



"Knowing our past, guides our future."

PUFF PASTRY FOR FILLED TURNOVERS

*from Sarah Josepha Hale, The Good Housekeeper: The Way to live Well
and Be Well While We live, 1839*

via

Old Sturbridge Village Cookbook, 2nd edition

Take an equal quantity of flour and butter; rub rather more than half the flour into one third of the butter; then add cold water to make it into a stiff paste. Make it round and roll it out. Dot half of the remaining butter over pastry, sift flour over it, roll up pastry, flour board and rolling pin, and roll it out. Repeat once or twice until all the butter is used.

Roll out puff paste nearly a quarter of an inch thick and with a small saucer or a tin cutter of that size, cut it into round pieces; place upon one side raspberry or strawberry jam, or any sort of preserved fruit or stewed apples; wet the edges fold over the other side, and press it round with the finger and thumb. Or cut the paste in the form of a diamond, lay on the fruit, and fold over the paste, so as to give it a triangular shape.

- ◆ 2 cups butter
- ◆ 3½ cups whole-wheat flour, measured after sifting
- ◆ ½ cup cold water