

B A K I N G C L A S S

# 烘焙教室

*irresistible*

## 创意香酥脆馅饼

*Pastry*

吴景发 著

馅饼的创新制作

味觉的视觉享受



 中国轻工业出版社

糕點食譜

# 創意各種饅頭餅



001 草莓蛋糕

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*Pastry*

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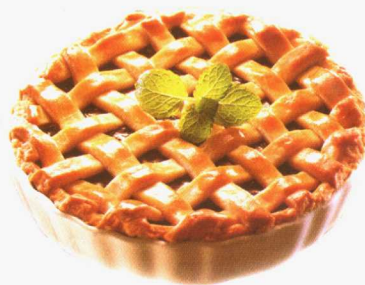
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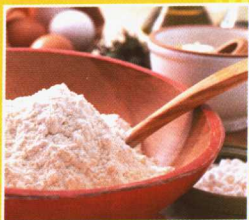
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### 甜饼皮 A

### Sweet Pastry A

#### 材 料 Ingredients

(A)

200 克 黄油

100 克 糖粉

1/4 茶匙 香草香精

200g Butter

100g Icing sugar

1/4 tsp Vanilla essence

(B)

1 个 鸡蛋

1Egg

(C)

420 克 面粉

1 汤匙 牛奶粉

420g Flour

1tbsp Milk powder

## 香气四溢的馅饼

## About Pastry

刚出炉的馅饼，香气四溢、金黄酥脆，谁看了都会食欲大增。饼皮是馅饼的灵魂，若它的口感不好，就算有多么美味的馅料，也会大打折扣。制作饼皮并非难事，只需按着本食谱给出的原材料分量和制作步骤进行就可以了。

Few could resist the temptation of the appetizing smell,crispy texture and golden colour of freshly baked pastries.The crust is the soul of pastries.Delicious filling is only half of it.You don't call it a successful pie unless the texture of the crust is good enough.It is not difficult to make good crust if you follow the steps and the amount of the ingredients closely.

### 甜饼皮

### Sweet Pastry

两种不同的甜饼皮：

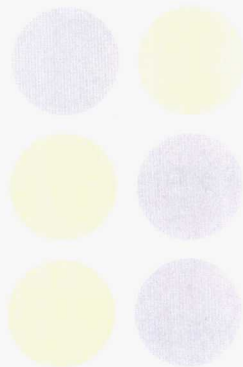
\* 甜饼皮 A 是比较硬的面团，可以直接将它压入塔模，用来制作小塔。

\* 甜饼皮 B 是比较软的面团，必须将它放入冰箱冷藏至凝固，然后放在两张塑料纸中，擀薄至所需的厚度，再铺在派盘里，用来制作大派和塔。

There are two types of sweet pastry.

\*Sweet Pastry A is a firmer dough which can be pressed directly into the tart mould and used for making small tart.

\*Sweet Pastry B is a softer dough which need to refrigerate until firm before using.Roll it between 2 plastic wraps into the required thickness and line it into the pie mould.This is normally used for making big pie and tart.





## 甜饼皮 A

### Sweet Pastry A

#### 【 做 法 】 M e t h o d

1. 将(A)混合拌匀, 加入(B)搅拌均匀。
  2. 做法 1 加入(C)搅匀即可。
  3. 将做法 2 压入模里即可。
- \* 饼皮重 780 克。

1. Cream (A) lightly and add in (B). Cream until smooth.
  2. Add in (C) and mix until well blended.
  3. Press it into the tart mould.
- \*The weight of pastry is 780g.

## 甜饼皮 B

### Sweet Pastry B

#### 【 做 法 】 M e t h o d

1. 将(A)搅拌均匀, 加入(B)搅匀。
  2. 做法 1 加入筛过的(C), 混合搅拌均匀。
  3. 做法 2 放入冰柜冷藏 30 分钟至凝固。
  4. 将做法 3 放在两片塑料纸中间, 擀薄至所需的厚度和尺寸即可。
- \* 饼皮重 540 克。

1. Mix (A) until well combined and add in (B) and cream until smooth.
  2. Add in sifted (C) and mix until well blended.
  3. Refrigerate for 30 minutes or until firm.
  4. Take out and roll between 2 sheets of plastic wrap to the desired thickness and size.
- \*The weight of pastry is 540g.

