

## ***BASIC BUN AND DANISH DOUGH***

Yield varies depending on your cutting and shaping choices but is generally 16-18 pastries from the base recipe.

Basic bun dough (*pulla* or *bollar/bullar* depending on which Scandinavian country you're in) is a cardamom scented, slightly sweet and enriched dough that can be used for all manner of pastries. It's very similar to croissant *détrempe* save for a bit more sugar and butter and replacement of some of the milk with egg. If you're not a cardamom fan, leave it out or sub in cinnamon or a mix of spices that suit you. The base bun dough is typically enhanced with various fillings to create different flavors.

Danish dough (referred to as *wienerbrød* in Denmark) takes the basic bun dough a step further by incorporating a butter block and putting the dough through the traditional folds of lamination (like croissant and puff pastry). This yields a more layered and even richer dough.

Here I assume that the reader understands how to do the lamination steps – choices are three 3-folds (business letter) or two 4-folds (book).

I highly recommend weighing your ingredients using a digital scale – it's much more accurate than measuring!

When using instant yeast, it isn't necessary to "proof" the yeast first in tepid liquid with a bit of sugar. Just blend it in with the dry ingredients and proceed.

### **Basic bun dough**

- 500 g / scant 4 cups all purpose flour (option 450 g all purpose + 50 g bread flour)
- 75 g / slightly mounded 1/3 cup sugar (granulated, light or dark brown all work!)
- 8 g / 1.5 teaspoons salt
- 1-2 teaspoons ground cardamom (to your taste); substitute cinnamon or a spice mix of choice or just stick with vanilla extract if you prefer.
- 8 g / 2 ¼ teaspoons plus a pinch instant yeast
- 240 ml / 1 cup whole milk, cool or room temperature
- 1 large egg and 1 large yolk
- 1 teaspoon vanilla extract or paste
- 84 g / 6 tablespoons unsalted butter, cubed and soft

***Beurrage*/butter block (if making laminated Danish dough)**

- 255 g / 9 ounces unsalted butter
1. Place flour, yeast, sugar, salt and cardamom or spice of choice (if using) in the bowl of a 5 or 6-quart stand mixer. Place the salt and yeast on opposite sides of the bowl until ready to mix so the salt won't inhibit the yeast. Give it a brief mix with a spatula to blend.
  2. Add the milk, egg, yolk and vanilla; stir with a rubber spatula to initiate the blending then with the mixer fitted with the dough hook, blend on lowest speed ("stir" if using a Kitchenaid) while adding the soft butter.
  3. Once everything is incorporated and the dry ingredients have been picked up from the bottom of the bowl (usually a minute or so), place on low (speed 2 if using a KitchenAid) and knead for 4 minutes.
  4. Turn the dough out onto a lightly floured surface, cover with film wrap and let rest at room temperature for 45-60 minutes.
  5. Give the dough a fold, form a ball, wrap tightly with film wrap and refrigerate at least 4 hours or overnight.
  6. Proceed with rolling out, filling and shaping as desired.

If making Danish dough and proceeding with laminations:

1. Place the butter for the *beurrage* between layers of film wrap, tap with a rolling pin and form a square of approximately 5-6 inches. Hold in the fridge until ready to envelope it in the dough. NOTE: the butter should remain cool yet malleable – I typically take my butter block out of the fridge 15-20 minutes ahead of the *beurrage* to let it warm a bit.
2. Perform the *beurrage* then proceed with the first three-fold (also referred to as a business letter fold). Wrap the dough and let it rest in the fridge for 30-45 minutes. Perform two more business letter folds remembering to turn the dough 90° before rolling it out for each fold and letting the dough rest 30 minutes between each. OPT: to shorten the process perform two 4-folds (book folds) instead.
3. Once all folds are completed, wrap and refrigerate the dough for at least one hour or up to 12 hours before rolling it out for final cutting and shaping.
4. You can also freeze the dough for up to one month. Take it out and thaw it in the fridge overnight before use.

## *the french tarte*

the sweet taste of france

There are many shaping and filling options for both the basic bun and fully laminated Danish dough. Just use your imagination and go for it! There are many online resources to help you discover how to do it all.

Here's a basic filling for Swedish cardamom buns: 80 g soft unsalted butter; 80 g sugar (white or brown); one tablespoon flour; a teaspoon vanilla extract or paste; added spice if desired e.g. cardamom or cinnamon or a mix of your choosing.

A few tips:

1. 65-68° is a good kitchen temperature in which to work with laminated dough.
2. Dough and butter should remain cool. If butter breaks through or the dough/butter become too soft, wrap and chill for 10-15 minutes to firm things back up.
3. Frequently lift and fluff the dough as you work, lightly flouring the work surface as needed to prevent sticking. Brush excess flour from the dough before doing the folds.
4. If the dough resists you, cover it and let it rest 5-10 minutes before proceeding.

**IMPORTANT:** Do NOT let laminated pastries rise at warmer than 78° or the butter may start leaching out before baking.

It's best to have a warmish, moist environment for rising. I often use my turned off oven with a pan of warmish-hot (not burning hot or boiling) water in the bottom. If my oven is in use, I put a small cup of warm water on or next to the sheet pan on which the pastries are placed and overturn a clear tote bin over the pan to enclose them.

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