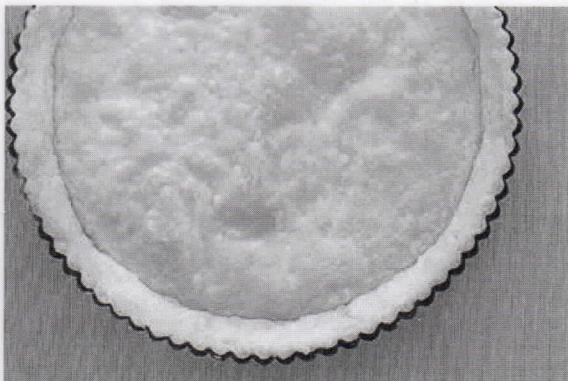


How to blind bake



Photography by Ben Dearnley

To prevent them becoming soggy, shortcrust pastry cases need to be partially cooked before adding moist fillings. This process, known as blind baking, which seals the surface and results in a crisp pastry case.

Step 1:

Line the base and sides of an uncooked pastry case with non-stick baking paper. Fill with rice, dried beans, or metal or ceramic baking weights. (This stops the pastry base rising during cooking.) Place on a baking tray and cook in an oven preheated to 220C for 8-10 minutes.

Step 2:

Remove the pastry case from the oven and remove the baking paper and rice, dried beans or baking weights. Cook for a further 5-10 minutes (depending on the size of the pastry case) or until light golden.

Source

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