



# Slow Food Aberdeen City & Shire

## Traditional Buttery

Small Batch (*approximately 30 Butteries or 60 "snack" Butteries*)

### **Ingredients**

#### Fat Mixture

125g plain flour  
31g salt  
250g butter  
250g white fat/lard/meat dripping  
31g granulated sugar

#### Dough Mixture

780g strong flour  
25g granulated sugar  
31g fresh bakers yeast (*available free from an in-store bakery such as Asda*)  
600ml warm water

### **Method**

#### Fat Mixture

Place all the ingredients in a bowl or mixer and mix together on a slow speed until a smooth paste is achieved. Cover and place in the fridge to chill.

#### Dough Mixture

Add the sugar, yeast and 600ml water to the flour and mix slowly until it comes together and the dough becomes malleable and tacky. Cover the bowl with a clean tea towel and leave in a warm place to prove for 20 minutes. The dough will increase in size to about 1.5 times the original size.

#### Combine the Mixtures

Lightly flour a table/surface and spread the dough out by hand to form a rectangle at least A4 sized. By hand, roughly spread the fat mixture over the bottom 2/3 of the dough. Fold the remaining 1/3 over the middle (fatted) third and then fold the last 1/3 over so that the fat is all enclosed.

Using a dough scraper or large knife make deep cuts into (but not completely through) the dough in a crisscross pattern. Use the blade to lift one side of the mixture and fold it over the top then do the same with the other side. Repeat this chopping and folding process until the fat and dough are mixed and you have a slightly stringy but not over incorporated dough.

#### Form the Butteries and Bake

With well floured hands weigh 70g for each buttery (or 35g for "snack" butteries) and press using your knuckles on to **well greased** trays with no space between the rolls.

Allow to rest for about 15 minutes then bake at approx. 200-220 deg C for 15-20 minutes until dark golden brown.

Take the trays from the oven and leave to cool completely before storing in an air-tight container.