

Butteries

by Brian Spark

Ingredients

3g Yeast
11.5g Brown Sugar
11g warm water
282g butter + 5g salt
2838g water warm
375g soft flour
20g salt

Method

Mix Yeast, sugar and 11g warm water together and stand in a warm place for 15-20 minutes (until it bubbles). Mix butter and 5g salt together until soft. Mix Yeast mix, flour and water together until smooth paste then cover and prove in a warm place. Beat it back in the mixer with the dough hook and add soft flour until a dough is formed.

Cut the dough into 2 and roll out in a rectangle to 1cm thick. Cover 2/3 with butter and fold the dry third over the butter. Then fold the buttered side over the top and rest in the fridge for ½ hour. Repeat the process twice using up all the butter. Then roll out and cut into portions of 4 inch by 4 inch and bake on a buttered tray for 7-10 min at 200°C.

Try out and enjoy,



Brian Spark