

## FOODY CROISSANTS (Crescents & Pain au Chocolat)

Makes 9-12 pieces of 55g each

### LAMINATING BUTTER BLOCK

1g Lemon Juice / White Vinegar

3 Tbsp or 30g Flour

3/4<sup>th</sup> Cup or 180g Butter, Chilled & Cut

Or You Could replace the above with 200g Puff Margarine

### DOUGH

2 Cups or 250g Flour

1 Tbsp or 15g Sugar

1 Tsp or 7g Salt

22g Fresh Yeast or 1 & 1/4 Tbsp or 10g of Instant Powdered Yeast

90-100ml Milk, cold

30g Eggs whole (About Half of a Large egg, whisked)

1/2 Tbsp or 10g Honey

1 Tbsp or 10g Soft Butter

### EQUIPMENT NEEDED

Digital Weighing Scale / Physical measures, SS Bowls, Dough Scraper, Cling film, Rolling Pin, Silpat or Parchment lined Baking Trays and a Pastry brush

### PROCEDURE- LAYERING BUTTER

- In a bowl, Add in the cold chopped Butter, and the lemon juice and mix them with your hand and add in the flour, knead using your hands only, on the table to mix well but avoid creaming.
- Take the butter and make a square slab in butterpaper, 5x5inch square, keep in a cool area or refrigerate for 20-30mins until firm but not hard, if it gets hard, keep it out till it gets workable

### PROCEDURE -CROISSANTS

- To make the dough, dissolve the yeast in half of the milk with the honey and eggs and rest for 1-2mins
- In a bowl, add in the sifted flour along with other dry ingredients, except salt, add in the yeast mix and adjust with more milk if required, knead at slow speed for 2mins , then add in the salt and continue kneading to form a combine and then at medium speed for 5-7mins till it forms a slightly elastic dough but does not become too lean / hot, and should pass the windowpane test
- Wrap in film and refrigerate the dough for 30mins in the freezer / 1 hour in the fridge
- When it is cold, roll out to a square 7x7inch

- Place the malleable butter slab in the rolled out dough and fold in the sides to envelop the butter and then roll out lengthwise with a rolling pin, dust flour as required to avoid the dough sticking to the table top
- Give the dough 3 single turns and refrigerate the dough well covered for 1 hr - 2hr in the fridge to rest and relax the dough
- Roll the dough out to 1/4th inch thickness and flap it to reduce shrinkage
- Make a Triangular Croissant Stencil using a cake board 6-8inch height and 4inch at the base
- Using a stencil / croissant cutter, you may cut the dough into triangles
- For Butter Crescents, make a 1" slit in the centre of the bottom of every triangle, stretch out and roll tightly from the wide of the triangle till the tip to form a croissant
- To stuff, cut wider triangles and dont slit the bottom, envelope the filling with the dough and roll from the base till the tip
- To make chocolate croissants ( Pain au Chocolat), simply roll the dough into 1/4th inch thickness and cut strips of 6inch width from the bottom to form a rectangle ( 50g each)
- Sprinkle chocolate chips / batonnets on one side and roll it once over the chocolate and then once more to seal the fold ( 50g each)
- Place on a greased tray and cover, add in the milk wash on top
- Allow to prove for 25-40mins or more until they are double in volume, preheat the oven at 190deg C
- Bake at 200deg C for 5mins with steam and then at 200deg C for 8-15mins without steam, till they are evenly browned on all the edges, if you don't have steam, simply place a steel bowl with 3/4<sup>th</sup> filled with hot water at the preheating stage of the oven
- Take out of the oven and allow to cool on a cooling rack, serve warm or at room temperature. Never store baked croissants for more than 2 hours, use the leftovers for Bread & Butter pudding

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