

Puff Pastry

Introduction

This is a very simple recipe that you can knock up in small batches.

I use the “cups” measure to make it even simpler!

The real trick with any puff pastry is the rolling and folding (laminating).

It's also important that the pastry is cold when it goes into a pre-heated oven. This will cause the butter to melt and the steam, trapped in the dough through laminating, is what creates the flaky layers.

Ingredients

- 1 Cup Plain Flour
- ½ Teaspoon of Salt
- ½ Cup of Unsalted Butter
- ¼ Cup of COLD water

Options

- I'm sure you can make this with salted butter, but I think it's a bit salty for me.
- If you are really concerned about your salt intake, you can consider just adding a ¼ teaspoon of salt to the unsalted butter.

Equipment

- 3 Cups
- Mixing Bowl
- Rolling Pin
- Large chopping board for rolling pastry
- Cling Film

Preparation

There's nothing to prepare!

Method

Cut the butter into small pieces

Mix the salt into the flour in a mixing bowl.

Add the butter and toss it around until it is coated with flour

Add the water a little at a time and mix to make a thick dough. Note that you may not need all the water – or you may need a bit extra!

Once you can form the dough in a single, stiff, ball, roughly flatten it by hand to create a disk as this will cool quicker.

Wrap it in cling film and refrigerate for an hour or so.

Add a sprinkling of flour to the chopping board and to the rolling pin.

Remove the dough from the fridge and remove the cling film.

Roll the pastry to about ½ cm thick.

Fold over one edge to about two-thirds across then fold the other edge over the first one. You will now have a rectangle of dough, with three layers.

Rotate 90° and repeat.

You want to do this, maybe 5 or 6 times.

Once complete, wrap in cling film and put it back in the fridge.

Leave the dough in the fridge until you need it. You want to minimise the time out of the fridge before it goes in the oven.

Get the oven on and make sure it is properly pre-heated. Roll the dough to your required size, add to your pie and get it in the oven!

Portions

Number of portions 4

Storage

Suitable for freezing.

I tend not to freeze it just as blocks of pastry but will freeze it on top of things such as a Steak Pie.

Check out the individual recipes to see if they are suitable for freezing.

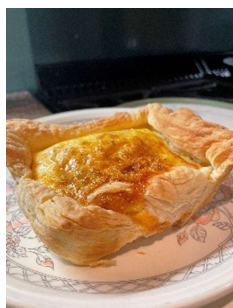
But, of course, you can freeze it if you want to save time later.

Examples for Use

Ham & Egg Pie



Ham & Egg Pie with home made pastry – before cooking



Ham & Egg Pie with home made pastry – after cooking

- Lightly fry the ham or pancetta
- Beat the eggs
- **Line the foil tray with puff pastry**
- Add the pancetta to the dish
- Add the egg to the dish.
- Not suitable for freezing.

Steak Pie for Freezing



Steak Pie with home made pastry and sides.



Different version - On the plate.

Note that the pastry may not rise as well as the "shop bought". It's all about laminating!

- Fully cook the meat
- Add the meat to a foil tray
- **Add the puff pastry**
- Do not cook the pastry
- Seal in a freezer bag
- Defrost in the fridge and remove from bag before cooking