

Soyer'S Recipe For Puff-Paste

Ingredients

To every lb. of flour allow the yolk of 1 egg, the juice of 1 lemon, 1/2 saltspoonful of salt, cold water, 1 lb. of fresh butter.

Method

Put the flour on to the paste-board; make a hole in the centre, into which put the yolk of the egg, the lemon-juice, and salt; mix the whole with cold water (this should be iced in summer, if convenient) into a soft flexible paste, with the right hand, and handle it as little as possible; then squeeze all the buttermilk from the butter, wring it in a cloth, and roll out the paste; place the butter on this, and fold the edges of the paste over, so as to hide it; roll it out again to the thickness of 1/4 inch; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it with the ends, top, and bottom before you, shaking a little flour both under and over, and repeat the rolls and turns twice again, as before. Flour a baking-sheet, put the paste on this, and let it remain on ice or in some cool place for 1/2 hour; then roll twice more, turning it as before; place it again upon the ice for 1/4 hour, give it 2 more rolls, making 7 in all, and it is ready for use when required.

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

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