COOKING CLASSES

AT SUR LA TABLE

FOCUS SERIES
PASTRY
DANISHES

WITH SUR LA TABLE CHEF

MENU:

DANISH PASTRY DOUGH

CHEESE DANISH

FRUIT DANISH

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Produce

- ☐ 3 fresh apricots or 1 can apricots in light syrup
- ☐ 1 Honeycrisp or Granny Smith apple

Dairy

- ☐ 1 pound Butter
- ☐ 1 1/4 cup Whole Milk
- ☐ 8 Eggs
- ☐ 18 ounces Cream Cheese

Pantry Items

- ☐ All-Purpose Flour
- ☐ Granulated Sugar
- ☐ Instant Yeast
- ☐ Confectioners' Sugar
- ☐ Kosher Salt
- ☐ Ground Cinnamon

Dry/Canned Goods

- ☐ Vanilla Bean Paste

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Mixing bowls (various sizes)
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Bench scraper (optional)
- ☐ Ruler
- ☐ Silicone pastry brush
- ☐ Pizza cutter (optional)
- ☐ Fork or whisk
- ☐ Small portion scoop
- ☐ Piping bag (optional)
- ☐ Rolling pin
- ☐ Digital scale (optional but recommended)
- ☐ Offset spatula

Appliances

- ☐ Stand mixer with a paddle and a dough hook

Bakeware

- ☐ 2 rimmed baking sheets
- ☐ Wire baking rack

Other

- ☐ Parchment paper
- ☐ Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Before Day 1 Class:
1. Weigh all your ingredients and have them portioned in prep bowls or small mixing bowls.

Day 1:
- Make the dough.
- Prepare the butter block.
- Complete all folds or turns.
    1. *First turn*: Letter fold and butter incorporation.
    2. *Second turn*: Book fold (also called a double turn) (**Chill 1 hour**).
    3. *Third turn*: Book fold. **Completed after class.**
- Wrap in plastic wrap and refrigerate.

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Before Day 2 Class:
1. 20 minutes before class take your danish dough out of the refrigerator and allow it to soften slightly.
2. 20 minutes before class allow cream cheese to become room temperature.
3. Preheat oven to 350°F.

Day 2:
- Roll dough.
- Shape Danish.
- Make Danish Filling.
- Top Danish with cheese, apricot, and apple toppings.
- Turn dough scraps into Cinnamon Sugar twists.
- Proof Danish.
- Egg wash and bake Danishes.
- Create Danish glaze.
- Glaze Danish.

DANISH PASTRY DOUGH

Yield: *2 to 3 dozen pastries depending on shape and size*

Danish pastries are a cross between croissants and brioche. There are many different versions of this pastry dough out there; we like this one for the delicate interior and the shattery exterior the laminating process yields.

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5 1/2 cups (659 grams) all-purpose flour
1/3 cup (67 grams) granulated sugar
4 teaspoons instant yeast
2 1/2 teaspoons (15 grams) kosher salt
1 pound (454 grams) unsalted butter, chilled, divided
1 teaspoon vanilla bean paste or extract
1 cup (227 grams) whole milk, cold
1/3 cup (76 grams) room temperature water
2 large eggs

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1. ***To prepare dough:*** To the bowl of a stand mixer fitted with a dough hook add flour, sugar, yeast, and salt. Add 2 tablespoons butter (about 28 grams), using your fingertips work butter into dry mixture until no large lumps remain.

2. To a large liquid measuring cup or a large bowl with a pour spout add vanilla, milk, 1/3 cup water, and eggs. Whisk to combine.

3. Attach bowl to stand mixer with dough hook. Turn on mixer to medium speed, pour liquid mixture into dry. Mix on medium until dough comes together into one ball; this is a sticky dough and won't pull away from the sides of the bowl completely, about 5 minutes.

