

Really Rapid Puff Pastry

1 $\frac{3}{4}$ cups bread flour

1 $\frac{1}{3}$ cups cake flour (not self-rising)

1 teaspoon salt

2 cups (4 sticks) cold unsalted butter, cut into $\frac{1}{2}$ -inch cubes

$\frac{1}{2}$ cup plus 1 tablespoon ice water

1. In the bowl of an electric mixer, using the paddle attachment, combine the bread flour, cake flour, and salt at low speed. If your mixer has a splatter shield attachment, use it. Add the butter pieces one-third at a time, mixing for just a few seconds. The mixture will be very crumbly, with large pieces of butter in it. Continuing to mix at low speed, add the ice water, and mix just until the dough starts to come together (there should still be large pieces of butter in it.)
2. Scrape the dough out onto a floured work surface and, with a rolling pin, pound and pat it into a rough rectangle. Roll the dough out into an 8- by 16-inch rectangle, dusting it with flour as needed. Turn the dough if necessary so a short side is closest to you. Brush off any excess flour from the dough with a pastry brush. Fold the bottom third of the dough up over the center, then fold the top third over, as if you were folding a business letter; there will now be three layers of dough. Rotate the dough 90 degrees, so that the open sides are at the top and bottom, and roll the dough out again to an 8- by 16-inch rectangle. Fold it again into three layers. The dough has now been “turned” twice. Wrap the dough well in plastic wrap and refrigerate for 30 minutes.
3. Remove the dough from the refrigerator and place it so that an open end is closest to you. Roll and fold the dough as before, to make two more turns. The dough is now ready to use, or it can be stored for future use.

Notes:

Take care as you mix in the butter — if in doubt, mix a minimal amount until adding in the ice water.