

The croissant recipe



Ingredients

- 1 1/4 teaspoons dried active baking yeast
- 3 tablespoons warm water (45 degrees C)
- 160ml warm milk
- 2 tablespoons vegetable oil
- 1/2 teaspoon caster sugar
- 220g plain flour
- 2 teaspoons caster sugar
- 1 1/2 teaspoons salt
- 150g unsalted butter, chilled
- 1 egg
- 1 tablespoon water

Prep: 45min | Cook: 12min | Extra time: 7hr23min |
Ready in: 8hr20min

Preparation

Proof the yeast in the warm water and set aside.

Beat egg yolks, stir in warm milk, sugar, salt, yeast mixture, and 2/3cup of the flour.

Beat until smooth and set aside. Cut butter into remaining flour until particles are the size of LARGE PEAS.

Pour in yeast mixture. Mix lightly with a spatula just until flour is moistened.

Cover and chill at least 2 hours or up to 3 days.

IT MUST BE COLD WHEN ROLLING OUT.

If it gets too warm and the butter starts to melt, fold into thirds and refrigerate for 30 minutes.

Turn out onto a floured board and knead lightly.

Divide into thirds. Roll each into 16 inch diameter circle and cut into 12 pie shaped wedges.

Roll wedges starting at the wide end. Place point side down on a greased baking sheet.

Cover with towel and let rise at room temperature until doubled. Brush each with beaten egg white.

Bake in a 375 degree oven for about 20 minutes.

Serve warm or re-heat in low oven-- do not microwave.

Makes 36 small, but you can make as big as you want.

Enjoy!!



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