

Butter Croissant

Cuisine: **French**

Food category: **Pastry**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1 Hot air 50 % Termination by time 00:12 hh:mm 195 °C 90 %

Ingredients - number of portions - 16

Name	Value	Unit
plain flour 00	500	g
fresh yeast	20	g
salt	10	g
cane sugar	16	g
vanilla sugar	16	g
water	300	g
butter soft	250	g
chicken eggs	1	pcs

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	233.8 kJ
Carbohydrate	24 g
Fat	13.3 g
Protein	3.9 g
Water	0 g

Directions

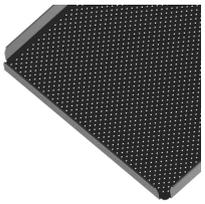
1. In the mixer, we add the flour, on one side of the bowl we add salt and sugar. We crumble the yeast on the other side of the bowl.
2. We add cold water, choose the hook attachment, and let the dough mix on medium speed for about 10 minutes. It should be beautifully elastic. If not, add a little flour.
3. We immediately wrap the finished dough in plastic wrap and place it in the refrigerator for an hour. After an hour, we roll out the dough on a floured surface into a rectangle.
4. Between two pieces of parchment paper, we roll out a cold block of butter. We then place this on the rolled-out dough. The butter block should be half the size of the dough so that we can fold the rolled-out butter with the dough (which has no butter) over it.
5. We roll the dough several times to incorporate the butter. Always roll it out, then fold the dough over and roll it out again. We repeat this process at least ten times.
6. We wrap the buttery dough in plastic wrap again and place it back in the refrigerator to rest for an hour.
7. We take it out of the refrigerator and roll the dough out several times again - at least 3 times we fold it over and roll it out again. We pay attention to the rolling technique, it is essential for the butter to be well incorporated into the dough. Then we wrap the dough in plastic wrap and let it rest in the refrigerator for an hour.
8. After an hour, we roll it out again in the same way, wrap it in plastic wrap, and now let it rest overnight or at least 8 hours in the refrigerator.

9. After resting, we divide the dough into 2 equally sized parts, which we roll out into rectangles. With a knife, we cut narrow long triangles in them, which we roll from the wide end to the tip and bend the edges slightly to create the croissant shape.

10. We place the croissants on baking sheets lined with parchment paper and let them rise for 1.5–2 hours until they double in size. Finally, we brush them with egg wash.

11. We bake on the program indicated above. We let the hot croissants cool best on a rack.

Recommended accessories



Perforated aluminium sheet, teflon coated