4. To a clean, floured work surface transfer dough. Cover with plastic wrap and set aside to rest for 10 to 15 minutes.

5. ***To prepare butter block***: Cut remaining butter into thin slices. Lay 1 piece of parchment paper onto work surface, flour liberally. Lay out half of butter slices in a single layer on top of flour, sprinkle additional flour over top of butter slices and top with a second piece of parchment paper. Using a rolling pin, gently pound and roll butter into a 6 x 9" rectangle. Use a bench scraper to help shape butter if needed. Repeat with remaining half of butter. Set the two rectangles of butter aside.

6. ***To encase butter with a letter fold (first turn):*** Uncover dough. Roll dough into a 12 x 24" rectangle. Visually divide the dough crosswise into 3 equal, 8" wide sections (you can lightly mark dough with a ruler or the back of a knife). Remove parchment from one of the butter pieces and place into the center third of the dough. Using a pastry brush, gently brush off

excess flour. Fold one side over the butter to completely cover, your butter should be completely covered by the dough, pinch the open sides closed. Place the second butter piece on top of the folded-over dough and fold the remaining third section over it. You now have a rectangular packet of dough-encased butter. Pinch the open ends closed.

7. ***Book fold (second turn):*** Position dough with a short side parallel to your work surface. Dust dough with flour and roll into a 10 x 24" rectangle. Brush any flour from surface of dough. Fold dough using book fold method: Fold two short edges into center of dough, leaving a 1/4" seam. Line up edges precisely and square corners as you fold. Now fold one side over other, as though you were closing a book. Roll your pin across top of dough briefly and gently 3 or 4 times to seal seams. This completes your second turn. Wrap dough in plastic and refrigerate for 1 hour.

8. ***Book fold (third turn):*** Remove the dough from the fridge, and again, roll it into a rectangle about 10 x 24". Fold it as you did in the previous step by folding the two short edges into the center of the dough, leaving a 1/4" seam. Line up edges precisely and square the corners as you fold. Fold one side over the other, as though you were closing a book. Roll your pin across top of dough briefly and gently 3 or 4 times to seal the seams. This completes your third turn. Wrap dough in plastic and refrigerate for 2 to 24 hours.

CREAM CHEESE DANISH POCKETS

Yield: *6 pastries*

This shape is the one most commonly available in America. Since this dough is more bread-like than a croissant, the end shape will be more square than round. No matter their end shape, these are delicious for breakfast or a treat any time of the day.

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Filling:
6 ounces cream cheese, softened
1 cup confectioners' sugar, sifted
1 large egg yolk
1/8 teaspoon kosher salt
1/2 teaspoon vanilla bean paste or extract

1/3 recipe Danish Pastry Dough (recipe included)
1 large egg
1 tablespoon cold water

Glaze:
3/4 cup confectioners' sugar, sifted
1 tablespoon whole milk, plus more if needed
Pinch of kosher salt

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Preheat oven to 350°F. Line one rimmed baking sheet with parchment paper or a silicone mat. Set aside.

1. ***To prepare filling:*** To the bowl of a stand mixer fitted with a paddle attachment add cream cheese. Beat on medium-low until smooth, stopping to scrape sides of the bowl periodically. Add sugar and beat on medium-low until incorporated. Add egg yolk, salt, and vanilla, beat on medium until fully combined. Transfer to a piping bag if using one, if not, set aside.

2. Lightly flour a work surface and roll dough into a 15 x 10 x 1/4" thick rectangle, using a pizza cutter or knife, square off edges. Position rectangle so long edge is parallel to edge of your work surface. Use a ruler and paring knife or pizza cutter to make nicks along top edge and bottom of dough every 5". Repeat on the short sides. Line up your ruler from one nick to the corresponding nick on the opposite side of the dough block and using a knife or pizza cutter, cut your dough block into 6 squares. Separate them slightly.

3. ***To shape Danish pockets:*** Using your fingertips or a pastry brush, lightly moisten the four corners of each square with water to help them seal when pressed together. Pipe or dollop about 1 tablespoon of cream cheese filling into the center of the square.

4. Fold two opposite corners over the center and filling. Press down firmly to seal them together. Next, fold the other two corners over the center, and press firmly. Repeat with remaining dough squares. Transfer to a lined baking sheet, leaving ample space in between each pastry.

