

Rough Puff Pastry

Serves: Makes enough pastry to fit a 25-30cm tart tin

Recipe source: Julie Goodwin's Essential Cookbook (page 234 "Rough Puff Pastry")

Preparation time: 20 minutes plus resting time

Ingredients:

1½ cups plain flour

½ teaspoon salt

180g unsalted butter

80ml ice cold water 2 cups self-raising flour

What to do:

1. Place the flour and salt in a large bowl and grate the cold butter into the bowl. Mix well with your hands to distribute the butter evenly.
2. Add the water and gently mix.
3. Tip onto a lightly floured work surface and bring together just enough so that the dough is lumpy and butter is still visible. It is important not to overwork the dough with too much kneading.
4. Shape the dough carefully into a square shape and dust the top and bottom of the pastry lightly with a small amount of flour. Roll out to form a rectangle about 30cm long and 15cm wide. Dust off excess flour with a pastry brush – this is to prevent trapping too much flour every time the dough is folded.
5. Fold the dough into thirds so the top and bottom overlap to form an envelope like rectangle. Turn the dough by a quarter of a turn and roll out again to a 25cm long and 15cm wide rectangle. Fold into thirds again, then dust lightly with flour and brush off excess with the pastry brush. Repeat the rolling and folding 4 more times so that you have done this step 6 times. Your rectangles will get neater and neater every time you fold and roll out.
6. After the sixth and final fold, tap the edges with the rolling pin to make and even square shape. Place onto a plate and cover in plastic wrap then chill in the fridge for 2 hours. Allow the pastry to sit at room temperature for 30 minutes before using.

Notes:

- The dough is best to make on a cool day or in a cold kitchen. If the kitchen is too warm, the butter will begin to melt and the dough will become greasy and not form separate pastry layers when cooked. To prevent this from happening, after each fold, cover the dough and refrigerate for 10 minutes or until the butter is firm before rolling out.