



Puff Pastry

Puff pastry is formed by layering fat and dough together. As the fat melts, the resulting steam is trapped in these layers and light, crisp puff pastry is made. It is essential to keep all the ingredients cold for the process, and untreated flour can give a more even pastry.

INGREDIENTS

	lbs	oz	kg	g
Flour	16	00	7	680
Salt	0	02	0	60
Cake margarine	1	00	0	480
Water	10	00	4	800
Puff pastry marg(cut into 2" cubes)	11	00	5	280

INSTRUCTIONS

SCOTCH METHOD.

- Place all the ingredients in the mixing bowl and mix for 15 – 30 seconds on high speed taking care not to mix the pastry fat into the dough.
- Divide into 8 lb. blocks and give 5 x ½ turns resting for 20 minutes between turns.

ENGLISH METHOD.

- Place all the ingredients except the puff pastry fat into the mixer and develop into dough.
- Pin the dough into an oblong and cover two thirds with the pastry marg.
- Fold the uncovered flap of dough over one third of the pastry marg and fold again to end up with 3 layers of dough and 2 layers of fat.
- Give 5 x ½ turns and rest between turns.

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