

Feuilletage "S"

Important point here is to **do not allow the folding butter to melt**. Make sure to prepare in a cool season, do not touch too much or too long and take enough time to rest the dough (The time written in recipes are usually the minimum).

		x0.5	x0.6	x1
DÉTREMPE	all-purpose flour	125 g	160 g	250 g
	granulated sugar	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
	salt	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
	water (no need to be chilled)	70 ml	90 ml	140 ml
	butter (melt)	20 g	30 g	40 g
	butter (for folding)	100 g	120 g	200 g

*23x60 (~20x70)cm for x1, 15x45 (~20x35)cm for x0.5, 18x45 (~20x40)cm for x0.6.

I. (Two nights before use) Make a **DÉTREMPE** and rest it in a refrigerator overnight (or more than half a day).

● Cut two largish sheets of plastic wrap in advance.

1. Put powders in a "23cm bowl", mix with a whisk.
2. Prepare melted butter in a microwave (So that you can use right after water).
3. Pour the water into the bowl and mix.
4. Add melted butter (as a liquid, do not make it too hot) and mix.
5. Knead lightly inside the bowl using a hand (Do not knead too much).
6. Shape it into a ball, double-wrap in plastic wrap and rest it in a refrigerator overnight (or for more than half a day).

II. (One day before use) Enclose the butter. *“Folding in thirds twice and resting it for 1 hour”* is a set, repeat 3 times. Rest it for more than 1 hour (overnight if possible) before use.

- Make one large “Poli Sheet” in advance by cutting a “Pâte sucrée Poli”, a **very thick** plastic bag, to form letter L shape (for folding butter).
- Cut two largish sheets of plastic wrap in advance (for each set).
- Scale the folding butter on plastic wrap and return to the refrigerator.

1. Place the butter in the “Poli Sheet” (**Note that plastic wrap here is too weak**). Make the butter be soften by beating with the rolling pin. Do that evenly by flipping, rotating and folding it. Roll the butter shape a square block (10cm sq. for x1) and refrigerate.
2. Place the *DÉTREMPE* on a lightly floured tabletop and flour the *DÉTREMPE* lightly, too. Roll it out like a four-petal-flower, by moving the rolling pin up and down, right to left (x1 dough, within 18cm diamond).
3. Place the squared butter on the center of the *DÉTREMPE*, fold and seal.
4. Roll the dough into a rectangle and fold in thirds.
23x60 (~20x70)cm for x1, 15x45 (~20x35)cm for x0.5, 18x45 (~20x40)cm for x0.6.
Roll the dough evenly by flipping and rotating.
5. Flip the dough over, rotate, roll it into a rectangle and fold in thirds again. Wrap in plastic wrap, place on a tray, cover with a “Pâte sucrée Poli”, and rest it for 1 hour in the refrigerator. “Folding in thirds twice and resting it for 1 hour” is a set.

Do not stop between 1-5 even if you are in a hurry.

6. Repeat 4-5 (2nd set). Fold in thirds twice. Refrigerate for 1 hour.
7. Repeat 4-5 (3rd set). Fold in thirds twice and refrigerate for more than 1 hour, overnight if possible.

Feuilletage “S”

This is a little more rational recipe which combined a method of basic bread. The ingredients are exactly the same. I recommend this way after the basic way.

Simple pies are the sweets that we, dairy lovers, butter lovers think delicious and rejoice. Small batch recipes like x0.5 or x0.6 could fit imported tasty butters such as *ECHIRE* (Probably the most common imported butter here and that might mean fresh!) or *OCCELLI* (If the timing is right). There is no difficulty forming a square with any non-square butters, even *ECHIRE* in a basket because we beat them with a rolling pin. It is easy if we use a “Poli Sheet” like making a *Pâte sucrée*.

