

ROUGH PUFF PASTRY

QUANTITY: 500g

INGREDIENTS:

- 1 2/3 cups (250g) plain flour
- ¼ teaspoon salt
- 1 egg yolk
- ½ cup (125ml) water
- ¼ teaspoon lemon juice
- ¾ cup (185g) butter, margarine or dairy blend



METHOD

1. Mix flour and salt
2. Cut butter into pieces the size of a walnut and add to flour. Do not rub in.
3. Beat egg yolk, add water and lemon juice.
4. Add liquid to flour slowly and mixing to a soft dough without breaking pieces of butter.
5. Turn onto floured bench, shape into rectangle
6. Roll pastry lightly, keeping rectangular shape.
7. Sprinkle lightly with flour and fold into three by placing the lower third over centre third and top over lower third. Rest pastry in refrigerator 5 minutes.
8. Turn pastry so that the folded edge is to the left. Press the rolling pin at intervals along the pastry to evenly distribute the butter. Roll out again, rolling away from you to keep the layers of flakes even in the pastry. Use short light strokes and keep pastry in good rectangular shape.
9. Proceed as before, sprinkling with flour and rolling and folding until pastry has been rolled and folded three times. Rest the pastry in refrigerator 5 minutes after each folding.
10. Cover and place pastry in refrigerator until Required.