



Artisan Superdough Danish Pastries & Croissants

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To Make the Artisan SuperDough.

Using techniques and recipe ideas adapted from books by both Dan Lepard and Peter Reinhart, I have adapted this dough to make the lightest and most delicious Croissants and Danish Pastries. Because of the long slow fermentation, the cooked pastries have a greater depth of flavour than normal ones. Starting with a batch of lightly rich bread dough, you add layers of cool butter and then fold it and roll it to make lots of light and delicious pastry treats, as either individual pastries or large fruit filled desserts. The dough makes lovely, buttery (but not greasy) croissants.

“SuperDough” for Danish Pastry/Croissants.

This dough spends a lot of time rising in the fridge, so more yeast than normal is used, the new Euro flour has properties that improve oven spring and flavour depth in long fermenting doughs.

Dry Ingredients

4 C (600gms) **Artisan Euro** Bread flour Or Unbleached Bread Flour

1 T Active dry Yeast

3 T sugar

1½ t salt

Wet Ingredients

200mls cold milk

240-260mls cool water

75gms “melty soft” butter

Up to 250gms cold butter extra for laminating – take out of fridge an hour before using.

Glazes:-

Egg Glaze - one egg lightly beaten. **Sticky Glaze** – Add a little boiling water to 3 T soft fondant, stir until syrupy. **Almond Filling** - Cream 30gms soft butter, with 90gms of caster sugar, blend in 100gms almond meal, and add enough beaten egg to mix to a soft paste. Add a few drops of almond essence. Use as filling in any of the Danish pastries.

Custard Filling - Blend ¼ C Creamy custard mix with ½ C milk, add ½ t vanilla essence.

To Make the Dough.

1. Measure the flour, sugar and yeast into a medium sized bowl, mix well.
2. Blend in the butter, add the water and milk, mix only until the dough is just blended and is a bit raggedy. Leave the dough for 10 mins.
3. Give the dough another quick stir, for about 10 secs. Leave for another 10 mins.
4. Tip out the dough onto an oiled surface, sprinkle on the salt and knead for about 20 secs.
5. Cover the dough with the bowl, leave for 20 mins.
6. Uncover the dough and do a “stretch and fold” manouver. Press out the dough into a rectangle, lift one end of the dough, stretch and fold 1/3rd back towards the centre of the dough, repeat from the other end, then also from top and bottom to the middle.
7. Place the folded dough into a large ziplock bag, close most of the way.
8. Place “bag” of dough into the fridge, at least overnight, but up to 2 days. May need to press it occasionally, to stop dough “exploding”.

To “Laminate” the Dough into Flaky Danish Pastry.

1. Remove dough from fridge about an hour before needed, turn dough out of zip bag, onto floured bench, roll out to a rectangle about 25cm x 46cm.
2. **Thickly** slice the extra butter (real bakers would dust the butter with flour and “bash” with a rolling pin to soften) and lay out on a freezer bag, into a square 23cm x 23cm. Place another freezer bag on top and use a rolling pin to flatten it to an even thickness.
3. When the butter is very pliable, peel off the bags and place on the dough.
4. Fold the rest of the dough over the butter. Seal the edges well.
5. Press your rolling pin onto the dough every 2-3 cms. Seals the butter in place.
6. Flour the board again, roll the dough out to a large rectangle. Fold up by halves, both ends to the middle, leave to rest for 10 mins.
7. Roll out and fold by thirds, refrigerate for at least 15 mins.

To make Croissants. (half the dough makes 8 large croissants)

1. Roll half a batch of the dough out to a long rectangle, about 23x46cm.
2. Use a pastry/pizza wheel, mark then cut dough into 6-8 long triangles (length should be double the base), stretch each triangle a little longer, can make a small cut in the centre of the base of each triangle, roll up smoothly from base to tip. Curve into crescent shape.
3. Small amounts of filling can be placed at the base of the triangle before rolling. e.g. squares or buttons of chocolate, fruit, ham and cheese etc.
4. Brush with egg glaze, place somewhere slightly warm lower than 30° to rise, (oven with a bowl of almost hot water is good), 1-2 hours. Egg glaze again, place into pre-heated hot oven, reduce temperature as you put them in the oven. Bake 15-20 mins, until very brown.

To Make Danish Pastries.

1. Roll half the dough out to a large rectangle and divide into 9 or 16 squares.
2. Shape into required pastry shapes, fill with fruit fillings, custard, or almond paste filling.
3. Place on baking mat lined tray, brush with egg glaze or milk, leave somewhere slightly warm until double in size, 1-2 hours.
4. Place into pre-heated oven, reduce temp, bake for 10-15 mins or until golden.
5. Remove from oven, brush with sticky glaze, place on cooling rack, when cool drizzle with softened fondant icing, and decorate with custard, flaked almonds etc. as required.

Danish Pastry Shapes.

Windmills - cut from near the centre out to each corner, fold alternate corners to the centre.

Traditional - place small pieces of fruit, (pineapple, apple, apricot, peach) on opposite corners of a square of dough, fold the other corners into the centre, press to seal.

Twist - spread the dough with creamed butter, sugar and spice mix, fold in half, make a slit down the centre of pastry, twist one end of pastry through the slit, twice.

Duchess - fold a small square of Danish dough in half diagonally, cut a border (about ½in wide) from the diagonal towards the triangular point on both sides of the triangle, (as per diagram). Unfold the pastry, place fruit filling in the centre and fold the cut corners over the filling and lay each flat on the other side of the filling.

