

Laminated Yeasted Dough

Makes approx. 1.1kg
Hands-on Time 1 hour
Resting Time +24 hours

Ingredients

500g plus 3 tbps Strong white bread flour
(plus extra for dusting)
3 tsp Fast-action yeast
2 tsp Fine salt
5 tbsp Caster sugar
310g Unsalted butter (softened)
2 tbsp Full-fat milk
260ml Water

Equipment

Large bowl
Small microwaveable bowl
Microwave
Baking parchment
Electric whisk
Palette knife
Rolling pin
Ruler/measure
Knife

The key rule you need to follow when making a laminated dough is that you need to make it in a cool environment. So make sure you don't have the oven on or the heating cranked up to the max.

Place 500 grams of flour in a large bowl followed by the yeast, salt and sugar.

Add 35 grams of butter to the microwaveable bowl and pop into the microwave for 20 second blasts until melted.

Add the melted butter, milk, and water to the dry ingredients and combine using your hand or a spatula until you have formed a dough.

Add a dash more water only if you really think it needs it, however the quantity stated should be just right.

Knead the dough on a clean worktop for about 5 minutes until it's smooth and soft. You can use a free-standing mixer if you prefer, although it's better to do this by hand so you don't over-knead it.

Once the dough is smooth place on a piece of parchment, flatten into a square, and cover with another piece.

Put in the fridge to prove for at least 12 hours.

When the time has passed you need to prepare the butter.

Add the remaining softened butter to a clean bowl and cream using an electric whisk until smooth.

Add 3 tablespoons of flour to the butter and combine on a low speed.

Lay a piece of baking parchment onto a worktop.

Dollop the butter onto the middle of it.

Using the palette knife to spread the butter into a thick square measuring 15cm x 15cm.

Place a piece of baking parchment on top and fold the edges up to help you get crisp sides.

Pop the butter in the fridge for an hour to firm up. You want the butter firm but malleable, not solid.

Take the dough out of the fridge and roll into a 30cm x 30cm square.

You shouldn't need to flour the worktop, if you do use as little flour as possible. This applies to later as well.

Unwrap the butter and place it in the middle of the dough at a 45 degree angle.

Fold the corners of the dough towards the middle, encasing the butter. Pinch together the edges to close up any gaps.

Lift the dough and turn it so a flat edge is in front of you.

Use the rolling pin to press down on the dough in a couple of places before you roll it out.

Roll the dough into a length of about 50/60cm. Lift the bottom of the dough and folded it up away from you, past halfway so only a quarter of the dough at the top is still exposed. Fold the top of the dough down to meet it. Now fold the dough towards you, in half. This is a book fold.

Wrap the dough in parchment and chill for an hour.

Remove the dough from the fridge. Rotate the dough 90 degrees so the folds which were in front of you are now to the sides. Roll out into another 50/60cm length. You may need to roll the dough out width-ways as well. This time lift the bottom of the dough and folded it up away from you, past halfway so only a third of the dough at the top is still exposed. Fold the top of the dough towards you so it neatly encases the middle layer. This is a called a single turn.

Wrap the dough in parchment and chill for an hour.

Repeat the book fold and single turn once more, chilling an hour between each.

Only flour the worktop if you need to, and again do it sparingly.

Wrap the dough up in parchment and leave to chill for another 12 hours.