Important point here is to do not allow the folding butter to melt. Make sure to prepare in a cool season, not to touch too much or too long and to let the dough rest longer (The time written in recipes are usually the minimum). Though it is possible to prepare *Feuilletage* even in summer when also a refrigerator tends to be warmer. Do with an air conditioner and a freezer (by setting a timer, say, for 5 minutes) if you can visualize the state of butter that depends on temperature. (Be aware that a marble tabletop, easy to roll a dough, keeps warmth for a long time and tends to be too warm after using a dishwasher underneath or after putting hot pots and pans on. Use some ice cubes to make it cool in such cases.)

		x0.5	x0.6	x1
DÉTREMPE	all-purpose flour	125 g	160 g	250 g
	granulated sugar	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
	salt	1/4 teaspoon	1/3 teaspoon	1/2 teaspoon
	water (no need to be chilled)	70 ml	90 ml	140 ml
	butter (melt)	20 g	30 g	40 g
	butter (for folding)	100 g	120 g	200 g

*x1 needs around 65cm square space, 23x60 (~20x70) cm. Since small batch needs the same effort, it would be better to make x1. For larger batch, only *DÉTREMPE* can be doubled. Thereafter, divide into x1 or under for the sake of space.

*x0.5 and x0.6 need smaller space, 15x45 (~20x35) cm, 18x45 (~20x40) cm each.

- I. (Two nights before use) Make a *DÉTREMPE* and rest it in a refrigerator overnight (or more than half a day).

With this recipe, *DÉTREMPE* can be prepared in one medium bowl. Since it's very easy, just do quickly two nights beforehand.

● Cut two largish sheets of plastic wrap in advance.

1. Put powders in a “23cm bowl”, mix with a whisk.

No need to sift the flour 3 times as usual because the whisk works enough here.

2. Prepare melted butter in a microwave (So that you can use right after water).

3. Pour the water into the bowl and mix.

4. Add melted butter (as a liquid, do not make it too hot) and mix.

Use melted butter soon because it spoils quickly (It can't hold overnight as the melted butter easily oxidizes and smells).

5. Knead lightly inside the bowl using a hand (No need to knead until the dough is smooth. It's enough if it can be formed into a ball.)

Do not knead too much. If the surface is smooth, it's over-kneaded as a *DÉTREMPE*. Take longer time to rest, yet it may shrink a lot when it baked.

6. Shape it into a ball, double-wrap in plastic wrap and rest it in a refrigerator overnight (or for more than half a day).

Use quickly enough as this dough contains melted butter.

★Use a method of basic bread, but do not knead too much.

Putting powders first, liquid next, butter last, a kneading method using KitchenAid with the dough hook easily makes the dough be smooth (Note that butter oxidizes when it gets warm, so use small cold chunks of butter for long kneading). However, it's a little too much for hand kneading. Besides, there is no reason for kneading much for *DÉTREMPE*, or even should not because that makes too much gluten. Too much gluten not only makes rolling difficult, but also does harm when it is baked. Do not knead too much.

II. (One day before use) Enclose the butter. *“Folding in thirds twice and resting it for 1 hour”* is a set, repeat 3 times. Rest it more than 1 hour (overnight if possible) before use.

- Make one large *“Poli Sheet”* in advance by cutting a *“Pâte sucrée Poli”*, a very thick plastic bag, to form letter L shape (for folding butter).

- Cut two largish sheets of plastic wrap in advance (for each set).

- Scale the folding butter on plastic wrap and return to the refrigerator.

It is better to cut it as almost one chunk, but it does not matter if divided into some chunks because they will stick together by beating.

1. Place the butter in the *“Poli Sheet”* (Note that plastic wrap here is dangerous as it will easily tear), make the butter be soften by beating with the rolling pin (never let it be melted). Do that evenly by flipping it over, rotating it and folding into half repeatedly. Roll the butter shape a square block (10cm sq. for x1) and refrigerate.

Before starting with butter on the front of the tabletop, place the *DÉTREMPE* temporarily on the back of the tabletop.

2. Place the *DÉTREMPE* on a lightly floured tabletop and flour the *DÉTREMPE* lightly, too. Roll it out like a four-petal-flower, by moving the rolling pin up and down, right to left (x1 dough, within 18cm diamond).

You may start by cutting like a “+”, deeply, on the top, although it is not a must, which cuts unnecessary gluten.

Leave a mound in the center of four petals.

3. Place the squared butter on the center of the *DÉTREMPE*, fold and seal.

Make sure to enclose the folding butter completely with no unneeded air. Let corners be overlapped, and seal firmly by pinching the dough with fingers.