5. ***To proof Danish pockets:*** To a small mixing bowl add egg and 1 tablespoon water. Brush each pastry evenly with egg wash. Set in a warm area of your kitchen to proof for 20 minutes.

6. ***To bake Danish pockets***: Brush each pastry again with egg wash. Transfer baking sheet to preheated oven and bake, rotating sheets halfway through, for 12 to 15 minutes, until crusts are a deep golden brown. Transfer pastries to a rack to cool.

7. ***To prepare glaze***: To a medium mixing bowl add confectioners' sugar, milk, and salt, whisk until smooth.

8. ***To finish:*** Once pastries are cool, brush or drizzle glaze over top.

APRICOT PINWHEELS

Yield: *6 pastries*

Canned apricots have the right texture for these pastries; if you cannot find canned apricots, substitute canned sliced peaches.

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Filling:

6 ounces cream cheese, softened
1 cup confectioners' sugar, sifted
1 large egg yolk
1/8 teaspoon kosher salt
1/2 teaspoon vanilla bean paste or extract

1/3 recipe Danish Pastry Dough (recipe included)
6 apricot halves, from canned apricots
1 large egg
1 tablespoon cold water

Glaze:

3/4 cup confectioners' sugar, sifted
1 tablespoon whole milk, plus more if needed
Pinch of kosher salt

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Preheat oven to 350°F. Line one rimmed baking sheet with parchment paper or a silicone mat. Set aside.

1. ***To prepare filling:*** To the bowl of a stand mixer fitted with a paddle attachment add cream cheese. Beat on medium-low until smooth, stopping to scrape sides of the bowl periodically. Add sugar and beat on medium-low until incorporated. Add egg yolk, salt, and vanilla, beat on medium until fully combined. Transfer to a piping bag if using one, if not, set aside.

2. Lightly flour a work surface and roll dough into a 12 x 8 x 1/2" thick rectangle, using a pizza cutter or knife, square off edges. Position rectangle so long edge is parallel to edge of your work surface. Use a ruler and paring knife or pizza cutter to make nicks along top edge and bottom of dough every 4". Repeat on the short sides. Line up your ruler from one nick to the corresponding nick on the opposite side of the dough block and using a knife or pizza cutter, cut your dough block into 6 squares. Separate them slightly.

3. ***To shape pinwheels:*** Using a sharp paring knife make a cut about 1 1/2” long from the corner of each square toward the center. Repeat with each square. To a small mixing bowl add egg and 1 tablespoon water. Brush each square with egg wash. Starting with the upper right corner fold the corner flap toward the center, then move to the left and fold the upper corner flap toward the center, then complete the folding with the remaining two sides. Repeat with remaining pastry squares until you have 6 pinwheel-shaped pastries.

4. To the center of each pinwheel place a small portion of cream cheese mixture and top with apricot, round side facing up. Repeat with remaining dough squares. Transfer to a lined baking sheet, leaving ample space in between each pastry.

5. ***To proof pinwheels:*** To a small mixing bowl add egg and 1 tablespoon water. Brush each pastry evenly with egg wash. Set in a warm area of your kitchen to proof for 20 minutes.

6. ***To bake pinwheels***: Brush each pastry again with egg wash. Transfer baking sheet to preheated oven and bake, rotating sheets halfway through, for 12 to 15 minutes, until crusts are a deep golden brown. Transfer pastries to a rack to cool.

7. ***To prepare glaze***: To a medium mixing bowl add confectioners’ sugar, milk, and salt, whisk until smooth.

8. ***To finish:*** Once pastries are cool, brush or drizzle glaze over top.

Recipe variations:

- Substitute apricot for small blueberries, halved strawberries, or a scoop of raspberry jam.

