

Puff Pastry



Ingredients

125g Glutafin Gluten Free Select Multipurpose White Mix (plus extra for dusting)
1 x 110g of butter, straight from the fridge
1 tsp xanthan gum
¼ tsp fine salt
50g of cold water
1 tsp of lemon juice

Method

1. Sift the Mix, xanthan gum and the salt into a large bowl.
2. Roughly break in 35g of the butter, then rub the butter into the Mix, until the butter is in small granules.
3. Cut the remaining butter into small chunks and add them to the Mix, tossing the chunks around, with a round bladed knife, until they are coated with the Mix, you should still be able to see bits of the butter.
4. Pour in the cold water and the lemon juice, mixing with the knife, to combine initially and then gently bring together to a rough dough ball, with your fingers.
5. Now cover with cling film and leave to rest for 30 minutes, in the fridge.
6. Then dust the working surface with the Mix. Place the ball of dough on the dusted work surface and roll out to form a rectangle approximately 12cm x 30cm. Don't overwork the butter streaks, you should have a marbled effect and something that looks quite rough.
7. Fold the top third down, then the bottom third up and over that.
8. Give the dough a quarter turn to the left or right and roll out again, to roughly the same size.
9. Cover the dough with cling film and chill in a fridge for 30 minutes.
10. Repeat this process twice more, allowing the pastry to become slightly wider and longer with each roll and fold. BUT only roll the pastry in one direction.
11. After the fourth roll, chill down and roll out to the thickness of a small coin, say a £1 or EURO coin.