

Pastry Basics ~ The Carême guide to blind baking with Sour Cream Pastry



1. Lightly grease your tart tin, cut a circle of baking paper and line the base. Cut the pastry to allow for the depth of the tart. For a 20cm shell with a 2cm depth, cut a 25cm diameter circle, this will provide enough pastry to sit above the rim of the shell, the extra pastry compensates for any shrinkage during baking.



2. Gently ease the pastry into the tart ensuring you have an even amount of pastry all round. Work your way around the tart gently crimping pastry in towards the edge.



3. Push the pastry flat to the side of the shell, while doing so gently massage the pastry in a downward motion towards the base of the shell.

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4. Working around the tart crimp the extra pastry just above the rim. The idea is to create a rustic crust to your finished tart so don't worry if your crimping is not perfectly neat!



5. Take the end of a rolling pin and starting from the centre working out in a circular pattern use a tapping motion until you reach the outer edge of the base. *(This little trick pushes the pastry out towards the edge of the shell helping to prevent pull back on the sides).*



6. Your pastry should be well molded to the sides and base of your tart.

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7. Line the pastry with baking paper and fill to the top (see cook's note) with baking weights (chickpeas or ceramic baking weights, avoid rice). Rest in the refrigerator for 30 minutes before baking in a preheated oven at 180°C (160°C fan forced) for 15 to 20 minutes. Check pastry is lightly golden around edge before removing weights and paper, and return to oven for a further 5 minutes to brown the base.

Cook's Note:

A common error when blind baking is to not fill the baking weights to the very top of the tart. If you don't there is nothing supporting the sides of the tart during baking which will cause them to fall away and collapse.