

The shortbread pastry

Sablé



Serves :

-



Prep :

25 min.



Rest :

Freezing : 5 min.
Refrigeration : -



Cook :

Temperature : 320°F
Time : 15-18 min.

Special equipment

- 3 mm thickness guides

List of recipes

- The shortbread pastry (sablé pastry)



Steps

🌀 Cook a hard-boiled egg

10 minutes

🌀 Cream the butter until soft

Store in the refrigerator

🌀 Add flour/cornstarch/powdered sugar

Store in the refrigerator

🌀 Roll out to 2-3 mm thickness

Store in the refrigerator

🌀 Place in the freezer

For 5 minutes

🌀 Baking

At 160°C/320°F for 15-18 minutes

Ingredients

- ☑ 116 g ~ Softened butter (82% fat)
- ☑ 2 g ~ Fine salt
- ☑ 38 g ~ Powdered sugar
- ☑ 104 g ~ All-purpose flour
- ☑ 20 g ~ Cornstarch
- ☑ 6 g ~ Egg yolk (x1)
- ☑ 2 pinches of vanilla powder

The shortbread pastry

- Cook 1 hard-boiled egg (10 minutes in boiling water) and take 6 g of egg yolk.
- Using a stand mixer with a paddle attachment, mix 116 g of soft butter, 2 pinches of salt, and vanilla powder.
- Sift in 104 g of all-purpose flour, 20 g of cornstarch, and 38 g of powdered sugar.
- Once the mixture is homogeneous, roll it out between 2 sheets of parchment paper to a thickness of 2-3mm.
- Place it in the freezer for 5 minutes to remove one of the parchment paper sheets, then bake at 160°C/320°F until golden brown (about 15-18 minutes).
- Store in a dry place



The more sugar there is in a dough, the less waterproof it is after baking.

Sweet and sandy doughs are therefore very permeable, and the bottoms rehydrate quickly. It is preferable to cover the dough with a layer of almond cream for example or to waterproof it with cocoa butter, a yellow egg wash + cream, etc.

❖ Different types of shortbread doughs.

Note that there are several types of shortbread doughs.

- This corresponds to a dough that will often crumble. Indeed, it is much too crumbly and fragile to be used as a pie crust.

Another more conventional recipe

- Butter: 125 g
 - Powdered sugar: 110 g
 - All-purpose flour: 250 g
 - Raising powder (baking soda): 5 g
 - Whole egg: x1 (50 g)
 - Salt: 1 pinch (2 g)
 - Liquid vanilla: QS
- If you want a shortbread dough for pastry shell lining :
 - Butter: 125 g
 - Powdered almonds/hazelnuts: 40 g
 - Powdered sugar: 85 g
 - Large whole egg: x1 (60 g)
 - Fleur de sel: 1 pinch (2 g)
 - Liquid vanilla: QS
 - All-purpose flour: 200 g
 - Starch (cornstarch): 40 g

Sand the flour and the cold butter cut into small cubes.

Add the eggs, powdered sugar, powdered almonds, starch and salt.

Knead lightly without overworking.

Fold, roll out and film in contact.

Refrigerate.

Roll out to 3 mm and bake at 170-180°C/338-356°F.