

KOUIGN-AMANN (FOR 12-16 PASTRIES DEPENDING ON SIZE)

Well known in Brittany, *Kouign-amann* (Celtic for butter cake) is a delicious caramelized, flaky and buttery pastry made with dough that is similar to croissant dough. It is generally made with water instead of milk, has a higher overall butter content and the last 2 folding steps are done by rolling the dough in sugar rather than flour, thus creating the buttery caramel treat that is *Kouign-amann*. It can be made as either a single 8-9" "cake" or as individual pastries, either spiraled or muffin-like with folded corners.

Note: this recipe assumes you are familiar with the steps involved in making laminated dough: the enveloping of the butter in the dough (*beurrage*) followed by the folds and turns. There are many recipe variations out there and many online sources/videos showing *beurrage* and folding methods.

For this dough you can start with a 4-fold (book fold) and follow it with two 3-folds (business letter fold) or do a total of four 3-folds. Both results will be delicious!

I strongly recommend weighing your ingredients – grams are more precise than ounces. There are a number of digital scales available for the home baker – OXO Good Grips and Escali are two with which I'm familiar.

***Détrempe*/dough**

- 550 g flour (500 g / scant 4 cups all purpose flour + 50 g / slightly mounded 1/3 cup bread flour)
- 5 g / 1.5 teaspoons plus a pinch instant yeast
- 50 g / ¼ cup granulated sugar
- 12 g / 2 ¼ teaspoons kosher salt (or 2 teaspoons fine sea salt)
- 350 ml water (can do ½ water and ½ whole milk if desired)
- 20 g / 1.5 tablespoons unsalted butter, soft

***Beurrage*/butter block:** 400 g / 14 ounces unsalted butter

Sugar for rolling: 250 g / 1 1/4 cup granulated (you may not use it all)

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1. Place all dough ingredients in the bowl of a 5 or 6-quart stand mixer and give it a brief mix with a spatula to blend.
2. With the dough hook knead the mixture on “stir” (if using a Kitchenaid) until all the flour is moistened then continue kneading on low (speed 2) a minute or two just to bring the dough together. Alternatively you can do this by hand, kneading for 3-4 minutes.
3. Place the dough in a lightly buttered bowl and cover with plastic wrap. Let rest at room temperature 60 minutes.
4. Stretch, fold and shape into a ball. Wrap in plastic wrap and refrigerate at least 2 hours and up to 8.
5. Place the butter for the *beurrage* between layers of film wrap, tap with a rolling pin to soften and form a 15 cm (6 inches) square, approximately 5-10 mm (1/4-1/2”) thick. Hold in the fridge until ready to envelope it in the dough. NOTE: once the block is formed 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.
6. When ready, take the dough out of the fridge and, on a lightly floured surface, roll it out to a rectangle about 6-7” wide and 16” long. Place the butter square in the center of the dough and fold the top dough edge down and the bottom edge up, meeting in the center to cover the butter. You may have some overlap - that’s OK. Pinch the edges of dough closed along the sides to completely envelope the butter.
7. Turn the dough/butter package seam side down and tap across the dough with your rolling pin from top to bottom to get things started. Then roll the dough out to a length about three times its width, always rolling to and away from yourself along the length of the dough. Fold the dough in thirds, top down, bottom up just like a letter - this is the first three-fold or business letter fold.
8. Wrap the dough and let it rest in the fridge for 30-45 minutes. Remember to turn the dough 90° (positioned as though the “spine of the book” is on your left) before rolling it out for the next fold.
9. Do the second 3-fold, wrap and rest in the fridge 30-45 minutes. NOTE: You can do the first two three-folds back to back as long as your kitchen isn’t too hot and your dough and butter remain cool.
10. Now switch to rolling the dough in sugar and do two additional 3-folds back to back. At this point let the dough rest 30 minutes AT ROOM TEMPERATURE. If

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you rest the dough in the fridge at this point, the sugar will start to liquefy and things will become a soupy mess.

11. Prep standard muffin tin(s) by buttering and sugaring the wells.
12. Still rolling in sugar, now roll the finished dough out to a 30 cm (12") by 40 cm (16") rectangle. Cut twelve 10 cm x 10 cm (4"x4") squares, fold the corners into the center pressing them down firmly with your finger tip. Place them in the prepared muffin pans. NOTE: if you'd like slightly smaller pastries, roll the dough out to a 28 cm x 28 cm (~11"x11") square and cut sixteen 7 cm squares instead.
13. Cover lightly with plastic wrap and let the pastries rise at room temperature for 45-60 minutes. Meanwhile heat the oven to 375°F.
14. Bake for 20-25 minutes until caramel-y golden brown. Let cool just a few minutes then turn them out of the pans onto a cooling rack. Use an offset spatula if needed to free up the edges. If you let them cool too long in the pan, they will be difficult to get out - if that happens, pop the pan(s) back into the oven for a minute or two to soften the caramel. Then go for it!

TIP: To clean your pans, fill the wells with very hot water; place them in your warm oven for 10-15 minutes to soften any stuck on bits of caramel. Wash with hot soapy water.

A few tips when making laminated dough:

1. 65-68° is a good kitchen temperature in which to work.
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 (however, DO NOT brush the sugar off when making *Kouign-amann*!)
4. If the dough resists you, cover it and let it rest 5-10 minutes before proceeding.
5. Remember every oven is different so pay attention to what's happening in there. Don't be afraid to turn the oven down a bit if things seem to be browning too quickly.

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