

the french tarte

the sweet taste of france

Pâte feuilletée rapide / Quick puff pastry (food processor version)

Ingredients

- 500 g all purpose flour
 - 500 g cold unsalted butter, cubed
 - 2 teaspoons / 10 g salt
 - 220-250 g ice water (Tip: have a container with water/ice cubes in your fridge then measure out your cold water from that).
1. Place the cubed butter in the freezer for 20 minutes.
 2. Place the flour and salt in the bowl of a food processor with the blade in place. Pulse briefly to mix.
 3. Add the cubed butter and pulse intermittently until the butter is dime sized.
 4. With the processor running, drizzle in the cold water just until the dough comes together.
NOTE: I like to turn it off intermittently as I'm drizzling so I don't completely process the butter pieces.
 5. Turn the dough out onto a lightly floured surface and do a couple of quick kneads to incorporate any loose flour. It will look pretty rough.
 6. Shape into a rough rectangle, wrap and chill for at least 30 minutes.
 7. Now proceed with two "book" or 4-folds followed by two "letter" or 3-folds. Don't forget to turn the dough 90 degrees after each fold. The dough will be sticky at first but will smooth out as you go. Rolling it between two pieces of lightly floured plastic wrap is helpful in the beginning.
 8. Wrap the dough and let it rest in the fridge for at least an hour before rolling out for your recipe.
 9. If you won't be using the dough in the next day or two, freeze well wrapped for up to 2 months. Thaw in the fridge overnight before using.

Option: for a spelt version use 250 g all purpose flour and 250 g spelt flour.

Susan VandenBerg

mobile: 774.280.4803 email: susan@frenchtarte.com web: www.frenchtarte.com