

Baking and Pastry Solutions  
 Formula and Process by Brian Wood  
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Kouing Aman

Yield: About 24 pastries

Prefermented Dough

Ingredients	Baker's %	Kilogram	Lbs & Oz
Flour	100.00	0.150	5.3 oz
Water	64.00	0.096	3.5 oz
Yeast (dry instant)	0.60	0.001	pinch
Salt	2.00	0.003	1 tsp
Total	166.60	0.250	8.9 oz

\*Note: This recipe makes double the required amount.

Process, Prefermented Dough

Mix all ingredients until well incorporated. DDT is 21°C/70°F.  
 Allow to ferment 2 hours at room temperature 21°C/70°F.  
 Refrigerate at least 3 hours or until needed (up to 18 hours).

Final Dough

Ingredients	Baker's %	Kilogram	Lbs & Oz
Flour	100.00	0.779	1lb 11.3 oz
Water	50.00	0.389	13.75 oz
Sugar	8.00	0.062	2.25 oz
Salt	2.9	0.023	.8 oz
Yeast (dry instant)	2.00	0.016	.5 oz
Milk powder	4.75	0.037	1.4 oz
Butter, Unsalted	10.00	0.078	2.75 oz
Prefermented Dough	15.00	0.117	4.1 oz
Sub-Total	192.65	1.500	3lbs 4.8 oz
Butter for roll-in, Salted*	50.00	0.750	1 lb 10.4 oz
Sugar for roll-in*	40.00	0.600	1lb 5.1 oz

\*Butter and Sugar for roll-in are a percentage of the sub-total dough weight.

Process, Final Dough

Mix:	Incorporation
D.D.T.:	23-25°C/73-76°F
First Fermentation:	1 hour at 40°F/5°C.
Divide:	None
Lamination:	Three single folds
Resting time:	30 minutes between each fold, or series of folds
Shaping:	Kouign Aman (see photos)
Final proof:	1.5-2 hours at 27°C/80°F at 65% rh
Steam	1 second
Bake:	Convection oven: 20-25 minutes at 177°C/350°F
Note:	Baking time and temperature may vary.