APPLE VOL-AU-VENTS

Yield: *6 pastries*

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Filling:
6 ounces cream cheese, softened
1 cup confectioners' sugar, sifted
1 large egg yolk
1/8 teaspoon kosher salt
1/2 teaspoon vanilla bean paste or extract
1 crisp-tart apple such as Granny Smith or Honeycrisp, cored, and thinly sliced

1/3 recipe Danish Pastry Dough (recipe included)
1 large egg
1 tablespoon cold water

Glaze:
3/4 cup confectioners' sugar, sifted
1 tablespoon whole milk, plus more if needed
Pinch of kosher salt

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Preheat oven to 350°F. Line one rimmed baking sheet with parchment paper or a silicone mat. Set aside.

1. ***To prepare filling:*** To the bowl of a stand mixer fitted with a paddle attachment add cream cheese. Beat on medium-low until smooth, stopping to scrape sides of the bowl periodically. Add sugar and beat on medium-low until incorporated. Add egg yolk, salt, and vanilla, beat on medium until fully combined. Transfer to a piping bag if using one, if not, set aside.

2. Lightly flour a work surface and roll dough into a 7 x 10 1/2 x 1/2" thick rectangle, using a pizza cutter or knife, square off edges. Position rectangle so long edge is parallel to edge of your work surface. Use a ruler and paring knife or pizza cutter to make nicks along top edge and bottom of dough every 3.5". Repeat on the short sides. Line up your ruler from one nick to the corresponding nick on the opposite side of the dough block and using a knife or pizza cutter, cut your dough block into 6 squares. Separate them slightly.

3. ***To shape vol-au-vents:*** Fold each square in half diagonally to form a triangle. Using a sharp knife, cut a strip 1/2" wide along the two short sides of the triangle, starting at the folded edge and stopping about 3/4" from the opposite corner. Repeat with remaining pastry squares. Unfold the squares. To a small mixing bowl add egg and 1 tablespoon water, whisk to combine, and brush the squares lightly with egg wash. Fold each cut strip to the opposite side to make a diamond-shaped pastry with a raised border all around. Press the corners to seal, and transfer to prepared baking sheets.

4. ***To proof vol-au-vents:*** Brush each pastry evenly with egg wash again. Set in a warm area of your kitchen to proof for 20 minutes.

5. ***To fill and bake vol-au-vents***: With a pastry bag or spoon, place about 2 teaspoons of filling into the center opening of each pastry. Top with 4 to 6 thin slices of apple. Transfer to preheated oven and bake, rotating sheets halfway through, for 12 to 15 minutes, until crusts are a deep golden brown. Transfer pastries to a rack to cool.

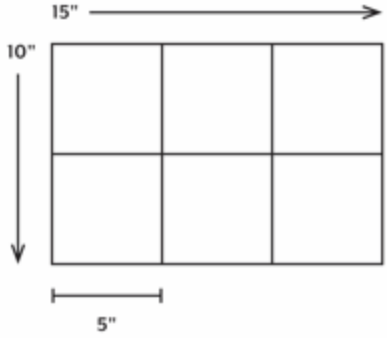
6. ***To prepare glaze***: To a medium mixing bowl add confectioners' sugar, milk, and salt, whisk until smooth.

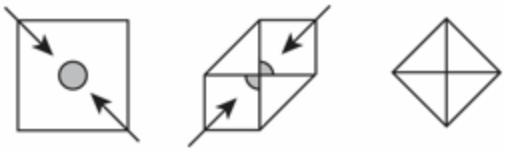
7. ***To finish:*** Once pastries are cool, brush or drizzle glaze over top.

Recipe variations:

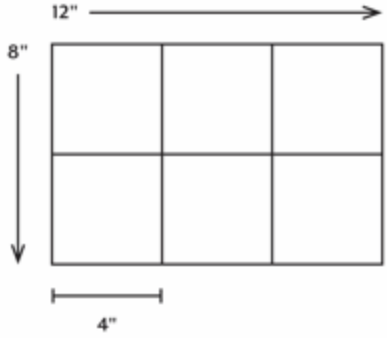
- Substitute the apple with fresh cherries, pears or any ripe fruit.
- Try a savory version by omitting the sugar in the cheese filling and beating in some fresh herbs, then topping with roasted vegetables before going into the oven.

DANISH POCKETS





PINWHEELS





VOL-AU-VENTS

