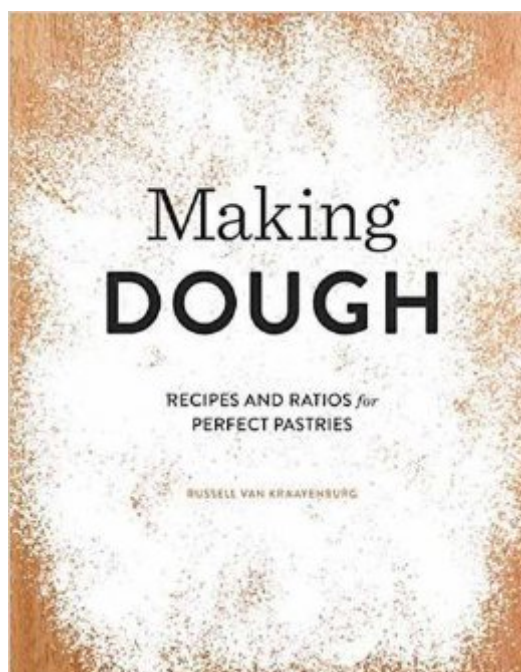


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Making Dough: Recipes And Ratios For Perfect Pastries



Synopsis

Great pastry starts with great dough. And making homemade dough is easy as pie when youâ€™ve got science on your side. Making Dough presents simple formulas for creating a dozen different from-scratch doughs. The secret? Understanding how the ratio of just five ingredientsâ€”flour, butter, water, sugar, and eggsâ€”can be tweaked to bake a patisserieâ€™s worth of delectable desserts and savory treats. With tips and tricks from author Russell van Kraayenburg, anyone can make Cheddar Bacon Biscuits, Root Vegetable Spiral Tarts, Cherry Cheesecake Danishes, and Salted Caramel Ã‰clair. And thanks to Russellâ€™s diagrams and plain-language explanations, itâ€™s a snap to riff on his recipes and invent your own incredible pastries. Â Table of Contents Getting Started Biscuit Dough Scone Dough Pie Dough Shortcrust Dough Sweetcrust Dough PÃ¢te Ã Choux Dough Brioche Dough Puff Pastry Dough Rough Puff Pastry Dough Croissant Dough Danish Dough Phyllo Dough

Book Information

Hardcover: 208 pages

Publisher: Quirk Books (November 10, 2015)

Language: English

ISBN-10: 1594748187

ISBN-13: 978-1594748189

Product Dimensions: 7.8 x 1 x 10.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #83,039 in Books (See Top 100 in Books) #22 inÂ Books > Cookbooks, Food & Wine > Baking > Pastry #27 inÂ Books > Cookbooks, Food & Wine > Baking > Pies #226 inÂ Books > Cookbooks, Food & Wine > Desserts

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View larger Pie Dough Yield: 1 pound | Prep time: 2 hours | Bake time: varies 6 ounces bread flour 2 ounces cake flour 1 teaspoon salt 7 ounces (14 tablespoons) unsalted butter, cold Â Â cup water Mixing the Dough There are two ways to mix pie dough: by hand or using a food processor. By-Hand Method 1. Mix flours and salt in a large bowl. Chop butter into 1/2-inch chunks and add to flour mixture. Pinch or cut butter into flour using your fingers or a pastry cutter, breaking it into pieces about the size of large peas. If using your hands, work quickly to keep butter from melting. 2. Pour water into flour mixture. Mix dough with your hands or about 10 to 15 turns of

a wooden spoon, until it just starts to come together. The dough will be very tough and should remain in a few large chunks. 3. Place dough on a lightly floured surface and push chunks together. Knead 4 to 5 times, just until it holds together. Flatten dough into a disk about 1 inch thick. Wrap tightly in parchment paper and let rest in the refrigerator for at least 1 hour.

Food Processor Method 1. Pulse flours and salt in the bowl of a food processor 2 or 3 times to combine. Chop butter into 1/2-inch cubes and add to flour mixture. Pulse for 1 second about 8 times, until butter is in pieces about the size of large peas. Add water and pulse 3 to 4 times, until dough begins to come together. It may remain in a few large chunks. 2. Place dough on a lightly floured surface and push chunks together. Knead 4 to 5 times, until it holds its shape. Flatten dough into a disk about 1 inch thick. Wrap tightly in parchment paper and let rest in the refrigerator for at least 1 hour.

Flour Ratio This pie dough uses a 3:1 ratio of bread flour to cake flour. The large amount of bread flour results in a relatively high protein content, which helps create a flakier, crisper crust. You may also use all bread flour or all all-purpose flour.

