



Gourmet Puff Pastry

Ingredients:

- 250g plain flour, plus extra for dusting
- tsp fine salt
- 250g unsalted butter, cold (preferably European-style for flavour)
- 20ml cold water
- Optional: tsp lemon juice (for added tenderness)

Equipment needed:

- Rolling pin
- Pastry brush
- Plastic wrap
- Baking sheet
- Sharp knife

Introduction

Puff pastry is a classic French dough known for its delicate, flakey layers. Making gourmet puff pastry at home requires patience and precision, but the results are incomparable to store-bought versions. This recipe will guide you through the traditional method to create buttery, crisp pastry perfect for both sweet and savoury dishes.

Directions:

Prepare the Dough

2. In a large bowl, sift the flour and salt together. Add the cold water (and lemon juice, if using). Mix until a rough dough forms. Knead gently for 2-3 minutes until smooth. Flatten into a rectangle, wrap in plastic, and chill for 30 minutes.

Baking Tips:

- Do not overwork the dough; this prevents gluten from toughening the pastry.
- Keep everything cold to ensure the butter layers stay distinct and create puff.
- Bake in a fully preheated oven at 200°C (fan) for 15–25 minutes, or until
- golden and crisp.
- For extra sheen, brush with egg wash just before baking.

Serving suggestion:

- Use for gourmet *pâte feuilletée* dishes like *mille-feuille*, *vol-au-vents*, or *tarte tatin*.
- Ideal for savoury pies, sausage rolls, or cheese twists.
- Pairs beautifully with fruit, cream, and chocolate for desserts.

3. Prepare the Butter Block. Bash down with a rolling pin until it becomes soft.

Make sure your butter stays cold.

4. Place the cold butter between two sheets of parchment paper. Use the rolling pin to flatten into a square about 1cm thick. Chill if it becomes too soft; it should be pliable but not melting.

5. Enclose the Butter

6. On a lightly floured surface, roll out the dough into a square about 1.5 times the size of the butter block. Place the butter in the centre, fold the corners of the dough over to enclose it completely. Seal seams well.

7. Roll and Fold (Turns)

8. Roll the dough into a long rectangle. Perform a single turn: fold the top third down, then the bottom third up over it, like folding a letter. Rotate the dough 90°, wrap, and chill for 30 minutes.

9. Repeat the rolling and folding process 6 times, chilling for 30 minutes between each turn. This creates the hundreds of layers characteristic of puff pastry.

10. Final Chill and Use

11. After the final turn, chill the pastry for at least 1 hour before using. For best results, leave overnight.