



# Puff Pastry Products



# Puff Pastry Palmiers



## Input:

- 225g plain flour
- Small ¼ tsp salt
- 100g margarine fat
- 50g white fat or trex
- Very cold water, 8 tblsp

## Process:

1. Sieve flour and salt into a bowl.
2. Cut cold fat (lard and margarine) into flat pieces and add to the bowl.
3. Stir fat in with a knife, do not squash, measure about 100ml water.
4. Measure 6 tablespoons water into flour and mix to a **stiff** dough with a knife be careful not to squash fat lumps. Add more water if needed.
5. Gently press into brick shape then roll out onto a floured surface into a strip.
6. Fold pastry into 3. Turn towards you, open end facing you, seal edges with rolling pin. Roll and repeat this three/four times in total.

## How to make your Palmiers

7. Roll into rectangle, thickness as £1 coin.
8. Spread with tomato puree and any other fillings you want, season with pepper and herbs.
9. Dampen the edges.
10. Roll up and cut into 2cm slices with a sharp knife.
11. Place on tray, glaze with a little milk to get a golden glow and bake 15 minutes at 200oC/Gas 6.
12. When golden and crisp remove from tray with fish slice and place on wire cooling rack.
13. Make sure your area is clean!

# Puff Pastry Process



## Input:

- 225g plain flour
- Small ¼ tsp salt
- 100g margarine fat
- 50g white fat
- Very cold water, 8 tblsp
- 2 tsp lemon juice (optional)
- Fillings from design

Apples and sugar

## Process:

Oven to 220oC, Gas 7

1. Sieve flour and salt into a bowl. Cut cold fat (lard and margarine) into flat pieces and add to the bowl.
2. Stir fat in with a knife, do not squash, add lemon juice and most of water, mix to a **stiff** dough. Add more water if needed.
3. Gently press into brick shape then roll out onto a floured surface into a strip.
4. Fold pastry into 3. Turn towards you, open end facing you, seal edges with rolling pin. Roll and repeat this three times in total.

**5. Prepare filling. Peel slice and gently cook apples in a little water until starting to soften.**

**6. Roll to thickness of pound coin, cut into shapes, fill dampen and seal edges, decorate and cook 15 - 20 minutes until golden and risen.**

**7. Wash equipment and clear area.**

# Cheesy Twists Process

## Input:

- 225g strong or plain flour
  - Small ¼ tsp salt
  - 100g margarine fat
  - 50g white fat
  - Very cold water, 8 tblsp
  - 2 tsp lemon juice (optional)
  - Grated cheese, herbs etc
- A container to carry home

## Process:

Oven to 200oC, Gas 7

1.Sieve flour and salt into a bowl. Cut cold fat (lard and margarine) into flat pieces and add to the bowl. Add grated cheese.

2. Stir fat in with a knife, do not squash, add lemon juice and most of water mix to a stiff dough. Add more water if needed.
3. Gently press into brick shape then roll out onto a floured surface into a strip.
4. Fold pastry into 3. Turn towards you, open end facing you, seal edges with rolling pin. Roll and repeat this three times in total.
5. Roll to thickness of pound coin, cut into strips and twist to make cheesy twists. Place on tray.
6. Cook 10-15 minutes until golden puffed up and risen.