



BLITZ PUFF PASTRY

YIELDS: 24 SMALL TARTS

This method for puff pastry is slightly easier and faster than the standard method. Instead of laminating a butter block between layers of dough, large pieces of butter are cut into the flour the same way you would for pie dough. Although the result isn't as dramatic as classic puff pastry, this method can be used in most puff pastry applications – savoury or sweet!



Ingredients

- 600g Anita's Organic All Purpose Flour
- 454g good quality cold unsalted butter
- 300g cold water
- 12g fine sea salt
- 5g (1 tsp) lemon juice (optional, for a sweet pastry)
- zest of 1 orange or lemon (optional, for a sweet pastry)

Instructions

1. Cut the butter into approximately 1" cubes. Whisk together the salt and flour. On the counter using a bench knife, cut the butter into the flour leaving the butter in large chunks (~1/2"). Make a well in the centre of the flour mixture and add the cold water and lemon juice. Slowly mix in the flour by hand just until a rough dough forms. Press into a square, wrap in plastic, and refrigerate for 30 minutes.
2. Place the dough on a lightly floured counter and lightly flour the top of the dough. Roll the dough out to an approximately 12" x 32" rectangle, lightly flouring and flipping the dough as necessary.
3. Give the dough a double fold. To do this, on a lightly floured counter roll the dough out to approximately 4 times its width. If the dough begins to stick, dust it with flour, flip it over and dust the other side. Fold approximately 1/8 of the dough toward the middle at one side. Bring the other side over to meet the first. Finally, fold the dough in half again resulting in 4 layers of dough. Return to the fridge for 20-30 minutes.
4. Give the dough 3 more double folds, resting 20-30 minutes in the fridge between folds. It is important that the dough remains cold throughout the whole process so that the layers of butter remain intact. After the last fold, refrigerate at least one hour before rolling out, and shaping for your recipe.
5. Bake at 350F for 45 mins - 1 hour, until edges are browned. After baking, while the pastry is cooling, prepare your chosen filling to add to your cooled pastry.

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