

SABLÉ BRETON/ BRETON DOUGH

For 600 g of dough

- 3 large egg yolks
 - 140 g / scant $\frac{3}{4}$ cup granulated sugar
 - 150 g / 10 $\frac{1}{2}$ tablespoons soft unsalted butter
 - 200 g / 1 $\frac{1}{2}$ cup flour (can mix $\frac{1}{2}$ whole wheat pastry flour and $\frac{1}{2}$ all purpose)
 - 1 teaspoon baking powder
 - $\frac{1}{2}$ teaspoon salt
 - 70 g / $\frac{3}{4}$ cup almond flour
 - OPT: 80 g / $\frac{1}{2}$ cup multi-grain mixture
1. Place yolks and sugar in the bowl of a stand mixer with whisk attachment and beat for about 5 minutes until blanched and thickened.
 2. Switch to the paddle (or use a spatula by hand) and blend in softened butter.
 3. Sift in the flour and baking powder, add the salt and almond flour and blend all.
 4. Blend in grains, if using.
 5. Wrap in plastic wrap and chill at least one hour before use. This dough keeps well in the fridge for 3-4 days or in the freezer, well wrapped, for up to 3 months.

When baking Breton dough, the quantity of dough needed will depend on the size of tart form or ring chosen, as well as the thickness of the dough. When thicker, the result is a more cake-like, chewy texture, whereas when thinner the result is more akin to a crispy shortbread cookie.

Butter any metal form or pan you might use, but you can also bake the dough in silicone molds – no buttering necessary. Yay!

There are a number of ways to use Breton dough. Here are just a couple!

- Press it into a tart pan or silicone mold, creating your own desired thickness and top it with almond cream and fruit before baking. Or simply top with your favorite jam and crumble and bake.
- Bake $\frac{1}{2}$ - $\frac{3}{4}$ inch thick rounds (it's a delicious butter cake this way!), either in individual size rings/pans/molds or in a full size cake or tart pan. Once baked and cooled, serve with your favorite fruit, some toasted nuts and a scoop of ice cream or sorbet.