## 甜饼皮 B

### Sweet Pastry B

#### 【 材 料 】 I n g r e d i e n t s

(A)

70 克 糖粉  
150 克 黄油  
70g Icing sugar  
150g Butter

(B)

1 个 鸡蛋  
1 Egg

(C)

260 克 面粉  
1 汤匙 牛奶粉  
260g Flour  
1tbsp Milk powder





酥饼皮

Puff Pastry

## 材 料 Ingredients

(A)

400 克 面粉

50 克 黄油

1/8 茶匙 盐

220 克 水

400g Flour

50g Butter

1/8tsp Salt

220g Water

(B)

300 克 起酥油

300g Pastry margarine

## 酥饼皮 Puff Pastry

酥饼皮是一种由折叠产生层次的饼皮。外层是水皮，内层是油皮。做法是用水皮将油皮包起来，对折再擀薄而成。

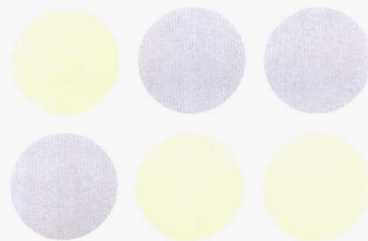
刚擀成的酥饼皮面团，比较松发。用剩的面团碎，可集结成一团做酥饼面团碎(请参阅第8页)，它的质感较实。

The layered pastry is made by folding the dough. Wrap the oil dough with the water dough. Fold it in half and roll out the dough.

The freshly rolled out puff pastry dough is fluffy. Recycle the trimmings to make Puff Pastry Trimming Dough (Refer to P8). It has firmer texture.

酥饼皮面团可以用四次书式折法来代替半折法。馅面是为了在擀薄时，可以很容易地将饼皮擀开。如面团黏着工作桌，可撒少许面粉在桌面上。折叠时，将面团上多余的面粉扫掉。

You can book-fold the dough four times instead of folding it in half when you make this puff pastry. Always let the dough sit before rolling as it is much easier to roll out if the gluten of the dough is relaxed beforehand. Dust the work surface with flour to keep the dough from sticking when rolling out. Scrape off the excess flour on the surface when folding.



## 【 做 法 M e t h o d 】

1. 将(A)搅拌均匀揉成面团, 让它松弛 15 分钟。
  2. 将面团擀成十字形, 中间厚四边比较薄。
  3. 将(B)放在做法 2 中间, 然后把它包起来(图 1)。
  4. 做法 3 擀薄至 10 毫米厚(图 2), 然后作半折法(图 3、图 4), 让它松弛 15 分钟。
  5. 将做法 4 转 90 度(图 5), 重复做法 4 四次。
  6. 将折好的做法 5 擀薄至 3 毫米厚, 再切成所需的形状即可。
- 1.Mix(A) to form a smooth dough.Let it rest for 15 minutes.
  - 2.Roll out the dough into cross shape with the centre thicker and the four limbs thinner.
  - 3.Place the pastry margarine onto the centre of the dough(shown 1).Wrap it up.
  - 4.Roll out the dough into a 10-mm thickness (shown 2)and fold once (shown 3and4).Let it rest for 15 minutes.
  - 5.Turn the dough 90 degree(shown 5).Repeat step 4 four more times.
  - 6.Roll out the dough into a 3-mm thickness and cut into the required size.







## 奶油空心饼 A

## Choux Pastry A

### 材 料 Ingredients

(A)

95 克 黄油  
160 克 水  
1/2 茶匙 糖  
少许 盐  
95g Butter  
160g Water  
1/2tsp Sugar  
pinch of Salt

(B)

130 克 面粉  
130g Flour

(C)

3 个 鸡蛋  
3Eggs

## 酥饼面团碎的处理方法

## Fuff Pastry Trimming Dough

### 【 做 法 】 M e t h o d

1. 将剩余的酥饼面团碎压在一起。
2. 将它擀薄，做半折法，再松弛 10 分钟。
3. 再将做法 2 擀薄，做半折法，让它松弛 15 分钟。
4. 最后将饼皮擀薄至 2 毫米厚，再切成所需的形状即可。

1. Press the scrap puff pastry trimmings together.
2. Roll it flat and make a single fold. Let it rest for 10 minutes.
3. Roll it flat again and make a single fold. Let it rest for 15 minutes.
4. Roll out the puff pastry to 2-mm thickness and cut into the desired size as required.

