

Bakery

LAMINATED DOUGHS

Course Objectives

- Perform methods of dough production and proper lamination.
 - Understanding of recipe conversions and order of operations.
 - Demonstrate different knowledge of laminated doughs.
 - Display plating skills and creative flavor combinations.
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Laminated Doughs

What is a Laminated Dough?

Laminated dough refers to the process of folding butter into dough multiple times to create thin alternating layers of butter and dough. The gluten in the flour also gets developed during the folding and rolling process, giving structure to these thin layers of dough between the rolled fat.



Laminated Doughs

What is a Laminated Dough?

If done properly, a laminated piece of dough will have hundreds of alternating layers of butter and dough. When the heat of the oven hits this dough, the water in the dough and in the butter converts to steam. The steam puffs up each layer of dough before it evaporates, creating separate layers of delicate, flaky pastry.



Laminated Doughs - Process

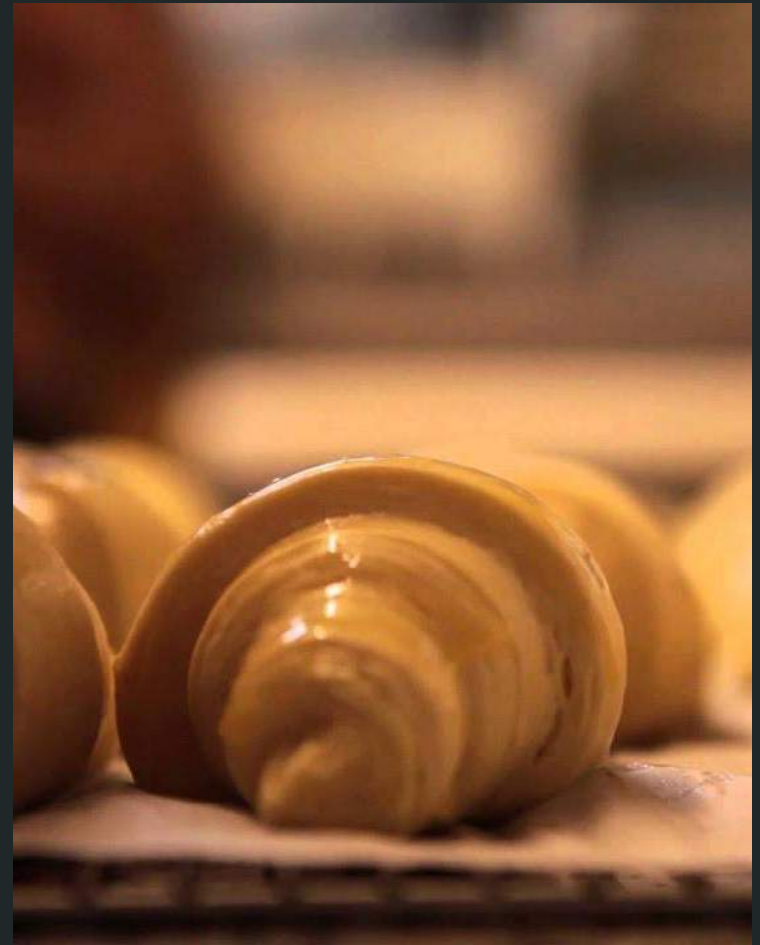
Make a base dough called a detrempe. Then place a flattened beurrage of cool but pliable butter on top of the dough – the temperature of this butter is important (around 60 degrees) because it needs to be cool enough that it doesn't melt into the dough, but soft enough that it can be flattened and rolled out. A safe bet is to ensure that the dough and the butter are the same temperature.



