



INVERTED PUFF PASTRY

Serves 12-14. Make one day ahead.

Place the finished puff pastry in a plastic freezer bag. Use within 4 days in the refrigerator, 3 to 6 months in the freezer.

From my own experience, what I know for sure is that inverted puff pastry (inverse or inversed puff pastry) bakes rather light and produces very flaky results.

For filled applications such as Galette des Rois-King Cake, Pithivier, apple turnovers (chausson aux pommes) or apple Tatin. Also an excellent option for your next Mille-Feuille (Napoleon), Beef Wellington; although brioche dough can be used instead, and Bouchée à la Reine or Vol-au-Vent...

I recommend to use inverted puff pastry, reason being that it stands up really well to the steam produced from the fillings and consequently leaves virtually no traces of undone dough.

Recipe

Beurre Manié (butter block dough)

3.5 sticks (400g) unsalted butter, at room temperature

1.4 cups (175g) bread flour

Détrempe (dough)

2.7 cups (350g) bread flour

0.6 cup (150ml) cold water

1/4 tsp (1.25ml) white vinegar

3 tsp (15g) kosher salt

1 stick (113g) unsalted butter, melted but cool.

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