

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

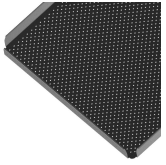
Vitamins: A, B, C, D, E, K, Kyselina listová

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. Pour flour into the food processor, add salt and sugar to one side of the bowl. Crumble the yeast on the other side of the bowl.
2. Add cold water, select the hook attachment and mix the dough on medium speed for about 10 minutes. It should be nicely elastic. If not, add a little flour.
3. Immediately wrap the finished dough in cling film and put it in the fridge for an hour. After an hour, roll out the dough on a floured surface into a rectangle.
4. Roll out a cold cube of butter between two pieces of baking paper. We then place this on the rolled out dough. The cube of butter should be half the size of the dough, so that we can cover the rolled butter with the dough (which does not have butter on it).
5. Roll out the dough several times to incorporate the butter. We always roll, then fold the dough and roll it out again. We repeat the procedure at least ten times.
6. Wrap the butter dough again in cling film and put it back in the fridge to rest for an hour.
7. Take it out of the refrigerator and roll out the dough several times - at least 3 times, fold it over and roll it out again. We pay attention to careful rolling, it is necessary so that the butter is really well incorporated into the dough. Then wrap the dough in cling film and let it rest in the fridge for an hour.
8. After an hour, roll it out again in the same way, wrap it in food foil and now let it rest overnight or at least 8 hours in the fridge.
9. After it has rested, divide the dough into 2 equal-sized parts, which we roll into rectangles. With a knife, we cut narrow long triangles in them, which we wrap from the wide end to the tip and slightly bend the edges so that the rolls have a croissant shape.
10. Put the croissants on baking sheets lined with baking paper and let them rise for 1.5-2 hours until they almost double in size. Finally, brush them with egg.
11. Bake on the above program. It is best to let the hot croissants cool on a wire rack.

Recommended accessories



Perforated aluminium
sheet, teflon coated