

PUFF PASTRY – CLASSIC

Yield: 600g

DÉTREMPE

250g	Bread Flour, sifted
5g	Salt
37g	84% European Butter, melted
125g	Water, tepid

BEURRE MANIÉ

150g	84% European Butter, cold
25g	Bread Flour



METHOD

Remove the butter from the fridge to begin to soften.

First, make the détrempe. In a bowl, place the flour and salt and mix together. Make a well in the centre and add the melted butter and water. Mix by hand until the ingredients are just incorporated. Knead slightly to bring the dough together without developing any structure.

Bring the dough together to form a smooth ball and score a X in the top of the dough. Wrap the dough in plastic wrap and place in the refrigerator for 30 minutes.

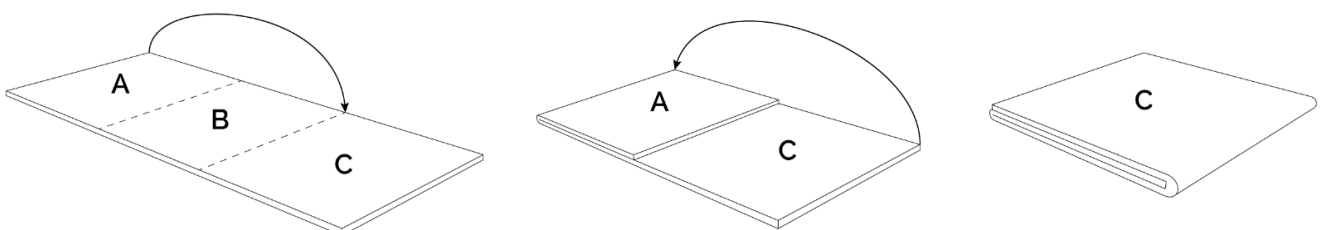
Next make the beurre manié, Place the butter and flour into a small bowl and mix together until they are fully incorporated together. Place the beurre manié between two sheets of parchment paper and form the butter into a square shape, 5" (12cm) in size. Place the butter block into the fridge to firm up.

After the détrempe dough has chilled for 30 minutes, remove from the fridge and place on a lightly floured work surface. Roll each corner of the dough (from the X cut) out away from the centre to form a large X shape. Keep the centre of the dough thicker.

Place the beurre manié in the middle of the dough. Fold the top side of the dough over the butter. Fold the bottom side over the butter. Fold the left side over, followed by the right side. Make sure the edges are sealed.

Using a rolling pin, gently beat the dough to incorporate the butter into the dough, taking care not to tear the dough. Try and maintain a square shape while rolling. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough its first letter fold.

Imagining the dough in thirds, fold A in the right direction to end on top of B. Then fold C in the left direction to end on top of A.



Brush any excess flour off the dough during folding and ensure that the edges are even together and sealed.

Make a small indent in the dough to identify fold 1. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After 30 minutes, remove the dough from the fridge and place on a lightly floured work surface. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough a second letter fold. Brush any excess flour off the dough during folding. Make two small indents in the dough to identify fold 3. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After 30 minutes, remove the dough from the fridge and place on a lightly floured work surface. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough a third letter fold. Brush any excess flour off the dough during folding. Make three small indents in the dough to identify fold 3. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After 30 minutes, remove the dough from the fridge and place on a lightly floured work surface. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough a fourth letter fold. Brush any excess flour off the dough during folding. Make four small indents in the dough to identify fold 4. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After 30 minutes, remove the dough from the fridge and place on a lightly floured work surface. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough a fifth letter fold. Brush any excess flour off the dough during folding. Make five small indents in the dough to identify fold 5. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After 30 minutes, remove the dough from the fridge and place on a lightly floured work surface. Roll the dough out lengthwise, to a thickness of 1cm. Rotate the dough 45 degrees to the right and give the dough a sixth letter fold. Brush any excess flour off the dough during folding. Make six small indents in the dough to identify fold 6. Wrap the dough tightly with plastic wrap and place in the fridge for 30 minutes.

After the last time chilling, the puff pastry is now ready to use.

Puff pastry can be stored for 3 days in the fridge before use or for 2 weeks in the freezer. Wrap very tightly in plastic wrap before storing in the fridge or freezer.