这个程序是将剩余的酥饼面团碎重新再用，但烘焙出来的成品却不会像刚擀成的酥饼皮那样松发。

如酥饼面团碎为日后备用，只需把它放进密封的保鲜袋内，贮存在冰箱里，用时待它松弛、回软后，再擀薄。

This process is to recycle the trimmings for future use, but it will not as flaky as the freshly made puff pastry dough. Seal the excess dough of puff pastry in plastic bags and store it in a freezer. Defrost and roll out the dough when needed. If the dough is stiff and very cold, thaw slightly before rolling out.

## 奶油空心饼

## Choux Pastry

奶油空心饼的口感与前述的饼皮有很大的区别，它的质感比较轻，内里中空，适宜填进馅料。

以下是两款质感不同的空心饼，A 的口感较硬，而 B 的则较软，两者的做法相同。

The texture of choux pastry is light and puffy, which is quite different from other pastries. As it forms a cavity inside the pastry, it is best stuffed with fillings.

The followings are choux pastry with different textures: A is firmer while B is softer. They are made from the same method.



ABOUT PASTRY



## 做法 Method

1. 将(A)煮沸，加入(B)混合搅拌成面团。
2. 做法 1 放入搅拌器内搅拌至温热，再分数次加入(C)，搅拌均匀。
3. 将做法 2 放入已配上平花或星形嘴的裱花袋内，挤在涂了油的烤盘上。
4. 炉温 200°C，温烤 20~25 分钟。

1. Cook(A) until boil. Add in (B) and mix to form a smooth paste.
2. Put the paste into the mixer and beat until lukewarm. Add in (C) in several time. Beat it until well blended and smooth.
3. Place the batter into the piping bag fitted with plain or star nozzle. Pipe it onto a greased pan.
4. Bake at 200°C for 20~25 minutes.

用蛋数量会直接影响空心饼的质感。用蛋太多，空心饼会变得太软，饼皮会较薄；用蛋太少，则会使空心饼变得太实，饼皮会较厚。

The amount of eggs will determine the consistency of the paste. Adding more eggs gives you a softer paste which will result in a thinner crust, and using fewer eggs gives you a stiffer paste making a thicker crust when baked.

## 奶油空心饼 B Choux Pastry B

### 材料 Ingredients

(A)

100 克 黄油

250 克 水

1/2 茶匙 糖

少许 盐

100g Butter

250g Water

1/2 tsp Sugar

pinch of Salt

(B)

150 克 面粉

150g Flour

(C)

3 个 鸡蛋

3 Eggs



## 简速饼皮 A

### Shortcrust Pastry A

#### 材 料

#### Ingredients

250 克 面粉  
150 克 黄油  
少许 盐  
60~80 克 水  
250g Flour  
150g Butter  
pinch of Salt  
60~80g water

## 简速饼皮 Shortcrust Pastry

简速饼皮一般用来制作咸派或甜派，也可以用在甜或咸塔里。在饼皮的配料中加入糖、鸡蛋或蛋黄，口感更好。

以下介绍的简速饼皮 A，可配咸馅料；简速饼皮 B，可配甜馅料。

This type of pastry is generally used for making both savoury and sweet pies. It can also be used for tarts. You can enrich the dough by adding some sugar, eggs or egg yolks.

The following shortcrust pastry A goes well with savoury fillings while shortcrust pastry B goes well with sweet fillings.

经烘焙后的简速饼皮 B，吃时口感较脆。简速饼皮 B 与甜饼皮的区别是，甜饼皮较甜，口感较松化。

Shortcrust pastry B is crispy after baked, as opposed to the lighter texture and sweeter taste of sweet pastry.

## 简速饼皮 A Shortcrust Pastry A

#### 做 法 M e t h o d

1. 将黄油切成小粒，然后与面粉混合搅拌成粒状。
  2. 做法 1 加入盐、水，搅拌成团。将面团搓成圆球，压扁。用塑料纸将它包起来，放入冰柜冷藏 30 分钟。
  3. 将做法 2 取出放在两片塑料纸中间，擀薄至 3 毫米厚即可。
- \* 饼皮重 480 克。

1. Cut the butter into small pieces and mix it with the flour till crumbly.
  2. Add in salt and then water. Mix to form a dough. Shape it into ball and press it flat. Wrap with plastic and refrigerate for 30 minutes.
  3. Roll out the dough between 2 plastic wraps to 3-mm thickness and it is ready for use.
- \*The weight of pastry is 480g.

