

Alliance Française d'Omaha event on April 22, 12017
George Dinsdale Cordon Bleu Concours de Cuisine

1st Winner in the Desserts Competition:

Kathie Sparks
KOUIGN AMANN

Kathie's note:

Kouign Amann translates from Breton as "buttered bread."

I used the recipe by Paul Hollywood from The Great British Bake Off, which makes the 'muffin' looking version. Kouign Amann originated in the Breton fishing port of Douarnenez and their 'official rules' for Kouign Amann are 40% dough, 30% butter and 30% sugar. Obviously, a lot of calories are needed to fish!

These are caramelised buttery, sugary parcels. Perfect with a café au lait. Equipment and preparation: for this recipe you will need a 12-cup muffin tin and a freestanding mixer fitted with a dough hook.



Ingredients

- 300g/10 1/2oz strong plain flour, plus extra for dusting
- 5g fast-action yeast
- 1 tsp salt
- 200ml/7fl oz warm water
- 25g/1oz unsalted butter, melted
- 250g/9oz cold unsalted butter, in a block
- 100g/3 1/2oz caster sugar, plus extra for sprinkling

Method

Preparation time — 1-2 hours

Cooking time — 30 mins to 1 hour

Serves — Makes 12 pastries

Directions

1. Put the flour into the bowl of a freestanding mixer fitted with a dough hook. Add the yeast to one side of the bowl and the salt to the other. Add the water and melted butter and mix on a

slow speed for two minutes, then on a medium speed for six minutes.

2. Tip the dough onto a lightly floured work surface and shape into a ball. Put into a lightly oiled bowl. Cover with cling film and leave to rise for one hour.

3. Sandwich the butter between two sheets of greaseproof paper and bash with a rolling pin, then roll out to a 14cm/5½in square. Place in the fridge to keep chilled.

4. On a lightly floured surface, roll out the dough to a 20cm/8in square. Place the butter in the centre of the dough diagonally, so that each side of butter faces a corner of the dough. Fold the corners of the dough over the butter to enclose like an envelope.

5. Roll the dough into a 45x15cm/18x6in rectangle. Fold the bottom third of dough up over the middle, then fold the top third of the dough over. You will now have a sandwich of three layers of butter and three layers of dough. Wrap in cling film and place in the fridge for 30 minutes. This completes one turn.

6. Repeat this process twice more, so you have completed a total of three turns, chilling the dough for 30 minutes between turns.

7. Roll the dough into a rectangle as before. Sprinkle the dough with the caster sugar and fold into thirds again. Working quickly, roll the dough into a large 40x30cm/16x12in rectangle. Sprinkle the dough with caster sugar and cut the dough into 12 squares.

8. Grease a 12-cup muffin tin well with oil. Gather the dough squares up by their four corners and place in the muffin tins, pulling the four corners towards the centre of the muffin tin, so that it gathers up like a four-leaf clover. Sprinkle with caster sugar and leave to rise, covered with a clean tea towel, for 30 minutes until slightly puffed up.

9. Preheat oven to 220C/200C(fan)/425F/Gas 7. Bake the pastries for 30- 40 minutes, or until golden-brown. Cover with foil halfway through if beginning to brown too much. Remove from the oven and leave to cool for a couple of minutes before turning out onto a wire rack. Be careful not to burn yourself on the caramelised sugar, but don't leave them to cool for too long, or the caramelised sugar will harden and they will be stuck in the tin.

10. Serve warm or cold.