

Miele

Puff pastry

By Shannon Bennett

30 minutes plus refrigeration time

Preparation time

Makes 1 kg pastry

Serves



INGREDIENTS

500 g butter

150 ml water

1¼ tsp salt flakes

1 egg yolk

½ tsp white wine vinegar

495 g plain flour, sifted

METHOD

1. In a small pan, melt 50g of butter then whisk in the water, salt, egg yolk and vinegar.
2. Using a mixer with a dough hook attachment, place 320g of flour and pour in the contents of the pan. Mix slowly until it is all fully combined. This is called the détrempe.
3. Tip out the dough and form a ball. Wrap the dough in cling wrap and allow to rest in the refrigerator for at least 3 hours.
4. Place the remaining flour in a bowl of the electric mixer, fitted with a dough hook attachment. Soften the remaining butter, add to the flour and mix until fully combined on low speed.
5. Place on a lightly floured surface and shape into a square. Wrap the dough as before and allow to rest in the refrigerator for at least 3 hours.
6. Remove pastry from the refrigerator. On a lightly floured surface roll out the détrempe into a square twice the size of the square of dough. Place the smaller square into the centre and fold the corners in to meet in the centre, like an envelope. Roll out to a rectangular shape about 2cm thick. Fold it into thirds, starting with the shortest edge furthest away from you. This is known as a simple turn. Turn the dough 90° and roll again to about 2cm thick. Turn the dough 90° degrees again and fold the ends to meet in the centre and fold over itself again from left to right. This is called a book turn. Wrap the dough as before and allow to rest in the refrigerator for at least 3 hours.
7. On a lightly floured surface, roll out to a rectangle 2cm thick and do a simple turn then roll again and do a book turn. Refrigerate pastry until you need to roll it out for your recipe.
8. Remove from the refrigerator 30 minutes before you need it.

Hints and tips

- Make the puff pastry recipe well ahead of time as there is a lot of chilling time required.
- Freeze any leftover pastry for up to 3 months.