4. Roll the dough into a rectangle and fold it in thirds.

Start from flipping the dough over so that closed opening is down (It will slide and difficult to roll when the closed opening is up). Before rolling it out around 23x60 (~20x70)cm for x1, beat and widen the dough with the rolling pin, as it is too hard to roll at first. If there is unnecessary air, remove air by piercing a bamboo skewer obliquely (It is to avoid unwanted rising when it baked).

Roll the dough evenly by flipping it over and by rotating (To let the dough move, make it wrapped with the rolling pin otherwise the dough stretches). If there is not enough length on a tabletop, add the width, just make the area be equal. (x0. 5 15x45 (~20x35)cm, x0. 6 18x45 (~20x40)cm)

5. Flip the dough over, rotate, roll it into a rectangle and fold in thirds again. Wrap in plastic wrap, place on a tray, cover with a “*Pâte sucrée Poli*” and rest it for 1 hour in the refrigerator. “Folding in thirds twice and resting for 1 hour” is a set.

Make sure not to arrow unnecessary air, here again. It's neat to place the dough temporarily on the back of the tabletop and clean up the front to wrap in plastic wrap.

Do not stop between 1-5 even if you are in a hurry. Taking a rest here ruins the dough with too thick butter.

6. Repeat 4-5 (2nd set). Fold in thirds twice. Refrigerate for 1 hour.

7. Repeat 4-5 (3rd set). Fold in thirds twice and refrigerate for more than 1 hour, overnight if possible.

If you are not going to use all in the very next day, it is better to cut the dough into 4 equal pieces here. Wrap airtight each dough in plastic wrap (though it's not firm yet. Use a tray). Put them in a freezer bag and freeze.

To defrost, place the dough (just as much as you are going to use, say, 2 pieces of 1/4 cut) from the freezer to the refrigerator the previous night before use.

Feuilletage “S”

4 / 5

Fleur*Fleur*

ver. 20181115

★The number of layers calculated.

729 layers, 3^6 , if I count butter layers only. 2187 layers, 3 times more than 729, as *feuilletage* is of dough, butter and dough layers!

●References

classes

- Ms Chie Kato, (December 2006), Galette des Rois, Tokubetsu kousyukai [a special lecture class]
memo: Rose pattern, plain edge, 1/2 of x1, φ21cm)
- Ms Chie Kato, (December 2007), Mille Feuilles, Ouyou ka [2nd year course]
- Ms Chie Kato, (January 2009), Galette des Rois, Kenkyu ka [3rd to 5th year courses]
memo: radial pattern, plain edge, x1 all, φ25cm

books

- Dupuis, Mélanie and Cazon, Anne, (2014), Pâte feuilletée, *Le grand manuel du pâtissier*, Paris: Marabout
- Dupuis, Mélanie, (2016), Pâte feuilletée, *Utsukushii furansugashi no kyokasho [Le grand manuel du pâtissier]*, Tokyo: PIE International
- Kato, Chie, (2002), Mille Feuilles, *Orange page okashi kyoshitsu (Orange Page Sweets Classes)*, Tokyo: Orange page
memo: x0.5
- Kato, Chie, (2006), Galette des Rois, *My anivasari no okashi [Sweets of My Anniversaries]*, Tokyo: Kodansha
memo: Rose pattern, plain edge, x0.6, φ20cm
- Kato, Chie, (2007), Galette des Rois, *Bara no okashi [Sweets of roses]*, Tokyo: Nihon hoso shuppan kyokai
memo: Rose pattern, frilled edge, 1/2 of x1, φ20 ~ 22cm
- Kato, Chie, (2008), Apple Pie, *Weekend Cake*, Tokyo: Kodansha
memo: x1, 16 step-by-step pictures, although they are black and white.
- Kato, Chie, (2008), Pear Pie, *Weekend Cake*, Tokyo: Kodansha
- Kawata, Katsuhiko, (2002, 2007 5th ed.), Pâte feuilletée, *La base, c'est un vrai délice! [The basic is very delicious!]*, Tokyo: Shibata shoten
- Okada, Yoshiyuki, (2010, 2015 2nd ed.), Pâte feuilletée, *Shinpuru o kiwameru [Mastering Simplicity]*, Tokyo: Shibata shoten
- Pfeiffer, Jacquy and Shulman, Martha Rose, Pâte feuilletée, *The art of French pastry*, New York: Random House

Imported Butter as Pastry Ingredients

I usually make pastries with *Takachiho hakko bata* (*Takachiho* fermentation, salt-free butter), but on special occasions, with imported butter if possible.