黄油可以用白奶油代替。如果用白奶油，要先将它冷藏至凝固，再切成粒状备用。

Butter can be replaced with shortening. Make sure you chill the shortening until firm and cut it into small pieces.



## 简速饼皮 B

### Shortcrust Pastry B

#### 【 做 法 】 M e t h o d

1. 将黄油和面粉混合，搅拌成粒状。
2. 加入鸡蛋黄、糖和水，一起搅拌成团。将它搓成圆球，压扁。用塑料纸包裹，放入冰柜冷藏 30 分钟。
3. 将做法 2 取出放在两片塑料纸中间，擀薄至 3 毫米厚即可。

\* 饼皮重 480 克。

1. Mix the butter with the flour until crumbly.
  2. Add in egg and sugar first. Then add in water and mix to form a dough. Shape it into ball and press it flat. Wrap with plastic sheet and refrigerate for 30 minutes.
  3. Roll out the dough between 2 plastic wraps to 3-mm thickness and it is ready for use.
- \* The weight of pastry is 480g.

## 中式起酥面团

### Chinese Flaky Pastry

中式起酥面团是制作中式起酥饼的基础，可以包入咸或甜的馅料。它的构成和酥饼皮相似（请参阅第 6 页），外层是水皮，内层是油皮。做法是用水皮将油皮包起来，擀薄再卷起成瑞士卷状，使面团产生层次。This is the basic dough for making Chinese flaky pastry to be stuffed with sweet or savoury filling or even to be served plain. It is similar to the puff pastry (please refer to P.6) with water dough as the outer layer and oil dough as the inner layer. Wrap the oil dough with the water dough and press it flat, then roll up like Swiss roll to create the layers in the pastry.

\* 中式起酥面团的材料和做法请看书内的食谱，因为各个酥饼要求的口感各有不同，材料和做法亦各异。

\* Refer to individual recipes for corresponding steps and ingredients for a particular Chinese flaky pastry. Different pastries use different ingredients and are made differently to give various textures.

## 妃露薄饼皮

### Filo Pastry

不要让饼皮变干，否则会有裂纹或碎掉，因此要在饼皮上刷上溶化黄油、人造黄油或食油，但不可以用水或蛋液，因为会使饼皮变湿。

Do not let it dry out or else it cracks and breaks. You can brush the filo pastry with melted butter, margarine or oil but never with water or eggs. Or else the pastry would be soggy.

## 简速饼皮 B

### Shortcrust Pastry B

#### 【 材 料 】 Ingredients

- 250 克 面粉
- 150 克 黄油
- 2 汤匙 糖
- 1 个 鸡蛋
- 40 克 水
- 250g Flour
- 150g Butter
- 2 tbsps Sugar
- 1 Egg yolk
- 40g Water



# 烘焙窍门

## Baking Information

### 鸡蛋 Egg

食谱内所用的鸡蛋，去壳后重量约为 60 克。

All the eggs used in the recipes are large eggs weighing 60g without shells.

### 面粉 Flour

食谱内所用的面粉都是普通面粉，除非另有注明。

All the flour used is plain flour unless stated.

### 蛋液 Egg wash

食谱内所用的蛋液是打散的整个鸡蛋。想烘烤出来的馅饼比较光亮和颜色金黄，可以多加蛋黄或加入少许牛奶与蛋黄调匀。

Use beaten whole egg as egg wash generally. If you want the baked pastry to be more shiny and golden brown, add extra egg yolks to regular egg wash or use only the egg yolks mixed with a little milk.

### 烘焙 Baking

1. 须将派和塔放在烤炉底层烘烤(大约离炉底 2 厘米)，这样可使派和塔颜色金黄，吃时口感松脆。

2. 小馅饼如泡夫、中式酥饼、妃露饼等，须放在烤炉中层烘烤，这样可避免饼底烘焦。

1. The pies and tarts will be golden and crispy if they are baked at the lower rack of the oven (about 1/2 inch above the bottom of the oven).