Storage Because pie dough contains no chemical leavener, it stores well wrapped tightly in parchment paper. You can easily double, triple, or even quadruple this dough recipe and store enough for a month.

Rolling If you know the shape of the dough you plan to roll later, form it into that shape, about 1 inch thick, before storing to make rolling it later easier. Refrigerator: 4 days. Freezer: 4 months.

Qualities of Good Pie Dough **THE DOUGH:** Pie dough should be fairly dry and tough to manipulate. You should see dots of butter throughout the dough. When rolling, the dough should hold together well and not tear or break. **THE PASTRY:** Once baked, pie crust should be very flaky. Crust that isn't in contact with filling should crumble and flake easily. Portions touching filling will be slightly less flaky but should still be dry and crisp.

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Blueberry Mascarpone Hand Pies Hand pies may be baking's greatest contribution to society. What's better than a pie you can take with you? This recipe has a 1:1 ratio of dough to filling, making it perfect for people who like pie crust as much as filling. **Yield:** 6 hand pies | **Prep time:** 30 minutes | **Bake time:** 25 minutes. 2 pounds prepared Pie Dough (double the recipe on page 50). 1 1/2 pounds fresh blueberries, divided 1 1/2 cups water, divided 12 ounces granulated sugar 2 tablespoons lemon juice 2 ounces (1/2 cup) cornstarch 6 ounces mascarpone 2 tablespoons lemon zest (from 1 1/2 large or 2 1/3 small lemons) 2 teaspoons salt 1 egg, beaten (egg wash) 1 ounce brown sugar

1. Position a rack in the center of the oven and preheat oven to 400° F. Divide prepared pie dough into 6 (1/2-inch-thick) disks, wrap tightly in parchment paper, and refrigerate. Puree half the blueberries in

a food processor or blender. Transfer to a large pot and add remaining whole berries, 1 cup of the water, sugar, and lemon juice. Bring to a boil over high heat. Reduce heat slightly to maintain a boil and cook uncovered for 15 minutes, stirring occasionally, until filling begins to thicken. 2. Mix the remaining 1/4 cup water and cornstarch in a small bowl. Add to blueberry mixture and stir. Return to a boil. Cook, stirring constantly, for another 30 seconds, until thick. Let cool slightly, and then add mascarpone, lemon zest, and salt. Stir until well combined and set aside. 3. Place dough disks on a lightly floured surface and roll each into a circle about 6 inches in diameter. Return all but one to the refrigerator. 4. Spoon about 1/4 cup filling onto one half of the dough, leaving 1/2 inch bare around the edge. Fold the other half over filling and press edges together tightly to seal (see page 54 for edging options). Cut a few 1/2-inch slits in the top with a sharp knife to let steam escape during baking. Place hand pie on a parchment paper-lined baking sheet in the refrigerator. One at a time, repeat with the remaining 5 dough disks, adding to the baking sheet in the refrigerator as they are completed. 5. Brush unbaked pies with egg wash and top with brown sugar. Bake for 20 to 25 minutes, until crust is golden brown. Let cool on the pan slightly before transferring to a wire cooling rack, and let cool completely before serving.

Variations

Classic Cherry Hand Pies Bring 1 pound pitted and halved fresh cherries, 1 cup water, 10 ounces granulated sugar, and 2 tablespoons lemon juice to a boil in a large pot. Reduce heat slightly to maintain a boil and cook for 10 minutes. Mix 2 ounces (1/2 cup) cornstarch and 1/4 cup water in a small bowl. Add to filling and stir. Return to a boil, cooking for another 30 seconds, until thick. Proceed with step 3 of recipe.

Chocolate Hazelnut Hand Pies Mix 1 pound hazelnut chocolate spread, 1/2 cup freshly brewed hot coffee, 1/4 cup heavy cream, 6 ounces chopped roasted hazelnuts, and 2 tablespoons orange zest in a bowl. Proceed with step 3 of recipe.

Biscuit Dough Yield: 1 pound | Prep time: 20 minutes | Bake time: 12 minutes 6 ounces cake flour 2 ounces bread flour 1 teaspoon salt 4 teaspoons baking powder 3 ounces (6 tablespoons) unsalted butter, cold 1 cup plus 2 tablespoons milk

Mixing the Dough There are two ways to mix biscuit dough: by hand or using a food processor.

