



## ANSON MILLS

### Classic Danish Pastry Dough

#### Yield

A little more than 2 pounds of dough

#### Time

Intermittent work over 2 days

#### Baking Notes

A few important tips to observe when making the recipe:

- \* Pay close attention to times, temperatures, and weights suggested in the recipe.
- \* Get yourself a baker's *couche* or a heavy sheet of canvas on which to roll and shape the dough directly. It will make an enormous difference in efforts to manage the dough. A *couche* is a necessity for serious baguette bakers; one can be ordered from [kingarthurfLOUR.com](http://kingarthurfLOUR.com).
- \* Make sure to use European-style butter, which has a higher fat content than average butter.
- \* Note the dough and butter temperatures when encasing the butter in the dough.
- \* Avoid excess flour when rolling, and brush off any excess.
- \* Roll diagonally, not sideways, to widen the dough.
- \* Keep the edges of the dough square when rolling.
- \* Flip the block of dough occasionally to help keep the edges straight.
- \* Allow no more than 40 minutes in the fridge between turns.

#### Equipment Mise en Place

For this recipe you will need a digital scale, a stand mixer with a flat-beater and a dough hook attachment, a whisk, a small saucepan, a digital instant-read thermometer, a pair of scissors, three heavy-duty gallon-sized zipper-lock bags, a plastic dough scraper, a *couche* or 3-foot square heavy canvas cloth, a ruler, a rolling pin, a bench knife, a small bowl, a pastry brush, a rimmed baking sheet, parchment paper, and a clean kitchen towel.

#### Ingredients

##### *Day 1*

8 ounces Anson Mills French Mediterranean White Bread Flour

8 ounces Anson Mills Colonial Style Fine Cloth-Bolted Pastry Flour

2 ounces sugar

$\frac{5}{8}$  teaspoon fine sea salt

$\frac{1}{2}$  teaspoon ground cardamom

7.2 ounces whole milk

$1\frac{3}{4}$  teaspoons instant yeast

1 ounce unsalted European-style butter, softened

2 ounces beaten whole egg (from 1 or 2 large eggs)

## Day 2

Anson Mills French Mediterranean White Bread Flour or Colonial Style Fine Cloth-Bolted Pastry Flour, for sprinkling

10 ounces unsalted European-style butter, cold

### Directions

- 1. Day 1:** Turn both flours into the bowl of a stand mixer bowl and whisk to lighten and combine. Measure 0.2 ounce (1 tablespoon) of the flour mixture into a small bowl, cover, and set aside. Add the sugar, salt, and cardamom into the mixer bowl and whisk well. Set aside.
- 2.** In a small saucepan, warm the milk over medium heat until small bubbles appear around the edges. Remove from the heat and let the milk cool to 115 degrees. Sprinkle the yeast over the surface of the milk, let stand for a few minutes to soften, then whisk until the yeast fully dissolves.
- 3.** Attach the bowl and flat-beater to the stand mixer. With the mixer running on low speed, pour in the milk mixture. Add the eggs, followed by the softened butter and mix briefly, just until the wet and dry ingredients have incorporated. Replace the flat-beater with the dough hook and knead the dough on low speed until it is smooth, strong, supple, and clears the sides of the bowl, about 10 minutes.
- 4.** Turn the dough out onto the counter and round it into a ball. Return it to the bowl, cover tightly with plastic wrap, and let rise until nearly doubled in size, about 2 hours. Meanwhile, use a pair of scissors to trim tiny triangles from the bottom two corners of a heavy-duty, gallon-size zipper-lock bag to create little vent holes.
- 5.** Gently deflate the dough by pressing down on it with the backside of your hand. Using a plastic dough scraper, scoop up the dough and transfer it to the prepared plastic bag. Press or roll the dough so that it fills the bag from edge to edge. Seal the bag and place in the refrigerator, laying it flat. Let rise overnight.
- 6. Day 2:** Lay a *couche* or 3-foot square heavy canvas cloth on the counter and lightly dust it with flour. Remove the dough from the refrigerator. Unseal the bag, and, with the bag resting on the counter, use a pair of scissors to slit open the two side seams. Peel the plastic off the top and sprinkle the dough with flour. Using the bottom sheet of plastic, invert the dough onto the *couche*, positioning it as a diamond, with a corner pointing toward you.
- 7.** Prepare a second heavy-duty, gallon-size zipper-lock bag by slitting it open along one side seam and halfway down the other. Place the chilled butter in the bag—if it is more than one piece, simply push the pieces together. Sprinkle the flour all around the butter in the bag. Using a rolling pin, pound the butter through the plastic, occasionally lifting the edges of the plastic to flip loose flour back onto the butter. From time to time as you pound, flip over the plastic-sandwiched butter, and if the butter pieces come apart, simply push them back together. With continued pounding, the butter will become pliant and elastic. Use a bench knife to square and

