



CROISSANT

Ingredients to make 8 croissant

200g milk (chilled from fridge)
4g dried yeast
300g strong white flour

5g fine sea salt
125g unsalted butter slightly softened
1 egg beaten + pinch of salt to glaze

Method

Evening before : Mix the milk, yeast, flour, sugar and salt then knead for around 10 minutes. Leave the dough at room temperature for 30 minutes then leave covered in the fridge overnight.

Next day : Tease the dough to a 12cms square. Cut the butter to a rectangle half the size of the dough. Place the butter diagonally across the square of dough. Fold the corners of the dough over into the middle of to form a neat rectangular package with no butter showing. Place the dough in a cool place for at least 30 minutes. In a really warm house this means the fridge.

Roll out to about 24 x 38cms. Fold one end over the middle third of the dough then fold the other end on top to give a neat three layer block of dough. Keep moderately cool for 20 minutes. If the dough is too soft and the butter too hard you may roll the dough off the end of the butter. Aim for the same consistency in butter and dough. Repeat the rolling and folding twice more with 20 minutes between. After the last fold flour the dough, cover it and keep it coolish for 40 minutes.

Shaping

Roll out the dough to around 24 x 38cms as rectangular as you can. Mark out a line of 4 triangles with bases roughly 10 cms. Cut out the triangles and leave for a few minutes. To make each croissant first make a small nick in the base of a triangle then stretch the base out to the sides a little by pulling gently on each corner. Now elongate the triangle by pulling the apex out gently. Start rolling up the triangle from the base using both hands for the first turn then switch to pulling gently on the apex with one hand while you roll up from the base with the other. Once the croissant is formed pin the loose pointy end to the dough. Place the croissants on a baking tray lined with floured baking parchment, turn in the ends to make the traditional crescent shape.

Proving

Leave for 40 minutes in moderate warmth but not so warm that the butter melts! This should be long enough for the croissant to puff up a bit. Turn the oven on at 210°C. Place a tray in the bottom ready to generate steam when the croissants go in.

Baking

Brush the croissants with beaten egg. Pour a cup of water into the hot tray in the bottom of the oven. Bake at 190°C for 15 (to 20) minutes until golden brown all over. Remove the water after 5 minutes.