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One Stop Shopping for Your Kitchen Accessories and Gourmet Foods

Thursday, February 22, 2007

Puff Pastry Class

We're All Puffed Up Over Our Latest Cooking Demonstration!

We were delighted to have Executive Pastry Chef, Henri Lafitte of Lafitte's Desserts LTD show us how to prepare Puff Pastry, Cream Puffs and Pastry Cream. Chef Lafitte was born in France and served as apprentice to Master Pastry Chefs in Paris before being brought to St. Louis by Famous-Barr to introduce French Pastry to St. Louis. Among his accomplishments, he has had the privilege to make desserts for former President Ronald Regan and the Clinton Family!

Chef Lafitte demonstrated the proper technique to make Puff Pastry from scratch including the folding, pressing and rolling techniques to get the dough to the correct consistency for the pastry. He also gave us a hint about using a pastry wheel (don't cut the very edges of the dough, so the dough is less likely to tear when you are starting and ending the cut).

We also learned how to get the Cream Puff Dough to the right consistency for piping through a pastry bag (the dough should resemble thin mashed potatoes).

Finally, we made the Pastry Cream for use with either the Puff Pastry or the Cream Puffs.

D-E-L-I-C-I-O-U-S!



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