By-Hand Method 1. Mix flours, salt, and baking soda in a large bowl. 2. Chop butter into 1/2-inch cubes. Add to flour mixture. 3. Using your fingers or a pastry cutter, pinch or cut butter into flour, breaking it into pieces about the size of coarse cornmeal. If using your hands, work quickly to prevent butter from melting. 4. Add milk and stir 10 to 20 times with a wooden spoon, until dough just begins to come together. 5. Place dough on a very lightly floured surface. Knead 4 to 5 times, until it just holds its shape. Take care not to knead the dough too much or add.

Food Processor Method 1. Pulse flours, salt, and baking soda

in the bowl of a food processor to combine. 2. Chop butter into 1/2-inch cubes. Add to flour mixture. Pulse for 1 to 2 seconds 8 to 12 times, until mixture resembles coarse cornmeal. 3. Add milk and pulse 2 to 4 times, until dough begins to come together. It will form a few large chunks and many small ones. 4. Transfer dough chunks to a very lightly floured surface and push together. Knead 3 to 5 times, until dough just holds its shape. Take care not to knead the dough too much or add too much flour, which can make the biscuits tough.

Why Cake Flour? The American South enjoys a growing season that is relatively long and free of harshly cold weather, so less hardy varieties of wheat can be grown there. The resulting flour has a lower protein content, which is responsible for the cakey biscuits associated with that region. The similarly low protein content in cake flour will consistently produce these classic soft biscuits.

How to Handle Leftover Dough When using a cookie or biscuit cutter to cut out round biscuits, you'll inevitably have leftover dough. Instead of kneading the leftover pieces together before rerolling the dough, stack them in layers and then roll the stack. Every time you knead or roll dough, it will become tougher. Stacking it helps delay the toughening.

Storage Bake immediately, or store in an airtight container. Refrigerator: 2 days. Freezer: 1 month.

Qualities of Good Biscuit Dough The Dough: Biscuit dough should be dry but easy to manipulate. You should also see small dots of butter throughout the dough. The Pastry: Once baked, biscuits should be tender. The outside crust should be firm and crumble easily, and the crumb inside should be soft.

Adding Mix-Ins Throwing in some mix-ins such as herbs or spices, lemon zest, a small pile of cheese, or a big pile of bacon is a snap. Biscuit dough can handle it! So long as your add-ins are dry, they won't affect the dough ratio.

Making Classic Butter Biscuits Position a rack in the center of the oven and preheat oven to 425°F. On a lightly floured surface, roll prepared dough with a rolling pin until 1/2 inch thick. Cut out 2 1/2-inch disks with a cookie or biscuit cutter, or simply pull off small handfuls of dough for a more rustic look. Stack pieces of leftover dough, roll dough again, and cut out more disks. Repeat until all the dough is used. Place biscuits on a parchment paper-lined baking sheet spaced at least 1 inch apart. Brush tops with melted butter. Bake for 12 minutes, until tops are just golden. Let biscuits cool on the pan for 1 minute before transferring to a wire rack. Serve warm.

[View larger](#) **Bourbon-Maple Glazed Cheddar Bacon Biscuits** Bacon-cheddar biscuits are always a favorite! This version, inspired by a spur-of-the-moment idea from a friend, is one of the best I've ever tasted. The biscuits are savory and salty. The sauce is rich, earthy, and sweet. This combination is a perfect example of pastry dough used in a savory application. This recipe

has a 2:1:1 ratio of dough to mix-ins to sauce. Yield: 6 biscuits | Prep time: 45 minutes | Bake time: 12 minutes

1 pound Biscuit Dough, prepared as at left 6 ounces uncooked bacon 1 cup maple syrup 1 1/2 fluid ounces (3 tablespoons) bourbon 30 sprigs fresh thyme 2 ounces extra-sharp white cheddar cheese, grated

1. Preheat oven to 425° F. Heat a griddle to 375° F or heat a large flat skillet over medium heat. Cook bacon for about 25 to 30 minutes, flipping with tongs every 5 minutes, until crispy. Transfer to a paper towel-lined plate. Once cool enough to handle, chop into fine pieces.

2. Meanwhile, bring maple syrup, bourbon, and thyme to a boil in a small saucepan. Reduce heat to maintain a slow boil and cook for about 10 to 15 minutes, until liquid is reduced by a third. Set aside.

3. Prepare biscuit dough according to the instructions, adding chopped bacon and grated cheddar to the dry ingredients in step 1. Pull dough apart with your hands into 6 chunks and arrange them on a parchment paper-lined baking sheet.

4. Bake for about 12 minutes, until biscuits just begin to turn light golden. Remove thyme sprigs from infused syrup and discard. Brush biscuits with glaze while they are still warm and serve.

Variation - Dinner Biscuits For simpler, fully savory biscuits, serve these without the glaze. Brush each with melted butter and top with a little extra cheese before baking.

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