

## Why it's crucial to bake blind

### BBC iWonder How to prevent a soggy bottom guide (zppbgk7)

**Voiceover:** And now Paul's tip on how to avoid a soggy bottom.

**Paul:** This is how to do it and it's blind baking. You start with your tin. We've already rolled out our shortcrust or sweet pastry and you line the tin gently by pushing the pastry inside, and pushing it right down to the bottom of the base of the tin. You can either use your fingers, or, one of Mary's big tips, is to use a piece of pastry to push inside the flutes of the tin all the way around to make sure the pastry is nice and neat. Personally, I like to use my fingers.

Once you've done that, just fold over the ends and then break it off with your hands by pushing across the top. There you have your lined shell.

Prepare your food wrap. Making two cuts straight down. One the other side, just to make sure it covers all the tin. You would think that food wrap would melt but it doesn't – it bakes rather than melts. Put your food wrap over the top and do exactly the same thing as you did with the pastry, make sure it's pushed in all the way.

So I'm going to use mung beans. They're small, they'll get into the sides and in fact you can use rice if you like – anything you've got that's dry. Put plenty of those in there. Put a bit of pressure in there to force them to the outside. I'd bake that at 200C for about 20 minutes. That will ensure that the pastry is baked all the way around and at the bottom and avoid that soggy bottom.