2. Bake choux puffs, Chinese pastries or filo pastries at the middle rack of the oven in order to avoid being burnt.

### 贮存 Storage

1. 将甜饼皮或简速饼皮压入或铺在模子内，然后用塑料纸包裹，放入冰箱冷藏室可保存 3 天或放入冷冻室可保存一个月，用时再拿出来解冻。

2. 一些有馅的酥饼或派，可贮藏在冰箱里，吃前再解冻、烘烤。

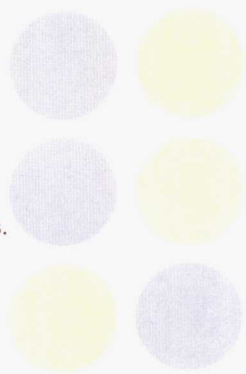
1. Press or place sweet pastry or shortcrust pastry in a pie pan. Wrap it in plastic wrap. It will stay fresh up to 3 days in the refrigerator or one month in the freezer. Defrost and bake when needed.

2. Store puff pastry or pie with fillings in a freezer. Defrost and bake before serving.

### 擀饼皮 Rolling out pastry

将饼皮放在两张塑料纸中间，会较易将饼皮擀薄。铺饼皮进模子后，须将它放入冰箱里冷藏 20 分钟，让饼皮松弛，以降低收缩的程度（图 1）。

Roll the dough between two plastic wraps to make the rolling process easier. After lining the pastry onto the mould, refrigerate for 20 minutes to relax the dough and minimize the shrinkage (Shown 1).



## 烘烤饼皮 Baking blind

如果塔或派的馅料是流质的，要先将饼皮烤至半熟，然后在饼皮上铺一片锡纸或油纸，再放上豆粒，放入烤炉里。豆粒的重量可阻止饼皮凸起来（图2）。

If the pie or tart filling is a moist one, it is better to part-cook the pastry by cover the base and sides with foil or greaseproof paper first. Then put baking beans on top. The weight of the beans prevents the pastry from puffing up in the baking process (shown 2).

## 模子涂油 Greasing mould

烘焙馅饼前，模子先涂上黄油、人造黄油或白奶油，这样容易扣出馅饼（图3）。

Grease pie pan with butter, margarine or shortening before baking so that the pie can be unmoulded easily (shown 3).

## 刺孔 Pricking holes

用叉子在饼皮上刺孔，让饼皮与模子之间的空气泄出，防止饼皮在烘焙时凸起（图4）。

Pricking the crust with a fork prevents the dough from blistering and puffing up in the baking process (shown 4).

## 铺放饼皮 Lining the mould

用擀面棍将饼皮卷起，较容易将饼皮铺入模内（图5）。

It is easier to line the crust into the mould if transfer it with a rolling pin (shown 5).





# 派与塔的装饰

## Pie and Tart Decoration

### 网纹 Lattice

1. 将饼皮切成长条, 大约 1 厘米宽(图 1)。
2. 将 3 条饼皮放在馅料上面(图 2), 每条饼皮相隔大约 3 厘米。
3. 将 1 条饼皮横放在 3 条饼皮上面(图 3)。
4. 将另外 3 条饼皮放在饼皮与饼皮之间的空位(图 4)。
5. 将底部的饼皮拉起, 再将 1 条饼皮放在上面(图 5)。
6. 将拉起的饼皮放回原位(图 6)。
7. 重复步骤 5 和 6 的做法, 直至网纹完成(图 7)。
8. 稍压在派模边的饼皮, 并将多余的饼皮切掉(图 8)。

1. Cut the pastry into strips about 1 cm wide(shown 1).
2. Lay three strips across the pie filling(shown 2), keeping them neatly parallel and about 3 cm apart from each other.
3. Lay a strip of pastry horizontally across the previous strips(shown 3).
4. Lay another three strips of pastry between the gaps(shown 4).
5. Fold the lower strips of the pastry back. Lay another strip horizontally across the unfolded pastry(shown 5).
6. Lay the folded strips flat again(shown 6).
7. Repeat the step 5 and 6 until a lattice is formed(shown 7).
8. Press this lattice along the edges of the pastry to seal. Trim off the excess pastry(shown 8).

