

Recipe 1208

Ingredients

Equal quantities of flour and butter--say 1 lb. of each; 1/2 saltspoonful of salt, the yolks of 2 eggs, rather more than 1/4 pint of water.

Method

Weigh the flour; ascertain that it is perfectly *_dry_*, and sift it; squeeze all the water from the butter, and wring it in a clean cloth till there is no moisture remaining. Put the flour on the paste-board, work lightly into it 2 oz. of the butter, and then make a hole in the centre; into this well put the yolks of 2 eggs, the salt, and about 1/4 pint of water (the quantity of this latter ingredient must be regulated by the cook, as it is impossible to give the exact proportion of it); knead up the paste quickly and lightly, and, when quite smooth, roll it out square to the thickness of about 1/2 inch. Presuming that the butter is perfectly free from moisture, and *_as cool_* as possible, roll it into a ball, and place this ball of butter on the paste; fold the paste over the butter all round, and secure it by wrapping it well all over. Flatten the paste by rolling it lightly with the rolling-pin until it is quite thin, but not thin enough to allow the butter to break through, and keep the board and paste dredged lightly with flour during the process of making it. This rolling gives it the *_first_* turn. Now fold the paste in three, and roll out again, and, should the weather be very warm, put it in a cold place on the ground to cool between the several turns; for, unless this is particularly attended to, the paste will be spoiled. Roll out the paste again *_twice_*, put it by to cool, then roll it out *_twice_* more, which will make 6 *_turnings_* in all. Now fold the paste in two, and it will be ready for use. If properly baked and well made, this crust will be delicious, and should rise in the oven about 5 or 6 inches. The paste should be made rather firm in the first instance, as the ball of butter is liable to break through. Great attention must also be paid to keeping the butter very cool, as, if this is in a liquid and soft state, the paste will not answer at all. Should the cook be dexterous enough to succeed in making this, the paste will have a much better appearance than that made by the process of dividing the butter into 4 parts, and placing it over the rolled-out paste; but, until experience has been acquired, we recommend puff-paste made by recipe No. 1205. The above paste is used for vols-au-vent, small articles of pastry, and, in fact, everything that requires very light crust.

Source: Mrs Beeton's Book of Household Management (1861)

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