredients in and beat till shiny.
3. Take the paste out, spread it on a silicon paper lined tray to increase the surface area and hasten the cooling process.
4. Once cool - yes cool!- or even cold you should find it very easy to work with, and you'll find that you can use the reroll a couple of times, provided you let it rest properly. Using it hot is a bitch and a pointless faff best avoided.

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