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# Flex Puff Pastry

READY BITS - A recipe for all high quality pastry goods using Flex all Vegetable Pastry Shortening. This quantity is suitable for a 20 litre bowl.

GROUP	GRAMS		INGREDIENTS	METHOD
	1/2 Paste	3/4 Paste		
1	2000 1100 30	2000 1100 60	Bakers Flour Water Salt	Place the water in the machine bowl first. Add the dry ingredients and mix with a dough hook until almost clear (approx. 3/4 minute).
2	850	1300	<b>EOI Flex Ready Bits</b>	Add <b>EOI Flex Ready Bits</b> and mix as desired. (Best results will be gained by not over mixing the dough).
	<b>3980</b>	<b>4460</b>	<b>TOTAL WEIGHT</b>	

**Make-up Procedure** - Half paste requires four half turns (2 half turns – rest – 2 half turns). Three quarter requires five half turns (3 half turns – rest – 2 half turns) allow 15 minutes rest before rolling and cutting.

**Baking** - 230°C

**Freezing** - Flex Puff Pastry is suitable for freezing in a baked or unbaked condition.

**Points of Importance**

1. Turns may be given to dough immediately after mixing, if required.
2. Cover the dough with a plastic sheet during rest periods.
3. Cut out pastry goods should be rested at least 15 minutes prior to baking.
4. Adjust level of water in Group 1 depending on flour strength.
5. More or less turns may be required depending on amount of mixing after the addition of the Flex.
6. In very cold or very hot weather, water temperature should be adjusted to "condition" the Flex dough. Flex pastry dough's that finish between 20C -26C give even lift.

**Usage Advantages**

1. Improved performance During mixing and rolling.
2. Better flake structure.
3. Superior Bake and reheat properties.
4. Flex ready bite size and shape based on exacting specifications.
5. Improved mouth feel.
6. 100% vegetable shortening – reduced usage



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