

Puff Pastries



Serves :

-



Prep :

Over 2-3 days
Ideally



Rest :

Freezing : possible
Refrigeration : 12h



Cook :

Temperature : -
Time : -

Special equipment

- Baking paper 30x40 cm >>15x18
- 8mm dough thickness guides
- Rolling pin

- Baking paper 30x80 cm >>20x36
- Plastic wrap

List of recipes

- ✓ Beurre manié (butter block)
- ✓ Detrempe (Dough)
- ✓ Lamination



Steps

~ Inverted puff pastry ~

D - 2

🌀 **Making the détrempe (dough)**

Rest in the refrigerator for a minimum of 2 hours.

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🌀 **Making the beurre manié (butter block)**

Rest in the refrigerator for a minimum of 2 hours.

Page **3**

🌀 **Making the dough and first fold**

Rest in the refrigerator for a minimum of 2 hours.

Page **3**

D - 1

🌀 **Rolling out the dough**

Ideally, allow for 2 hours of rest between each fold.

Page **8**

🌀 **Final rolling**

*Typically rolled out to 2-3mm thickness and then...
Allow to rest in the refrigerator.*

D-Day

🌀 **Using the pastry**

The inverted puff pastry

Unlike classic puff pastry, the détrempe is inside and the "beurre manié" is outside. To make a beautiful puff pastry, it is strongly recommended to start 2 days in advance to respect the refrigeration times.

Ingredients

✓ Beurre manié

- ☑ 375 g ~ Dry butter
- ☑ 150 g ~ Pastry flour

✓ Détrempe

- ☑ 350 g ~ All-purpose flour
- ☑ 115 g ~ Butter
- ☑ 150 g ~ Water
- ☑ 15 g ~ Fleur de sel
- ☑ 1 tbsp of white vinegar

- To simplify your task, create a 20x36 cm template (using a 30x80 cm baking sheet) and a 15x18 cm template (using a 30x40 cm baking sheet)

On day-2, start with the beurre manié.

- Pour 150g of pastry flour into the bowl of the mixer,
- then add 375g of softened butter cut into small cubes.
- Mix with the paddle, gradually increasing the speed until the flour is completely absorbed by the butter.
- Using the 20x36 cm template, flatten the beurre manié into a rectangular shape and refrigerate it for at least 2 hours.

The détrempe:

- Dissolve the salt (15g) in the water (150g) and the white vinegar (1 tablespoon).
- Melt the butter (115 g) in the microwave for 30 seconds and let it cool to room temperature.
- Put 350g of all-purpose flour in the mixer bowl.
- Using the dough hook, slowly add the salted, vinegared water while working with the paddle, then add the cooled melted butter.
- Work at low speed until the dough is smooth and homogeneous. (Be careful not to overwork it, otherwise it will become too elastic!)
- Using the 15x18cm template, give the dough a rectangular shape and refrigerate it for at least 2 hours.

Make the dough:

- Take the beurre manié out of the refrigerator 30 minutes before the détrempe.
- The beurre manié should be soft, i.e., bend easily without breaking.
- Place the détrempe in the middle of the beurre manié and close the butter over the détrempe. Seal the ends.
Refrigerate(cover with plastic wrap).
- On day-1, carry out the folding... (see page 8)



Steps

~ Classic puff pastry ~

D - 2

🌀 **Making the détrempe (dough)**

Rest in the refrigerator for a minimum of 2 hours

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🌀 **Preparing the butter**

Refrigerate for at least 10-15 minutes

Page **5**

🌀 **Making the dough and first fold**

Refrigerate for at least 2 hours

Page **5**

D - 1

🌀 **Making subsequent folds**

Ideally rest for 2 hours between each fold

Page **8**

🌀 **Final rolling out**

*Usually 2-3 mm thickness and then...
Let it rest in the refrigerator*

D-Day

🌀 **Using the pastry**

The Classic puff pastry

Ingredients

✓ Butter

- ✓ 370 g ~ Dry butter

✓ Détrempe

- ✓ 200 g ~ Pastry flour
- ✓ 300 g ~ All-purpose flour
- ✓ 50 g ~ Butter
- ✓ 240 g ~ Lukewarm water
- ✓ 12 g ~ Fleur de sel
- ✓ 1 tbsp of white vinegar

This time, the butter will be inside the dough.

The détrempe :

- Dissolve the salt (12 g) in lukewarm water (240 g) and add a tablespoon of white vinegar.
- Melt the butter (50 g) in the microwave for 30 seconds and let it cool to room temperature.
- Add the sifted flour (all-purpose = 300 g + pastry = 200 g) to the bowl of the stand mixer.
- Pour the melted (cooled) butter and salted water over the flour.
- Mix with the dough hook on low speed.
- You should get a homogeneous ball (be careful not to overwork the dough!).
- Form a ball and cross-cut the top of the ball.
- Cover with plastic wrap and refrigerate for at least 2 hours.

