



Welcome to the King Arthur Baking School's Virtual Hasty Pastry class. You'll never buy pre-packaged puff pastry again! In this 90-minute class you'll make a quick dough for buttery, flaky pastry, then use it to create a classic French apple tart and savory palmiers. Below you'll find a list of ingredients and equipment to have on hand and ready to go before class begins. We look forward to baking with you! Please scroll past ingredients for your recipes.

INGREDIENTS (total amount needed for the class)

Unbleached All-Purpose Flour: 240 grams (2 cups), plus more for dusting work surface

Salt: 1/2 teaspoon

Unsalted butter: 227 grams (1 cup), cold

Cold water: 119 grams (1/2 cup)

Granulated sugar: 25 grams (2 tablespoons)

Apples: 1-2 depending on size

Ground cinnamon: 1 teaspoon (optional)

Egg: 1 large

Dijon mustard: 28 grams (2 tablespoons)

Cayenne pepper or smoked paprika: 1/4 to 1/2 teaspoon

Grated parmesan cheese: 50 grams (1/2 cup)

Maple syrup: 78 grams (1/4 cup) or 1/4 cup (85 grams) apricot jam/apple jelly (optional)

EQUIPMENT

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Mixing spoon or plastic bowl scraper

Bench knife (optional)

Ruler (optional)

Mixing bowls: 1 medium and 1 small

Plastic wrap

Rolling pin

Peeler (optional)

Paring knife



Pastry brush (optional)

Pizza wheel (optional)

Baking sheet with parchment paper or silicone baking mat: 2 to 3

Small pot or microwavable bowl



Blitz Puff Pastry

YIELD: 1 batch

INGREDIENTS

240 grams (2 cups) King Arthur Unbleached All-Purpose Flour

1/2 teaspoon salt

227 grams (1 cup) cold unsalted butter, cut into 1/2" dice

119 grams (1/2 cup) cold water

DIRECTIONS

1. In a medium bowl, combine the flour and salt.
2. Toss the butter with the flour mixture to coat.
3. Flatten the butter pieces with your fingers.
4. Add the water, mixing to combine. The dough won't be cohesive at this point.
5. Turn the dough out onto a lightly floured work surface and pat it into a rectangle.
6. Gently roll the dough into a 6" x 20" rectangle.
7. Fold the dough in thirds, just as you would a business letter. This is one letter, or single, fold.
8. Turn the dough 90° so that the folded edge is on your left.
9. Repeat the process of rolling the dough into a 6" x 20" rectangle. This time perform a book, or double, fold by bringing both ends of the dough to meet in the center, then folding it in half like a book.
10. With the folded edge on your left, repeat the process of rolling and folding one more time to perform a second book fold.
11. Wrap the dough and chill for at least 30 minutes before using.
12. At this point, the dough may be stored in the refrigerator up to 2 days or frozen up to 3 months. Thaw the dough overnight in the refrigerator before using.





Apple Galette

YIELD: one galette

INGREDIENTS

1/2 batch Blitz Puff Pastry

1-2 apples, peeled, if desired, cored, and sliced 1/8" thick

1 large egg white

25 grams (2 tablespoons) sugar or cinnamon sugar, or to taste

Maple syrup, glaze (optional)

DIRECTIONS

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. On a lightly floured surface, roll out the blitz puff pastry dough to an 8" x 12" rectangle about 1/8" thick.
3. Trim the edges, then cut 1/2" border strips from the sides of the base.
4. Lightly brush the sides of the base with egg white to adhere the border strips.
5. Arrange the apple slices, overlapping slightly, on the pastry base.
6. Sprinkle the apple slices with the sugar, to taste.
7. Bake the galette for 25 minutes, or until the pastry is deep golden brown and puffed and the apples are tender.
8. Glaze with maple syrup, if desired.
9. Store galette, covered, in the refrigerator up to 3 days or freeze up to 1 month. To reheat the galette, place the it on a baking sheet in a preheated 350°F/175°C oven for 8 to 10 minutes or until heated through.





Savory Parmesan Palmiers

YIELD: about 24 palmiers

INGREDIENTS

28 grams (2 tablespoons) Dijon mustard

1/4 to 1/2 teaspoon cayenne pepper or smoked paprika

1/2 batch Blitz Puff Pastry

50 grams (1/2 cup) grated parmesan cheese

DIRECTIONS

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. In a small bowl, stir together the mustard and cayenne or paprika. Set aside.
3. On a lightly floured surface, roll out the blitz puff pastry dough to an 8" x 12" rectangle, about 1/8" thick.
4. Spread the mustard mixture in a thin, even layer to the edges of the pastry.
5. Sprinkle the parmesan evenly over the mustard.
6. Using both hands, gently lift one long edge of the pastry and fold it firmly and evenly over itself in 1" sections until you reach the center of the pastry.
7. Repeat, folding the other long edge in the same manner to meet in the center. Then fold the two edges together to form a "U" shape.
8. Slice the pastry into 1/2"-thick slices. Place them about 2" apart on the prepared pan.
9. Bake the palmiers for 15 to 20 minutes, or until puffed and deep golden brown.
10. Transfer palmiers to a wire rack to cool completely.
11. Palmiers will keep up to 3 days in a covered container in the refrigerator, or for up to 3 months in the freezer. Re-crisp palmiers in a 350°F/175°C oven for 5 to 8 minutes before serving.

