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# The Original Cronut

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## INGREDIENTS:

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| 1) 525 Grams Of Bread Flour      | 7) 112 Grams Of Butter, Unsalted  |
| 2) 6 Grams Of Salt, Kosher       | 8) 15 Grams Of Heavy Cream        |
| 3) 64 Grams Of Sugar, Granulated | 9) Nonstick Spray                 |
| 4) 11 Grams Of Yeast             | 10) 250 Grams Of Butter, Unsalted |
| 5) 250 Grams Of Water, Cold      | 11) Grapeseed Oil                 |
| 6) 1 Large Egg                   |                                   |

## INSTRUCTIONS:

- 1) Do two days ahead:
- 2) Combine the bread flour, salt, sugar, yeast, water, egg whites, butter, and cream in a stand mixer fitted with a dough hook. Mix until just combined, about 3 minutes. When finished the dough will be rough and have very little gluten development.
- 3) Lightly grease a medium bowl with nonstick cooking spray. Transfer the dough to the bowl. Cover with plastic wrap pressed directly on the surface of the dough to prevent a skin from forming. Proof the dough in a warm spot until doubled in size, 2 to 3 hours.
- 4) Remove the plastic wrap and punch down the dough by folding the edges into the center, releasing as much of the gas as possible. On a piece of parchment paper, shape into a 10" (35 cm) square. Transfer to a sheet pan, still on the parchment paper, and cover with plastic wrap. Refrigerate overnight.
- 5) Butter block: draw a 7-inch (18 cm) square on a piece of parchment paper with a pencil. Flip the parchment over so the butter won't contact the pencil marks. Place the butter in the center of the square and spread evenly with an offset spatula to fill the square. Refrigerate overnight.
- 6) Prepare your favorite ganache recipe and refrigerate.
- 7) Do one day ahead:
- 8) Laminate: remove the dough from the refrigerator making sure it is very cold throughout. Place the dough on a floured surface and using a rolling pin, roll the dough to your 10" (35 cm) square which is about 1" (2.5 cm) thick. Arrange the butter block in the center of the dough so it looks like a diamond in the center of the square (rotated 45 degrees with the corners of the butter block facing the edges of the dough). Pull the corners of the dough up over the center of the butter block. Pinch the seams of dough together to seal the butter inside. You should have a square slightly larger than the butter block.
- 9) Very lightly dust your work surface with flour. Roll out the dough from the center with a firm, steady hand. When finished you should have a 20" (50 cm) square about 1/4" (6 mm) thick.
- 10) Fold the dough in half horizontally, making sure to line up the edges so you are left with a rectangle. Then fold the dough vertically. You should have a 10" (25.5 cm) square of dough with 4 layers. Wrap tightly in plastic and refrigerate for 1 hour.
- 11) Repeat the above two steps. Cover tightly with plastic wrap and refrigerate overnight.
- 12) Do day of:
- 13) On a lightly floured surface, roll the dough to a 15" (40 cm) square about 1/2" (1.3 cm) thick. Transfer dough to a half sheet pan, cover with plastic wrap, and refrigerate for 1 hour to relax.
- 14) Using a 3 1/2" (9 cm) ring cutter, cut 12 rounds. Cut out the center of each round with a 1" (2.5 cm) ring cutter to create the doughnut shape.

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### INSTRUCTIONS (cont'd):

- 15) Line a sheet pan with parchment paper and lightly dust the parchment with flour. Place the pastries on the pan, spacing them about 3" (8 cm) apart. Lightly spray a piece of plastic wrap with nonstick spray and lay it on top of the pastries. Proof in a warm spot until tripple in size, about 2 hours.
- 16) Fry dough: heat grapeseed oil in a large pot until it reaches 350°F (175°C). Use a deep-frying thermometer to verify that the oil is at the right temperature. Line a platter with several layers of paper towels for draining the pastries.
- 17) Gently place 3 or 4 of them at a time into the hot oil. Fry for about 90 seconds on each side , flipping once, until golden brown. Remove from the oil with a slotted spoon and drian on the paper towels.
- 18) Check that the oil is at the right temperature. If not, let it heat up again before frying the next batch. Continue until all of them are fried. Let cool completely before filling.

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