The butter:

- 30 minutes before using the dough, take the butter (370 g) out of the refrigerator and make a template of 15x18cm using parchment paper.
- Place the butter in the center of the template and fold the template over it.
- Tap the butter with a rolling pin to flatten and shape it to fit the template.
- Place the butter back in the refrigerator for 10-15 minutes.
- This should give you a similar consistency between the butter and the dough.
- Flour the work surface.
- Roll out the dough into a rectangle of 20x40cm.
- Place the butter in the center of the dough and seal all the joints.

Begin the folding process after 2 hours of refrigeration.



Steps

~ Quick puff pastry ~

D-Day

👉 **Making quick puff pastry**

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👉 **Quick lamination with 5 simple folds**

Page **8**

Refrigerate for 2 hours

👉 **Final rolling out**

Refrigerate for 1 hour

👉 **Usage**

The Quick puff pastry

Ingredients

- ☑ 250 g ~ All-purpose flour
- ☑ 200 g ~ Butter
- ☑ 120 g ~ Cold water
- ☑ 5 g ~ Fleur de sel

NOTE: All ingredients should be very cold (including the flour).

- In a glass, dissolve 5g of salt in 120g of cold water.
- Cut 200g of butter into cubes of about 2cm in size.
- Add the sifted all-purpose flour (250g) into the bowl of the stand mixer.
- Place the water, butter, and flour in the freezer for 10 minutes.
- Using the paddle attachment on low speed, mix the butter and flour for 1 minute.
- Then gradually add the very cold water.
- Continue mixing with the stand mixer for 1 to 2 minutes, then finish by hand (using fingertips to avoid warming up the dough).
- You should get a ball with visible pieces of butter.
- Generously flour the work surface.
- Roll out the dough into a rectangle of 20x60cm.
- Do not hesitate to put flour on the dough (if the butter sticks).
- Then quickly proceed with 5 simple folds.

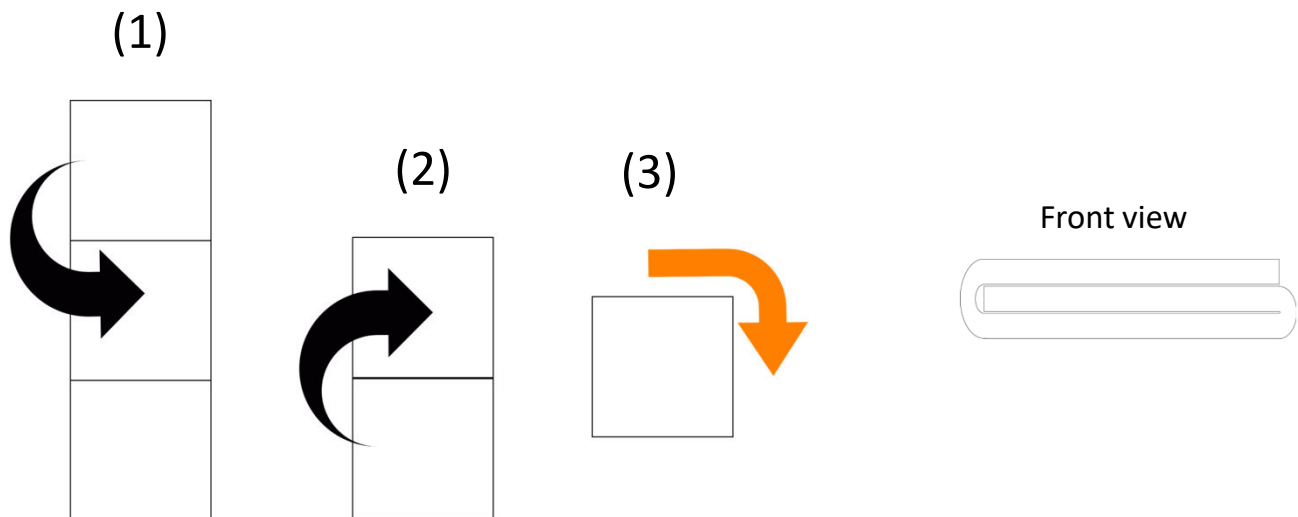


The folding

- Roll out the puff pastry dough to a length of 60 cm (which is the width of the work surface) and approximately 20 cm in width (the final thickness should be about 1 cm)

The simple fold

- Fold the puff pastry dough into 3, so that the 3 parts overlap perfectly.
- The top part overlaps the middle part (1).
- The bottom part comes to overlap the previous 2 parts (2).
- Then, rotate the dough 1/4 turn to the right (3)

