

French Croissants

by Baker's Delight

Preparation Time: 4 h

Number of Persons: 4

Ingredients:

Ingredient	Measure
All-purpose flour	500 Grams
Salt	10 Grams
Sugar	70 Grams
Instant yeast	10 Grams
Cold water	300 Grams
Cold milk	150 Grams
Unsalted butter	250 Grams

Method:

1. In a large bowl, combine the flour, salt, sugar, and instant yeast. Mix well.
2. Add the cold water and milk to the dry ingredients and mix until the dough comes together. Knead the dough on a floured surface for a few minutes until it becomes smooth and elastic.
3. Shape the dough into a rectangle and wrap it in plastic wrap. Chill the dough in the refrigerator for at least 2 hours or overnight.

4. Place the chilled butter slices on a piece of plastic wrap and shape them into a rectangle. Chill the butter in the refrigerator until it becomes firm.
5. On a floured surface, roll out the chilled dough into a large rectangle. Place the chilled butter rectangle in the center of the dough and fold the sides of the dough over the butter, completely enclosing it.
6. Roll out the dough and butter package into a large rectangle, then fold it into thirds like a letter. Chill the dough in the refrigerator for 30 minutes.
7. Repeat the rolling and folding process (known as "turns") three more times, chilling the dough for 30 minutes after each turn.
8. After the final turn, roll out the dough to a thickness of about 5mm. Cut the dough into triangles.
9. Roll up each triangle from the wide end to the narrow end, stretching the dough slightly as you go.
10. Place the croissants on a baking sheet lined with parchment paper. Brush them with egg wash and let them rise in a warm place for about 1 hour.
11. Preheat the oven to 200°C. Brush the croissants with egg wash again and bake them for 15-20 minutes or until they are golden brown.
12. Allow the croissants to cool before serving.