Probably *ECHIRE* is the most common here and could mean fresh. Adjusting the timing is the difficulty for others though there is a website of “*Hi! Shokuzaishitu Paris*”, which says there is a way to buy butter personally and directly. Shipping fee within 2 kg from Paris is 1,500 yen (Note that it could be rather expensive with extremely high import duty on butter), and which I’m not tried yet.

The situation is changing for the better.

· *ECHIRE*

Easy to buy constantly. I can always find one in *Takashimaya* or *Mitsukoshi* at *Nihonbashi*. Main store is located at 5 minutes’ walk from *Kate Rose* near *Tokyo Station*, the flower shop where I buy class roses.

· *OCCELLI*

Sometimes, I receive an e-mail of reservation for this butter from *Fermier*, my best cheese shop. The problem is that it’s hard to buy one just at the right time. I sometimes find one at *Oisix*, where I order daily foods to be delivered every week, which is easier to put one in a cart. I buy *OCCELLI* when I have a plan for baking sweets gifts within 2 weeks of arrival. 100g, a palm size, naturally formed.

· *ISIGNY*

The butter I tasted as breakfast at *La Cell* in Provence, might be this. I can find one in *Seijyo Ishii* at *Nihonbash* but since shape changed, I’m not sure and not tried yet.

· *GRAN FRRMAGE, BIO-GRASS-FED*

I can always find one in *Seijyo Ishii* at *Nihonbashi*. I tried once and was not milky... as I wanted. But it could be healthy.

· *PAMPLIE*

Mr Marc Glaisse recommended this butter. I still not be able to find it at any of my everyday stores. Though difficulty in availability is the neck, I’d like to try.

Feuilletage "S"

		x1
DÉTREMPE	all-purpose flour	250 g
	granulated sugar, salt	1/2 teaspoon each
	water (no need to be chilled)	140 ml
	butter (melt)	40 g
butter (for folding)		200 g

I. (Two nights before use) Make a **DÉTREMPE** and rest it overnight.

● Cut two largish sheets of plastic wrap in advance.

1. Put powders in a "23cm bowl", mix with a whisk.
2. Prepare melted butter in a microwave.
3. Pour the water into the bowl and mix.
4. Add melted butter (as a liquid, do not make it too hot) and mix.
5. Knead lightly inside the bowl using a hand.
6. Shape it into a ball, double-wrap in plastic wrap and rest it in a refrigerator overnight (or for more than half a day).

II. (One day before use) Enclose the butter. "**Folding in thirds twice and resting it for 1 hour**" is a set, repeat 3 times. Rest it for more than 1 hour before use.

● Make one large "**Poli Sheet**" in advance (for folding butter).

● Cut two largish sheets of plastic wrap in advance (for each set).

● Scale the folding butter on plastic wrap and refrigerate.

1. Place the butter in the "**Poli Sheet**" (Note that plastic wrap here is too weak). Roll the butter shape a square and refrigerate.
2. Place the **DÉTREMPE** on a lightly floured tabletop and flour the **DÉTREMPE** lightly, too. Roll it out like a four-petal-flower.
3. Place the butter on the center of the **DÉTREMPE**, fold and seal.
4. Roll the dough into a rectangle, 23x60cm, and fold in thirds.
5. Flip the dough over, roll it into a rectangle and fold in thirds. Wrap in plastic wrap, place on a tray, cover with a "**Pâte sucrée Poli**" and rest it for 1 hour in the refrigerator. (Don't stop between 1-5.)
6. Repeat 4-5 (2nd set).
7. Repeat 4-5 (3rd set) and refrigerate for more than 1 hour.

Feuilletage "S"

Fleur*Fleur*'s summary recipe in large letters

ver. 20181115