



Do you really need to blind bake when baking pastry?

Ingredients

Method

Whether you're making a [pumpkin and feta quiche](#) or trying your hand at baking [the ultimate apple pie](#), if you want to ensure your pastries are cooked to perfection then blind baking is essential, right? Well, not if you have a NEFF oven.



What is blind baking?

Blind baking is the process of cooking a pie crust or pastry case on its own before you add the filling to ensure there's a crispy, crusty bake. When you make a pie with a filling that has a high liquid content, this step is usually required so that the crust can maintain its crumbly texture throughout the bake. When blind baking, you need to weigh down your pie crust with baking beans, rice or baking weights to ensure the layers in your pastry don't bubble or rise, and then bake it in a hot oven for at least 30 minutes.

And here's a quick cooking tip for you – if you have a [NEFF Slide & Hide® oven](#), you can effortlessly check the progress on your blind bake with the fully disappearing door. You can also use this innovative technology to easily remove the pastry from the oven without having to awkwardly lean over an oven door.



Do I need baking beans to blind bake?

Many people prefer to use ceramic or metal baking beans (also known as pie weights) when blind baking, as they can be reused. But there are alternatives to baking beans – some of which you may even have in your cupboard.

If you're new to blind baking, the simplest homemade solution is rice. It acts as a great pastry weight and does not burn – plus it's easy to tip out or save to use again. You can also use dried peas or lentils if you have those in your pantry instead.



Do I need to blind bake pastry cases when cooking with wet fillings?

As a general rule, you do need to blind bake when cooking a dish with wet fillings. For example, if you're making a [quiche](#) or [frangipane](#), blind baking the crust first will help ensure the pastry case stays buttery and retains its crunch. This will elevate the overall taste and texture of your dish and stop any of the liquid seeping through.



Will my crust be golden brown if I don't blind bake?

Blind baking isn't the only factor in getting a perfect [golden brown crust](#). Other things that can impact your crust looking and tasting the part include your cooking time, whether you've brushed the outside with an egg yolk or water and the temperature of your oven.



How can I avoid blind baking?

You can skip the whole blind baking method by using the [NEFF Circo Therm® Intensive](#) function. How? The intensive part of this function directs heat to the crust during the cooking process, allowing the bottom to crisp to perfection, while [Circo Therm®](#) helps to efficiently circulate the air within the oven ensuring both the crust and the filling can be cooked at the same time. In this instance, your filling will act as your weights and will stop the pastry from bubbling, rising or generally becoming soggy, while the heat distribution in the oven ensures your crust is cooked to perfection.

Some of our favourite recipes that use the blind baking technique include our [banoffee tart](#) – a delicious sweet pastry dish that will be an instant hit. But if you want to skip the blind bake with the [NEFF Circo Therm® Intensive](#) function, then you can bake savoury classics like our creamy [roast pumpkin feta and sage quiche](#), which makes for an excellent lunch or dinner. Or you give this [refreshing glazed strawberry and blueberry flan](#) a go for your next event – it's a certified crowd favourite.

Want to see a NEFF oven with Circo Therm Intensive® in action? Then [book a free product demonstration](#) today. Our NEFF kitchen experts will show

you how easy it is to bake your favourite pastries in one hit. And they can show you our [brand-new Flex Design range](#). Seamless kitchen design while baking up a storm? Yes please!

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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Notes
