



CATEGORY

Pies & Savoury

PUFF PASTRY – FRENCH METHOD (3/4 PASTE)

INGREDIENTS

Group 1

Ingredient	KG	%
Flour	2.000	100.00
MORAH CAKE	0.300	15.00
	0.020	1.00
Total Weight:	2.320	

Group 2

Ingredient	KG	%
Water (variable)	1.000	50.00
Total Weight:	1.000	

Group 3

Ingredient	KG	%
	1.200	60.00
Total Weight:	1.200	

METHOD

Rub together Group 1. Add Group 2 and make a smooth tough dough free from scrappy pieces. Work Group 3 either by hand or machine until smooth and plastic. Knock into square block 3cm thick. The consistency of the Pastry Margarine after working should be taken as a guide in making up the dough. It is important that Pastry Margarine and dough are of the same consistency. The water quantity quoted may need to be varied accordingly. After the dough has rested and recovered for a few minutes roll it out into square shape about 45 x 45 x 2cm thick. Place the Pastry Margarine in the centre and fold the edges over so that the pastry margarine is completely enclosed. Press down and ensure that the Pastry Margarine is evenly distributed between the two dough layers. Now proceed to roll the dough to about 12mm thickness and about twice as long as broad. Brush free from dust and give the first half-turn (sometimes called Ôthreefold turnÓ). Immediately give the second half-turn and allow to rest until recovered. Then give two more half turns and allow to rest for about 10-15 minutes. After a further two half turns (making six in all) the pastry will need to rest for 10-15 minutes before rolling and cutting out.