

BACHOUR

THE BAKER

FEATURING STEP BY STEP INSTRUCTIONS
FOR MAKING LAMINATED DOUGH



PHOTOGRAPHY BY BATTMAN

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RECIPES BY ANTONIO BACHOUR
PHOTOGRAPHY BY BATTMAN

My life would not be the same without my wife, Alejandra Sanchez. She has given me more support than I could ever have imagined. I can't thank her enough for her encouragement and belief in me and my goals.

To my Sous Chef Samira Saadee. Thank you for being the person you are.

And to Ana Karina, the only person I feel at ease and confident with filling my spot when I am away (often). Thank you so much.

Antonio

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FOREWORD

It might sound like a cliché, but I do think love is the most important ingredient for a pastry chef. Love is dedication, love is patience, love is spending hours and hours perfecting one recipe, love is sharing your knowledge and passion with others. All this, is exactly what Chef Antonio Bachour has achieved through his creations, and particularly in this amazing book.

I met Chef Antonio Bachour while interning at the St. Regis Bal Harbour Hotel. You must know that the first time I saw him plating a dessert I felt goosebumps. I was immediately inspired, and from that moment, he has not stopped astonishing me. He is truly a pastry genius, and I feel so grateful for everything he has taught me and encouraged me to do. I admire him profoundly because he has fought for his passion and has inspired thousands. .

I feel very honored to be part of this wonderful book. The dedication and love that Chef Bachour devotes to his work is evident in each recipe presented here. This book will surely bring sweetness into then life of any reader.

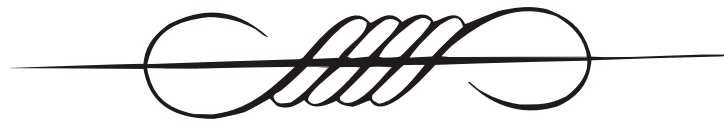
Thank you, Chef Antonio Bachour for being an incredible mentor. I wish you all the best in your upcoming projects!

Keep inspiring us!

Ana Karina Rivera Caceres



PUFF PASTRY



PUFF PASTRY

Yields 1 Full Sheet Pan

Puff Pastry Dough

8.3 ounces/250 grams all-purpose flour

8.3 ounces/250 grams bread flour

½ tablespoon/25 grams salt

5.8 ounces/175 grams water

3.3 ounces/100 grams unsalted butter

1 teaspoon/5 grams white vinegar

All-purpose flour, as needed for dusting

In a stand mixer fitted with the paddle attachment set on the 1st speed, mix all the ingredients except the additional all-purpose flour for dusting and incorporate for 3-4 minutes.

Lightly flour a sheet pan with the additional flour. Transfer mixture to the sheet pan and form into a flat square and cover with plastic wrap.

Allow the dough to rest in the refrigerator for about 2 hours.

To Mix and Shape Butter Block

13.3 ounces/400 grams unsalted butter, cold

2 ounces/56 grams bread flour

In a stand mixture fitted with the paddle attachment add butter and flour and mix until smooth.

Place a piece of parchment paper on the table. Remove the butter mixture from the bowl and center on the parchment. Top with another parchment paper and pound the top of the butter from the left to right with a rolling pin to begin to flatten it into a square. Cover and place in the refrigerator for 2-3 hrs.

To Laminate Butter Block

After 2-3 hours continue to flatten and laminate the Butter Block until you make a square 5mm thick. Cover and refrigerate for at least 2 hours before using.

To Laminate Dough

Puff Pastry Dough

Laminated Butter Square

Stretch the dough and place the chilled laminated butter square on the dough for lamination. Give 2 simple folds and rest 1 hour in refrigerator.

After 1 hour remove the dough from refrigerator. Stretch and laminate the dough again to about 4mm thick. Give a single fold and a double fold and let stand and rest for 1 more hour in refrigerator.

Remove from refrigerator and laminate the sheet of puff pastry to 3mm thick. Rest in refrigerator for a minimum of 3-4 hours.

