



CROISSANT

Ingredients to make 16 croissant

390g cold milk

5g dried yeast or 10g fresh yeast

600g strong white flour

5g fine sea salt

250g cold unsalted butter

Method

Mix the milk, yeast, flour and salt to a stiffish dough, knead for around 10 minutes. Place the dough in the fridge for at least 30 minutes.

Meanwhile unwrap the butter and put it in a clean heavy polythene bag. Flatten it first by pressing with a rolling pin then by rolling till you have a rectangular sheet approx the size of sheet of A4. Return this to the fridge while you work on the dough.

Roll out the dough to roughly the length of 1½ A4 sheets by the breadth of an A4 sheet. Place the butter so that it covers ⅓ of the dough starting at one end.

Fold the uncovered ⅓ of the dough over the middle third, then fold the other (buttered) end in on top of the other two layers. You now have two layers of butter in a sandwich of dough.

Rotate through 90° and roll out again to make a rectangle the same size as before ie 1½ A4 sheet long. Next make a book fold, ie fold the short edges in to meet in the middle then fold the two pages together as though you were closing a book.

Return the folded dough to the bag, and refridgerate for at least 30 minutes.

Roll the dough out once more to 1½ A4 size, again in the opposite direction to the previous rolling and make another book fold. Return to the fridge for at least 30 minutes.

Shaping

Roll out the dough yet again to 1½ A4. Mark out two lines of 8 triangles, roughly 10 cms each side. Cut out the triangles and leave them to rest for a few minutes.

To make each croissant first make a 1cm nick in the base of a triangle then stretch the base out to the sides by pulling gently on each corner of the base. 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 either pin the loose pointy end to the layer of dough below or turn the croissant so that the loose end is underneath so that it doesn't unravel. Place the croissants on a baking tray lined with baking parchment, turn in the points to make the traditional shape.

Proving

Brush each croissant with beaten egg. 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.

Baking

Bake at 200°C for 15 minutes until golden brown all over.