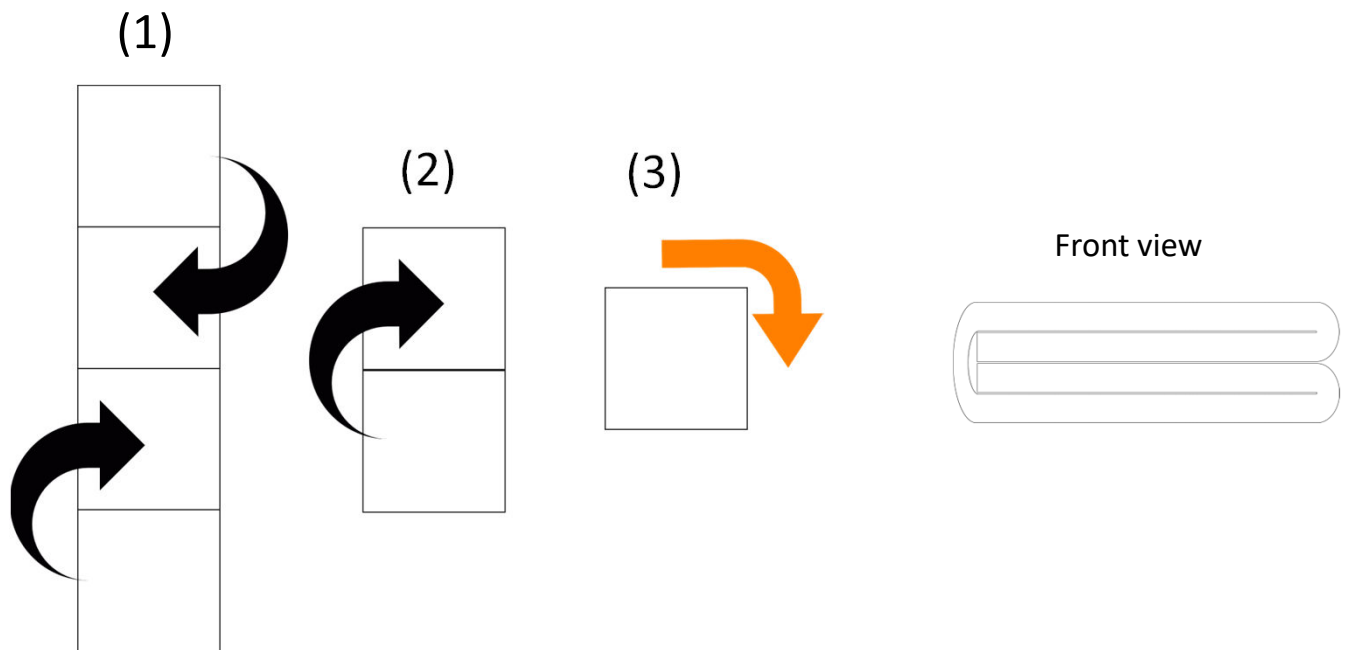


The folding

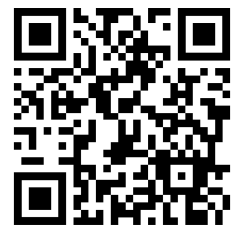
The double fold or « book fold »

Fold the puff pastry dough into 4 so that the 4 parts overlap perfectly.

- o Fold the upper and lower parts (1).
- o Fold the 2 already folded parts in half (2).
- o Then rotate the dough by 1/4 turn to the right (3)



- o As you can see, a double fold (4 layers) is not equivalent to 2 single folds (2x3 layers), we are closer to a factor of 1.5! So, 2 double folds are rather equivalent to 3 single folds.



❖ **Temperature:**

I strongly recommend making your puff pastry in a room that does not exceed 20°C/68°F, as it greatly facilitates its preparation.

❖ **Regarding the butter:**

It is customary to use dry butter sheets for making puff pastry. However, it is also possible to use store-bought butter provided that it contains at least 82% milk fat.

My preferred butter is President butter, but PDO Charentes Poitou and Isigny butters also work very well.

It is best to take the butter out of the refrigerator at least 30 minutes before rolling it out. And very importantly, you need to hit it with the rolling pin to soften it. This will give it elasticity, which is essential if you don't want the butter to break into several pieces.

❖ **The folding:**

Always take your dough out of the refrigerator about twenty minutes before rolling it out; it should be slightly flexible. You can also, just like with the butter, "moderately" hit it with the rolling pin to soften it.

If you want to achieve perfect layering, i.e., with regular and homogeneous layers, you will need to use rulers during the rolling process. Between each folding, a ruler of 8mm to 1cm is perfect. You can find this type of metal or aluminum ruler at hardware stores; they are actually "metal profiles».

❖ **The flour:**

The choice of flour is important because they all have specific properties.

I love to replace all-purpose (T55) flour with 1/3 pastry flour(T45) + 2/3 T65 flour.

I find it easier to work with and even more crumbly in the mouth.