

PUFF PASTRY (PASTA SFOGLIA)

INGREDIENTS:

½ cup unsalted butter
1 ¼ Flour 00, plus extra for dusting
Salt
Water



INSTRUCTIONS:

Combine the butter and ¼ of the flour using a metal spatula. This helps to prevent the heat of your hands from making the mixture too soft! In fact, the secret of successful puff pastry is the right balance of temperature between the different ingredients.

When the butter has absorbed the flour, shape the dough into a ¼ inch thick square on a lightly floured counter. Combine the remaining flour with a little water and a pinch of salt until soft.

Shape into a circle and place in the middle of the dough square. Gently lift the four corners of the square and bring them together in the middle covering the round. Using a rolling pin, roll out into a rectangle with the short side towards you. Turn the dough a quarter turn.

Lift up the right-hand short side and fold it toward the middle of the rectangle. Do the same with the left-hand side. Fold the pastry in half again so that it looks like a square book. This is the first pastry fold. Roll out the square into a long rectangle, always rolling into the same direction and repeat the pastry fold. Do this for times. Between each fold chill the dough in the refrigerator for 10 minutes. Bake in preheated oven to 400-425 F° for about 15/20 minutes