

Classic Butter Croissants

Ingredients

For the dough (détrempe):

- 500 grams strong white bread flour
- 10 grams salt
- 55 grams caster sugar
- 10 grams instant dried yeast
- 300 millilitres cool whole milk

For the butter block (beurrage):

- 250 grams unsalted butter, high quality (at least 82% fat content), cold

For the egg wash:

- 1 large egg
- 1 tablespoon whole milk

Preparation time

- Active time: 1 hour 30 minutes
- Inactive time (resting, chilling, and proofing): Approximately 18-24 hours

Utensils needed

- Stand mixer with a dough hook (or a large mixing bowl)
- Plastic wrap
- Baking paper
- Rolling pin
- Ruler or tape measure
- Pizza cutter or sharp knife
- Pastry brush
- 2 large baking sheets

Preparation instructions

1. **Make the dough (Day 1):** In the bowl of a stand mixer, combine the flour, salt, sugar, and yeast. Add the cool milk and mix on a low speed with the dough hook until a shaggy dough forms. Increase the speed to medium and knead for 5-7 minutes until the dough is smooth and elastic. Form it into a ball, place it in a lightly oiled bowl, cover with plastic wrap, and refrigerate for at least 1 hour.

2. **Prepare the butter block (Day 1):** Place the cold butter between two sheets of baking paper. Using a rolling pin, beat and roll the butter into a flat square, approximately 18cm x 18cm. Place this butter block in the refrigerator to keep it firm.
3. **Lamination - First turn (Day 1):** On a lightly floured surface, roll out the chilled dough into a rectangle, about 20cm x 40cm. Place the chilled butter block in the centre of the dough. Fold the two sides of the dough over the butter, like a letter, completely enclosing it. Press the seams to seal.
4. Turn the dough package 90 degrees. Roll it out into a long rectangle again, about 20cm x 60cm. Perform the first "book fold": fold both short ends in to meet at the centre, then fold the entire strip in half, as if closing a book. This creates 4 layers. Wrap the dough tightly in plastic wrap and refrigerate for 1 hour.
5. **Lamination - Second and Third turns (Day 1):** Repeat the process from step 4 two more times: roll the dough into a 20cm x 60cm rectangle, perform a book fold, wrap, and refrigerate for 1 hour after each turn. After the third turn, leave the dough to rest in the refrigerator overnight (8-12 hours).
6. **Shape the croissants (Day 2):** On a lightly floured surface, roll the final dough out into a large rectangle, about 20cm x 100cm, and around 4mm thick. Trim the edges for clean layers. Using a pizza cutter or sharp knife, cut the rectangle into long, skinny triangles with a base of about 8-10cm.
7. Gently stretch each triangle. Starting from the wide base, roll it up towards the tip. Place the rolled croissant on a baking sheet lined with baking paper, ensuring the tip is tucked underneath.
8. **Proofing (Day 2):** Prepare the egg wash by beating the egg with the tablespoon of milk. Lightly brush the croissants with the egg wash. Place the baking sheets in a warm, draft-free place to proof for 1.5 to 2 hours, or until they are very puffy and wobbly when the tray is gently shaken.
9. **Bake (Day 2):** Preheat your oven to 200°C (180°C Fan). Brush the proofed croissants with a second coat of egg wash.
10. Bake for 15-20 minutes, or until they are deep golden-brown and well-risen. Let them cool on a wire rack before serving.

Number of servings

- Approximately 12-14 croissants

Nutritional information (per serving)

- Calories: Approximately 300-350 kcal
- Fat: 18-22g
- Carbohydrates: 30-35g

- Protein: 5-7g
- Sugar: 4-6g

(Note: Nutritional information is an estimate and can vary based on specific ingredients and final size.)

Allergen information

- Contains: **Wheat (Gluten), Milk, Eggs.**