



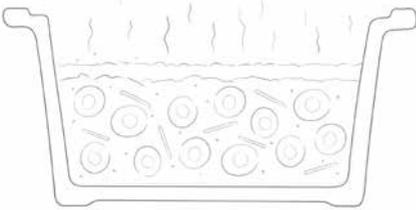
*Tips &
Techniques*

*Food
Prep*

Sage[®]

Precision with a twist

When it comes to slicing you don't just need to slice evenly, you also need to be able to adjust the thickness.



Thinly sliced vegetables improve flavour transfer



Thicker slices maximise flavour release in the mouth

Believe it or not, there's a lot more science to slicing food than just making things look pretty. Vegetable stocks and soups for example, develop more flavour with finer slices, whereas other dishes, like casseroles or salads can enhance flavours in the mouth using much thicker slices. So when it comes to slicing you don't just need to slice evenly, you need to be able to adjust the thickness of the slice from dish to dish as well.

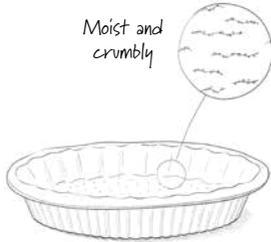
The reason finer slices are better for stock is that flavour transfer works best when you maximise the surface area of the vegetables in the liquid. And the best way to do that is to slice your vegetables as finely as possible. But when you eat a cooked slice of leek, zucchini or carrot for example, the act of biting and breaking through the surface of the vegetable can actually help release more flavour into your mouth.

TIP

Save time prepping for a big meal with the variable slicing disc. This is an innovative attachment. The disc has 18 thickness settings cutting from 0.5mm for stocks to 6.0mm thick for a salad with plenty of flavour.

Tightening your glutens; the key to perfect pastry.

Flour is a pretty intriguing and versatile ingredient.



Moist and
crumbly

Tight, unattached glutens encased in butter

It is quite incredible when you think about it, how foods with such dramatically different textures like crumbly shortbread, compared with a fluffy croissant, a quiche crust or a bread roll, all build their structure using flour. While what ingredients you mix with flour plays a part, the order in which you add them and the way you combine them is far more important. It's this that determines how much the glutens, the proteins that give dough its elasticity, are developed.

The structure of any dough is essentially determined by how liquids (water or milk) and flour react to one another. The length of time the dough is kneaded as well as the amount of time the gluten in the flour is in contact with liquid is what determines the elasticity of the glutens and hence the dough. Bread dough needs wet flour, heavy kneading and a decent proving time, to maximise its elasticity. But for a crisp, flaky pastry, the opposite is true and gluten development needs to be kept to a minimum. It means essentially inverting the mixing process by adding the fat (room temperature butter works best) to the flour before any liquid to form a moisture barrier around the glutens.



Elastic and
spongy

Elastic, entwined glutens

But the other secret to truly great pastry is temperature. Keeping the pastry mix cool is critical to prevent the glutens from developing before baking, and also helps prevent cracking.

TIP

There are three simple but important steps to minimising heat transfer while making pastry. First, pre-cool all the key equipment, like the mixing bowl, the dough hook, the rolling pin and the pastry board in the fridge for half an hour or more before you start. Second, once you've finished mixing and are ready to mould the dough, do so using only your fingertips so you minimise heat transfer from your palms. Finally, when resting the finished pastry dough, keep it in the freezer for about half an hour before baking. A rested, pre-cooled pastry will evaporate significantly less while baking which reduces the chance of shrinking and cracking.

Controlling temperature helps keep your glutens tight and tighter glutens make a world of difference to taste and texture.

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