

### Basic Quick Puff Pastry

3 cups all-purpose flour

1 cup cake flour

1 1/2 lb. Well-chilled unsalted butter

1 ½ tsp. Salt

½ cup ice water

Place flour in the Bosch mixing bowl. Cut the butter into ½ inch pieces and add to the flour. Add the salt and blend the flour and butter together using the cookie paddles, until the butter is roughly the size of large lima beans. Blend in the water, mixing just until the dough masses roughly together, but butter pieces remain about the same size. Turn the dough out onto a lightly flour board and rapidly push and pat and roll it out into a 12"x18" rectangle. It will look an awful mess. I like to use a pastry cloth or even a piece of aluminum that I have stuck to the counter with a little oil to roll the dough into the rectangle. Lightly flour the top of the dough and using the pastry sheet or foil to help you, flip bottom of the rectangle up over the middle, and then flip the top down to cover it, as though folding a business letter. Lift dough off work surface with the pastry sheet, scrape work surface clean, flour the surface lightly, and return dough to it, setting it down in front of you so that the top flap is at your right, lightly flour top of dough, and pat, push, and roll it out again into a rectangle: it will look a little less messy. Fold again into three as before—each of these roll and fold operations is called a “turn” Roll out and fold 2 more times making 4 turns in all, and by the last one the pastry should actually look like dough. (All the folding gives the puff pastry the layers of flaky pastry required for puff pastry.) You should see large flakes of butter scattered under the surface of the dough, which is just as it should be. Wrap the dough in plastic, place in a plastic bag and refrigerate for 40 min. or more to firm the butter and relax the gluten in the dough. Give the dough 2 more turns, beating it back and forth and up and down, first if chilled and hard (with a rolling pin). Let dough rest another 30 min. If it seems rubbery and hard to roll: then it is ready for forming and baking. From this dough you can make, cream puffs, echo cakes (with currants) , éclairs, and pastry horns.

HEALTHYKITCHENS.COM