

Inside the Jewish Bakery: Pastries

Stanley Ginsberg and Norman Berg

Bun Dough

Makes enough for a dozen 3 oz./85 g. pastries

INGREDIENT: Granulated sugar

VOLUME: 1/3 cup

OUNCES: 3.2

GRAMS: 90

BAKER'S PERCENTAGE: 18%

INGREDIENT: Table salt

VOLUME: 1/2 tsp.

OUNCES: 0.2

GRAMS: 6

BAKER'S PERCENTAGE: 1%

INGREDIENT: Nonfat dry milk

VOLUME: 3 Tbs.

OUNCES: 1.1

GRAMS: 30

BAKER'S PERCENTAGE: 6%

INGREDIENT: Shortening

VOLUME: 1/3 cup

OUNCES: 3.2

GRAMS: 90

BAKER'S PERCENTAGE: 18%

INGREDIENT: Butter flavoring

VOLUME: 2 1/2 tsp.

OUNCES: 0.6

GRAMS: 16

BAKER'S PERCENTAGE: 3%

INGREDIENT: Vanilla extract

VOLUME: 2 1/2 tsp.

OUNCES: 0.6

GRAMS: 16

BAKER'S PERCENTAGE: 3%

INGREDIENT: Egg, beaten

VOLUME: 1 large
OUNCES: 2.2
GRAMS: 60
BAKER'S PERCENTAGE: 12%

INGREDIENT: Water
VOLUME: 2/3 cup
OUNCES: 8.6
GRAMS: 245
BAKER'S PERCENTAGE: 51%

INGREDIENT: All-purpose flour
VOLUME: 2½ cups
OUNCES: 17.4
GRAMS: 500
BAKER'S PERCENTAGE: 100%

INGREDIENT: Instant yeast
VOLUME: 2 ½ tsp.
OUNCES: 0.6
GRAMS: 16
BAKER'S PERCENTAGE: 3%

1. Using the whisk beater at medium (KA 6) speed, blend the sugar, salt, nonfat dry milk and shortening until smooth and light, about 6 minutes if by machine and 10 to 12 minutes if by hand.
2. Add the egg into the sugar-shortening mixture in a thin stream and continue mixing until smooth, 2 to 3 minutes.
3. Switch to the flat beater reduce to low (KA 2) speed, and slowly incorporate the flours and instant yeast into the dough. When the flour is well blended, add the water in three stages, letting it incorporate fully before adding the next portion.
4. Switch the dough hook and knead for another 8 to 10 minutes, until the dough cleans the sides of the bowl.
5. Turn the dough onto a lightly floured surface and knead briefly. Roll it into a ball and put it into a lightly oiled bowl. Ferment until doubled in bulk, 45 to 60 minutes.



Almond buns.
(Courtesy of Patricia Nelson)

Almond Buns

Makes about a dozen 3 oz./85 g. buns

INGREDIENTS

1 recipe Bun dough
1 recipe Almond filling
Egg wash (1 large egg + 1 tsp./15 ml. of water)
1 cup/3.3 oz./90 g. Sliced almonds
1 recipe Simple syrup

1. When fermented, transfer the dough to a lightly floured work surface, degas and knead briefly. Form the dough into a log shape about 4 in./10 cm. in diameter. Cover with plastic or a damp cloth and let rest for 15 to 20 minutes to relax the gluten.
2. Roll the dough lengthwise into a rectangle about 9 in./22 cm. front to back and as wide as possible, keeping it about $\frac{1}{4}$ in./0.6 cm. thick.
3. Spread the almond filling evenly over the dough, leaving the nearest $\frac{1}{4}$ in./0.6 cm. uncovered for sealing, and press the filling in lightly with the rolling pin.
4. Roll the dough up from the end furthest from you to form a tight roll. Use the heel of your hand to seal the edge, so that the roll will hold its shape.

5. Using a sharp knife, cut the roll into 12 slices about 1½ in./4 cm. thick and arrange cut side up on parchment-lined sheet pans, allowing about 1 in./2.5 cm. between them.
6. Cover the buns with plastic wrap or a damp towel and bring the dough to three-quarter proof, 45 to 60 minutes.
7. About 20 to 30 minutes before bake time, preheat your oven to 375° F/190° C., with the baking surface in the top third.
8. When the buns have proofed, wash them with egg and top with sliced almonds. Bake until golden brown, 15 to 20 minutes.
9. When baked, remove the pan onto a rack and wash generously with simple syrup. Let cool for at least 1 hour.

FOR CINNAMON BUNS, roll out the dough as above, brush with melted butter, and spread with cinnamon sugar filling and ½ to 1 cup raisins, if desired. Wash with egg as above, omitting the sliced almonds. Bake as above, wash with simple syrup and, when cool, finish with simple icing.