

JULIA CHILD'S PASTRY DOUGH (SHORTCRUST PASTRY) (METHOD #1 : BY HAND)

The Recipe

<https://www.cuisinedaubery.com/recipe/pastry-dough-julia-child/>

An essential pastry in French Cuisine, often used for the base of tarts and quiches

Chef: Julia Child

Preparation Time: 15 Minutes

Yield: 2 tarts or quiches of 10" in diameter

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Pie Dough, Savory Pie Dough, Shortcrust Pastry Dough,

Ingredients

For 2 tarts, 9.84" (or 9 27/32" or 25 cm) in diameter

2 1/4 Cups Flour (330 grams)

1 teaspoon of Salt

1/4 teaspoon of Sugar

3/4 Cup Butter (170 grams)

1/4 Cup Vegetable Shortening (50 grams)

1/2 Cup Water (113 grams)

For 1 tart, 9.84" (or 9 27/32" or 25 cm) in diameter

1 1/4 Cup Flour (165 grams)

1/2 teaspoon of Salt

1/8 teaspoon of Sugar

1/3 Cup Butter (85 grams)

2 Tablespoons Vegetable Shortening (25 grams)

1/4 Cup Water (56.5 grams)

For 1 tart, 9.05" (or 9 1/16" or 23 cm) in diameter

1 Cup Flour (139.6 grams)

0.4 teaspoon of Salt

0.1 teaspoon of Sugar

1/3 Cup Butter (71.9 grams)

2 Tablespoons Vegetable Shortening (21.1 grams)

3 Tablespoons Water (47.8 grams)

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For 1 tart, 7.87" (or 7 7/8" or 20 cm) in diameter

3/4 Cup Flour (105.6 grams)

0.3 teaspoon of Salt

0.08 teaspoon of Sugar

4 Tablespoons Butter (54.4 grams)

1 Tablespoon Vegetable Shortening (16 grams)

3 Tablespoons Water (36.1 grams)

Steps

1. Dice the Butter (3/4 Cup or 170 g)
2. Do not let it melt or even soften : Julia Child mentions that the Butter (3/4 Cup or 170 g) must be cold : "you must train yourself to work rapidly"
3. If the Butter is too soft as you can see on the photo, place it in the fridge and wait 30 minutes before even starting the recipe
4. In the original recipe, Julia mentions Vegetable Shortening : I wrote the ingredient to stay faithful to Julia's recipe, however I don't add it at home
5. In a bowl, place : the Flour (2 1/4 Cups or 330 g), the Salt (1 teaspoon), the Sugar (1/4 teaspoon), the Butter (3/4 Cup or 170 g) et the Vegetable Shortening (1/4 Cup or 50 g) (or butter as a substitute)

Hand mixing

6. Rub the flour and the fat together between the tips of your fingers until the fat is broken into small pieces
7. After a few minutes, you may observe lumps, but they will disappear after adding water later

L'eau

8. For the Water, be aware that the quantity (1/2 Cup or 113 g) is not the right amount every time : depending on the humidity of the flour and the temperature of the room, you will need more or less. So, do not add the water at once but one tablespoon at a time
9. Gradually add the Water, mix by hand and stop adding when you can gather the dough with your hands into a mass. The dough is done when it has begun to mass. Proceed to "Frasage" (blending)

Frasage (blending)

10. Frassage will ensure that the dough reaches the right consistency, this is an important step!
11. Place the dough on a board, and with the heel of one hand, press the dough, away from you in a firm smear. Gather the dough again into a mass and repeat the "frassage" : Do this several times

Rolling out the dough

12. To roll out the dough, I place the dough between two silicon mats or 2 pieces of parchment paper, and I roll out

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13. Roll the dough between 2 silicone mat (called "silpat"), roll it, and place in the fridge for 10 minutes