THE J.M. SMUCKER Co

Rochelle Desouza’s Palmiers

Prep Time	Cook Time	Serves	Difficulty
3 hrs 30 mins	20 mins	12	N/A

Ingredients

- **Puff Pastry Dough:**
- 2 1/4 cup (270 g) **Robin Hood®** Best for Bread Flour

  Robin Hood® Best for Bread Homestyle White Flour

- 1/2 tsp (3 g) salt
- 3/4 cup (200 g) unsalted butter (cold)
- 1/2 tsp (2.5 mL) white vinegar
- 1/2 cup (135 mL) water (cold)
- **Sugar & Spice Mixture:**
- 1 cup (200 g) granulated sugar
- 2 1/2 tsp (7.5 g) ground cinnamon
- 1 tsp (2 g) ground nutmeg
- 1 tsp (2 g) ground cardamom
- 2 tsp (2 g) orange zest (optional)

Directions

Step 2:

Add flour, salt, and cold butter chunks to a large bowl. Toss with clean fingers until all butter pieces are separated and coated in flour.

Step 3:

Add cold water and white vinegar to the flour mixture and gently knead for 10 to 20 seconds until combined into a dough. Wrap the dough in plastic wrap and refrigerate for 1 hour.

Step 5:

Combine the granulated sugar, ground cinnamon, ground nutmeg, ground cardamom, and optional orange zest in a medium bowl.

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Combine the granulated sugar, ground cinnamon, ground nutmeg, ground cardamom, and optional orange zest in a medium bowl.

Step 8:

Sprinkle a generous amount of the Sugar & Spice mixture onto a clean work surface. Coat the rolling pin with the mixture to prevent sticking. Roll the dough into a 10-inch square, sprinkling more of the mixture onto the dough as needed. Slowly and tightly roll one side of the square shaped dough into the centre of the s quare, stopping just at the centre. Repeat with the other side, slowly and tightly rolling the dough inward to meet the other rolled side of dough in the centre, making the traditional palmier shape.

Step 9:

Wrap the dough log tightly in plastic wrap and chill for 30 minutes.

Step 10:

Slice the log into 3/4 inch pieces and place on a lined baking sheet. Bake in the preheated oven for 8 to 9 minutes until the palmiers begin to puff up and expand. Flip over and bake for another 10 to 12 minutes until golden and crispy. Allow the

palmiers to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Images

