Brioche Feuilletée

Puff Pastry Brioche

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Brioche Feuilletée / Puff Pastry Brioche Recipe.

Makes 14.
4 cups (500g) all-purpose flour
2 tsp (10g) salt
0.2 cup (40g) sugar
2 packs (14g) instant yeast or active or 30g fresh yeast
3 Tbsp (50g) butter, cubed
0.7 cup (150g) milk at room temp
3 ea. (150g) whole eggs.

Butter Slab for Folding (Tourage)
0.7 lb. (300g) European style high quality butter (83/86% butterfat) at room temp.

Method by Hands
In a large bowl, mix dry ingredients together with the cubed butter. Add milk and eggs and mix until combined. Transfer mixture on work surface and knead for 10 minutes; scraping off fingers as it goes. The dough should become more elastic and smooth after 5 minutes of kneading. Do not add extra flour. Once completely smooth, shape dough into a tight ball and place in a greased bowl. The internal temperature should reach about 77ºF (25ºC). Wrap up and let rise in a warm place ≈ 85ºF (30ºC) until it has trippled in size. Deflate dough and fold into a firm and flat log onto a lighlty floured work surface. To cool dough faster: wrap up and freeze for 30 min on each side or refrigerate overnight. Meanwhile, work room temp butter into a 6 inch square slab using a ziploc bag or parchment paper; chill.
With Stand Mixer: mix on 1st speed for 4 min and 10 min on 2nd speed.

Folding / Laminating Process / Tourage
Pull butter slab from the fridge 20 minutes prior folding; butter's temperature should be around 60°F (15ºC) when you start the lamination. If it's too warm or cold, stick it in the fridge / leave it out, respectively.
Gently, flour work surface and dough. Roll out chilled dough twice larger than butter slab. Place butter and fold the top of the dough over the butter. Flatten the book until it thins out a bit before going at it with the rolling pin. Brush out any excess flour. Make the first fold by taking the right one-third of the dough and folding it across like an enveloppe (giving the first single turn / tour simple) – wrap up and chill for 30 min. Perform the steps just as you did for the first fold and give a second single turn. Wrap up and chill for 45 min. Time for the last fold (third), repeat the same procedure, wrap up and chill for an hour or more. Total folds / single turn / Tour simple: 3.

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As it goes with any dough that contain a fair amount of fat, the room temperature should not exceed 77ºF (25ºC) while rolling it.
Brioche feuilletée offers many ending options using different type of molds or none. Serving size ≈ 3 ounce (90g). For instance if using a mini loaf pan, you would need 9 ounce (270g) of brioche.

Roll out chilled dough into a 20x12 inch (50x30cm) and 1/4 inch (≈5mm) thick sheet. Divide into 7 strips from bottom to top and cut in half lenghtwise ending up making 2.5x5 inch (6x12cm) 14 portions. Make 2 cuts (3.5 inch / 9cm) on each portion, braid and carefully shape into a ball. (Brioche feuilletée can be kept frozen for up to a month). Place in greased pastry rings or ramekins.
Tent with plastic wrap and let proof in a 85ºF (29/30ºC) place for about an hour or until double in size.

The use of egg wash isn't necessary; it may indeed damage the layers.

Baking
Convection oven: Bake at 360ºF (180ºC) for about 20 min.
Conventional oven: Bake at 425ºF (210ºC) for 5 min and 375ºF (190ºC) for about 15 min. Let cool to room temp.

Brioche feuilletée is delicious as is – it can definitley be served with any spread such as chocolate, peanut, preserves etc…
Enjoy!
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