Cinnamon Sugar Palmiers



Your first bake starts with pastry that is already made. You can focus on shaping, even slices and the difference between pale and properly golden.

The skill

Puff pastry contains many thin layers of dough and fat. Oven heat creates steam that separates the layers. Press the sugar in gently: rolling the sheet very thin or crushing the cut edges can reduce the lift.

Before you start

Use a thawed ready-rolled sheet near the reference size on the cooking page. This manufacturer-based size is not a tested course specification. Record its weight and dimensions; do not substitute a much larger roll unchanged. Estimate slices by dividing log length in mm by 6. Keep the pastry cool and pliable; chill if sticky or greasy.

Tools to gather

A baking sheet, baking parchment rated for 200 C / 400 F, rolling pin, sharp knife, small bowl, wide turner and cooling rack.

Plan your time

About 10 minutes hands-on; 12-15 minutes baking per tray; 5 minutes on the tray, then rack cooling. Thaw the pastry first as its package directs. Allow extra time for multiple trays.

FREE FIRST CHAPTER / YOUR FIRST 10 BAKES

Teaching illustrations are AI-generated; finished-bake imagery comes from BeginnerBakes. No new kitchen tests are claimed. Added metric quantities are approximate references. Use level US measures: cup 240 ml, tablespoon 15 ml, teaspoon 5 ml. Use a notebook for the reflection prompt.
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Bake the recipe

200 C / 400 F / CONVENTIONAL OVEN

Yield varies with log length; slice 6 mm / 1/4 inch thick.

For the cookies

1 puff pastry sheet, about 245 g and 25 x 27 cm (reference size)

1/2 cup (approx. 100 g) granulated sugar, divided across rolling and sprinkling

1 teaspoon ground cinnamon

Cool and store

Cool completely, then store airtight at room temperature for up to 3 days. For slightly softened cookies, refresh at 150 C / 300 F for 3-5 minutes and cool again.

Original recipe online

Method

01 Preheat your oven to 200 C (400 F). Line a baking sheet with parchment paper.

02 In a small bowl, mix the granulated sugar and cinnamon until evenly combined.

03 Sprinkle a little cinnamon sugar onto a clean work surface.

04 Unfold the thawed puff pastry onto the sugared surface and sprinkle more cinnamon sugar evenly over the top.

05 Use a rolling pin to gently press the cinnamon sugar into the pastry without flattening the layers too much.

06 Roll one long edge tightly toward the centre, then roll the opposite long edge toward the centre so the two rolls meet.

07 Place the rolled pastry on sugared parchment and sprinkle with a little more cinnamon sugar.

08 Use a very sharp knife to slice the log into 1/4 inch (0.6 cm) pieces.

09 Arrange slices cut-side down on the prepared baking sheet, leaving about 1 inch between cookies for expansion.

10 Sprinkle the tops lightly with the remaining measured cinnamon sugar.

11 Bake for 12-15 minutes, until the palmiers are puffed, golden, and lightly caramelised.

12 Cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Know what to look for

AI-generated teaching illustrations. Follow the written cues; actual colour and texture vary.



01 / Before rolling

The sheet bends without cracking and feels cool, with no oily sheen. If it cracks, let it soften a little; if it smears, chill it.



02 / Before baking

Two rolled edges meet in the centre. Slices are about 6 mm / 1/4 inch thick and lie cut-side down with 2.5 cm / 1 inch gaps.



03 / At the finish

Layers are puffed and the sugar is golden. Check the undersides too; a pale underside needs more time, while very dark sugar turns bitter.

Practise and compare

Shape a palmier



Roll the first edge

Bring one long edge towards the centre.



Meet in the middle

Roll the opposite edge in until the two rolls meet.



Cut even slices

Use a sharp blade; aim for 6 mm / 1/4 inch slices.

The rolls squash as you cut

The pastry may be too warm or the knife too blunt. Chill until firm and use a sharp blade with a clean downward cut.

Some cookies burn first

Unequal slices or crowded corners can bake unevenly. Match the thickness and start checking at the early end of the range.

Try this on your next batch

Before baking, line up three slices and compare their thickness at eye level. Adjust any obviously thick slice. After baking, compare their colour and crispness once cool.

> **In your baking log**
> Which told you more about readiness: the timer, the top colour, or the underside? Record your answer and the actual baking time.