Laminated Doughs - Process

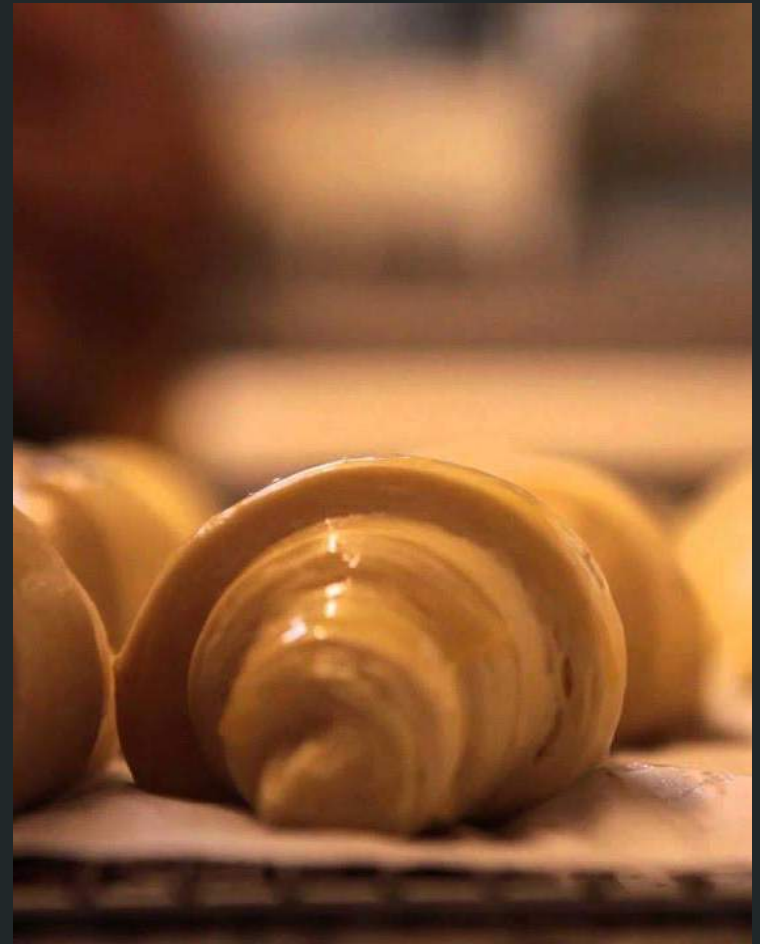
The dough is folded over the butter and then carefully rolled out again. This process is called a *tirage*, or *turn*. The dough is carefully wrapped up and chilled briefly to firm up the butter again before it is rolled out and folded again. You must allow the dough to rest long enough for the gluten to relax in order to roll out the dough.

The more turns completed, the more layers of butter and dough are formed. The more layers formed, the flakier the finished product. There is a balance of doing enough turns to produce flakiness, but not so many turns that the butter ends up completely incorporated into the dough.



Laminated Doughs - Process

You want to ensure that your oven is properly preheated before your dough hits the oven. If it is not hot enough the butter will melt slowly and just seep out of the pastry instead of causing it to rise, puff up, and trap the steam within the layers. Most laminated doughs will be baked somewhere between 375-425 degrees F. Also commonly they will start in a hot oven, then be lowered to encourage less browning of the exterior of the dough while the interior is cooked thoroughly. With laminated doughs you will want to “proof” them in low heat/room temperature so the butter does not melt out, this can take up to two hours.



Laminated Doughs - Turage

Types of Folds:

Two Fold/Simple: Creates two layers at a time, rolling the dough out and folding in half.

Letter Fold: Creates three layers at a time, rolling the dough out and folding one side to the half, then the other side over.

Four Fold/Book Fold: Creates four layers at a time, rolling the dough out and folding both sides to the half, then pulling one side all the way over.

Laminated Doughs - Two Fold/Simple



Laminated Doughs - Letter



Laminated Doughs - Four Fold/Book



Laminated Doughs - Puff

Puff Pastry:

Puff pastry contains very few ingredients: flour, butter, water, and salt. This pastry gets its impressive rise only from the lamination in the dough. It can be used for any number of final preparations, both savory and sweet. You take a beurrage and laminate that into a detrempe of flour, water, and salt. Typically 4 Four Folds.



Laminated Doughs - Blitz

Blitz Pastry (aka Quick Puff Pastry)

Laminated dough in which a beurrage is not laminated in the dough before the folding process begins. In order to speed the process of creating the dough, large chunks of butter are mixed into the actual dough, and then the folding process is completed. This pastry dough can be made from start to finish in an hour, which is significantly shorter than a traditional puff pastry dough. The results are slightly less flaky than the traditional version. Typically 4 Four Folds.



Laminated Doughs - Croissant

Croissant Dough:

There are a few differences between croissant dough and puff pastry. The main difference is the addition of yeast as well as milk. Croissant dough typically goes through a series of 6 turns which creates finer more distinct layers, which is 2 more than a puff or blitz dough. Typically when making a yeasted bread dough, you will knead the dough thoroughly to create the gluten structure. For croissant dough, very little mixing is done when combining the ingredients for the detrempe, however, the gluten structure is formed during the process of completing the turns.



Laminated Doughs - Danish

Danish Dough:

Much like croissant dough, Danish is a pastry dough that is leavened both by yeast as well as lamination of fat throughout the dough. The main difference between croissant dough and danish dough is the addition of eggs and nutmeg, which creates a chewier product, with a hint of spice. Danish also typically goes through 1 less turn than croissant dough, creating less puff and slightly larger and more defined layers. Typically Five Four Folds.