tidy the edges and shape it into a 7-inch square of even thickness. With an instant-read thermometer, check the temperatures of the dough and the butter; they should each be about 60 degrees.

**8.** Have ready a small bowl of water and a pastry brush. Line a rimmed baking sheet with parchment paper. Peel the top layer of plastic off the butter and invert the butter onto the center of the dough diamond, positioning it parallel with counter's edge so that the corners meet the midpoints of the sides of the dough). Peel the plastic off the butter. Brush the "tabs" of the dough lightly with water. Beginning with the uppermost point of the dough diamond, draw the dough down over the butter, stretching it gently. Fold in the remaining dough corners to meet in the center, completely enclosing the butter. Pinch the seams to seal. Transfer the dough to the prepared baking sheet, cover it with plastic wrap followed by a kitchen towel to hold the plastic in place, and refrigerate for 30 minutes—not longer.

**9.** Remove the dough from the refrigerator and return it to the *couche*, placing it parallel with the counter's edge. Roll out the dough to an 8- by 16-inch rectangle, with a short end nearest you; diligently square the edges and corners with a bench scraper. Fold the top third of the dough down, then use a dry pastry brush to brush off excess flour if any from the folded section. Fold the bottom third up to overlap, creating a 5½- by 8-inch rectangle, then brush off any excess flour from the surface of the dough. Return the dough to the baking sheet, cover, and refrigerate for 30 minutes.

**10.** Remove the dough from the refrigerator and set it on the *couche* like a book, with the closed edge as the spine. Begin rolling the dough lengthwise to extend, then flip it vertically so that the spine remains on the left, but the bottom of the dough is now the top. This will prevent the layers from sliding as you continue to roll. Using a light hand, roll the dough once again into an 8- by 16-inch rectangle about ⅜ inches thick; block the edges and square the corners with the bench scraper. Fold the top third of the dough down and the bottom third up to again create a 5½- by 8-inch rectangle. Return the dough to the baking sheet, cover, and refrigerate 30 minutes.

**11.** Remove the dough from the refrigerator and set it on the *couche*, positioning the "spine" to the left. Lightly flour the dough and roll it into a 9- by 15-inch rectangle, taking care to keep the seams and edges even, widening the dough by rolling on the diagonal (not horizontally), and flipping the dough vertically just once or twice to prevent the layers from sliding. Use the bench knife to block the edges and square the corners. Tri-fold the dough once again. Return the dough to the baking sheet, cover, and refrigerate for 30 minutes.

**12.** Once again, roll the dough "book" to a 9- by 15-inch rectangle, tri-fold it, cover, and refrigerate for 30 minutes. Give the dough a fifth and final roll and fold. Wrap the finished dough in plastic wrap, place it in a heavy-duty, gallon-size zipper-lock bag and refrigerate it, laid flat, for at least 2 hours or up to overnight. If you refrigerate the dough overnight, gently press it down after a couple of hours so it doesn't overproof.