



# DANISH PUFF PASTRY WITH MERINGUE & FRESH BERRIES

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. Try these Danishes with soft Italian meringue filling, sprinkled with mini baked meringues and fresh berries for a sophisticated yet simple dessert.



## Ingredients

### PUFF PASTRY

- 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
- zest of 1 orange or lemon

### MERINGUE

- 194g (6 egg whites) egg whites
- 388g cane sugar
- 116g water

## Instructions

### PUFF PASTRY

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 (~½"). 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 ¼ 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 for your recipe.

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5. Roll out the cooled dough on a lightly floured surface to about 12" x 34" rectangle to a thickness of 5mm. To make the Danish shape, cut the dough into 3" x 3" squares. Gently fold each square in half diagonally to form a triangle, then make two diagonal cuts along the outer edge of the triangle making a ¼" frame. Lightly coat the whole surface with an egg wash, then take the outer edge of the frame and fold it over until it meets the line of the cut. Repeat on the other side to form a diamond shape. Lightly coat the opposite side of the frame that has just been folded. Place on a parchment lined baking sheet.
6. Bake at 350F for 45 mins - 1 hour, until edges are browned. While the pastry is cooling, make the meringue.

### MERINGUE

1. Since we are making an Italian style meringue, we start by creating a hot sugar syrup to add to the egg whites. In a pot over high heat, combine water and sugar, and bring to a boil. Once the hot sugar syrup reaches 240F, start whipping the egg whites on medium speed in a stand mixer. When the syrup reaches 145F, slow the stand mixer speed down to low and pour syrup into to the egg whites. Whip together until peaks are stiff.
2. Set aside the meringue for filling the danishes. If you want to bake mini decorative meringues, fill a piping bag with a small star-shaped tip. Put a piece of parchment paper on a baking sheet and pipe tiny 1-2cm dollops. At this size, bake at 200F for 50mins-1hr. You will know they are done when they are crisp (but not browned) and able to lift off the parchment without it coming apart.

### ASSEMBLY

1. Once pastry has cooled, pipe or spoon meringue (or whipped cream in place of meringue) to desired amount and sprinkle with berries and mini meringues. Best when eaten the day of!