

Croissants Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 2 days

Cook time : 15-20 minutes

Ready in 2 days

Level : Advanced

Ingredients:

- Manitoba flour 250g (8.8oz)
- All purpose flour 250g (8.8oz)
- Salt 15g (1Tbsp)
- Sugar 60g (2.1oz)
- Water 140g (5oz)
- Milk 140g (5oz)
- Fresh yeast 25g (0.9oz)
- Butter, softened 50g (1.8oz)
- Butter for laminating 300g (10.6oz)

Directions

1. Put all the flour, salt, sugar, and fresh yeast into a bowl of a stand mixer fitted with hook attachment. Add cold water and milk and mix on medium speed for a couple of minutes.
2. Wrap the dough in a plastic film and leave it in the refrigerator overnight to rest the gluten and develop the taste.
3. Put the butter in the middle of parchment paper sheet, and fold the sheet into 15cm x 15cm (6" x 6") square. Pound the butter with a rolling pin, and roll it out to fit the square. It should stay cold but manageable, and it should be the same consistency as the dough.

4. Roll the dough in 30cm x 15cm (12" x 6") rectangle. Place the butter in the middle of the dough and fold the rest of the dough over the butter, so it covers the butter completely.
5. Press the dough with a rolling pin carefully and roll it slowly, so the butter spreads evenly inside the dough.
6. Fold the dough in thirds (this is called single turn), wrap it in foil and put it in the fridge for 15 minutes.
7. Roll the dough again, maintaining the shape of regular rectangle, brush off the excess flour and make one more turn. Cover the dough and put it in the refrigerator to chill. Repeat the procedure one more time. For croissants, there are three single turns.
8. Roll the dough into 50cm x 20cm (20" x 8") and approximately 5mm (1/5") thick rectangle. Using your small knife, make a mark every 10cm (4") on one side of the rectangle. On the opposite side make the first mark at 5cm (2"), and then every 10cm (4"). Cut uniform isosceles triangles with a pizza wheel.
9. Gently stretch each triangle with your hands, and then roll, starting from the base of the triangle towards its top. Place croissants onto a paper lined baking tray.
10. Brush them with egg wash and proof at lower temperature - approximately 27°C (80°F) for about 2 hours, because the higher temperature will melt the butter. I usually put my croissants in the cold oven, and without turning the oven on, place a plate filled with hot water on the bottom of the oven. Then I close the door and leave croissants to prove for 2 hours. Before baking brush croissants with egg wash once more.
11. Bake them at 180°C (350°C) for about 20 minutes, until golden.