

## Croissants

Adapted from *Flour* by Joanne Chang

Makes about 13 croissants

*Note: You will need to start the dough at least a day before you want to serve the croissants, so review rising times and make a schedule before you begin.*

**1 package (2 ½ teaspoons) instant yeast**

**2 ¼ cups unbleached all-purpose flour**

**2/3 cup bread flour**

**2 teaspoons kosher salt**

**¼ cup sugar**

**1 cup plus 2 tablespoons milk, room temperature**

**2 tablespoons soft butter**

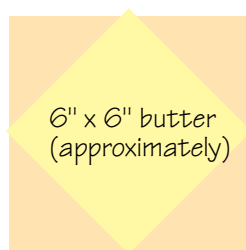
**1 cup (2 sticks) cold butter (salted or unsalted—I can't tell the difference in baking or flavor)**

**1 large egg whisked with 1 tablespoon water**



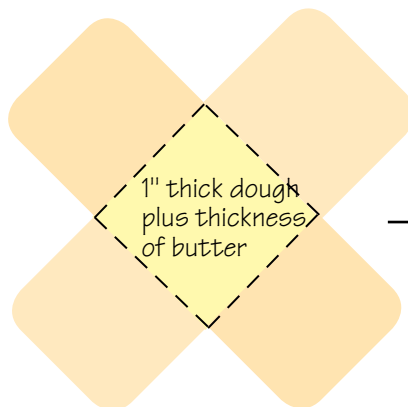
1. Combine all-purpose flour, bread flour, salt, sugar and yeast in a food processor with the metal blade. Add milk and 2 tablespoons of soft butter. Process for a couple of minutes, or until dough is smooth. (Or, use an electric mixer with dough hook at low speed for 3 or 4 minutes in a large bowl.) Remove dough, place it onto a pie plate, and cover loosely with plastic wrap. Refrigerate for 6-12 hours.
2. In the meantime, put the two sticks of cold butter between 2 pieces of parchment paper and pound with a rolling pin into a uniformly thin 6"x 6" (approximately) slab. Place slab into a plastic bag and refrigerate.
3. After it has been in the refrigerator at least 6 hours, put dough onto a floured work surface (see **Diagram A**) pressing it firmly into an 8" square. Place the butter slab in the center and roll and stretch out squarish flaps to fold over and completely encase the slab as shown.

A

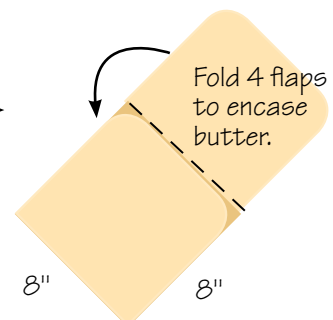


8"x 8" dough

Roll corners  
into squarish  
flaps.



1" thick dough  
plus thickness  
of butter

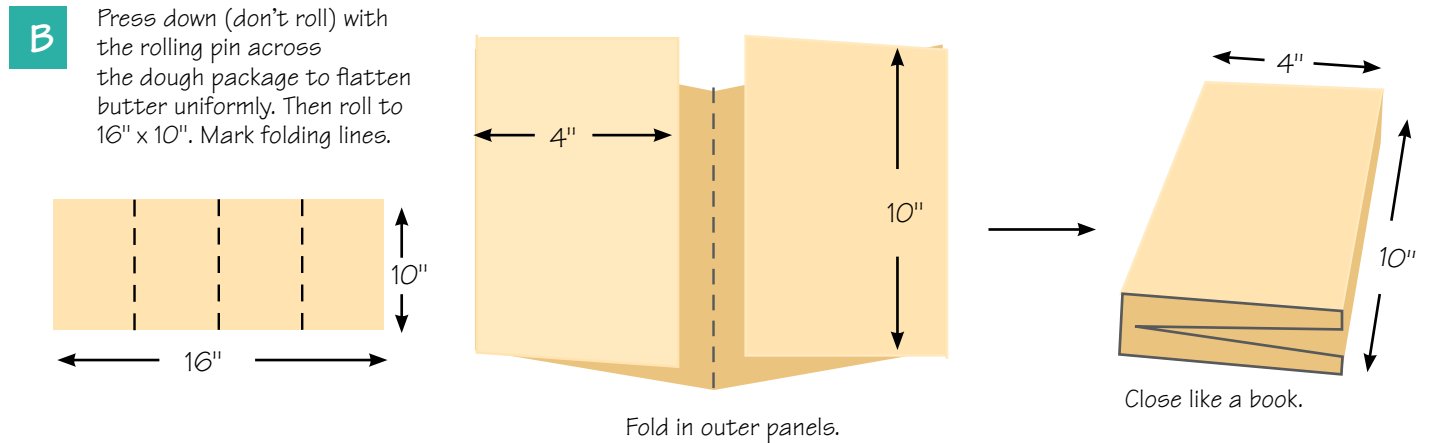


Fold 4 flaps  
to encase  
butter.

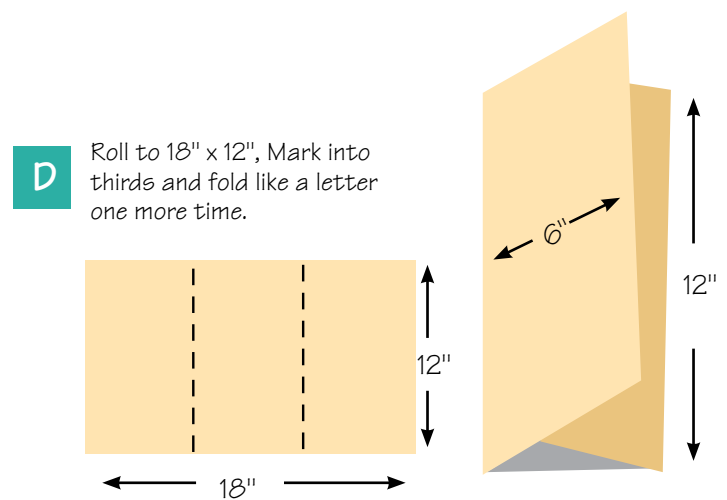
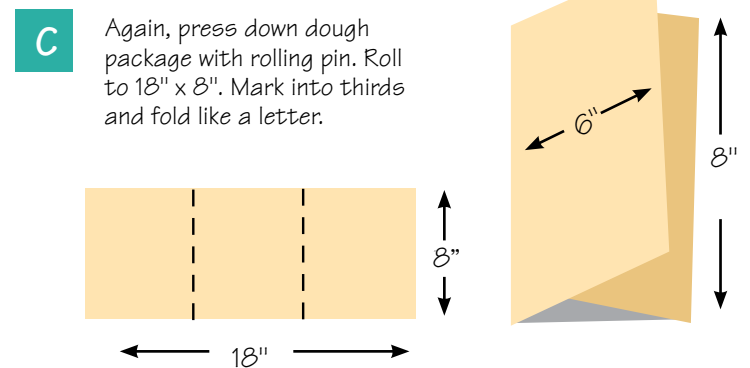
8"

8"

- Press down on the dough package with a rolling pin to flatten butter uniformly. Follow **Diagram B** for dimensions and how to fold like a book. Lightly flour the work surface as needed, but brush off excess flour before each fold. The "book" will be about 2" thick.



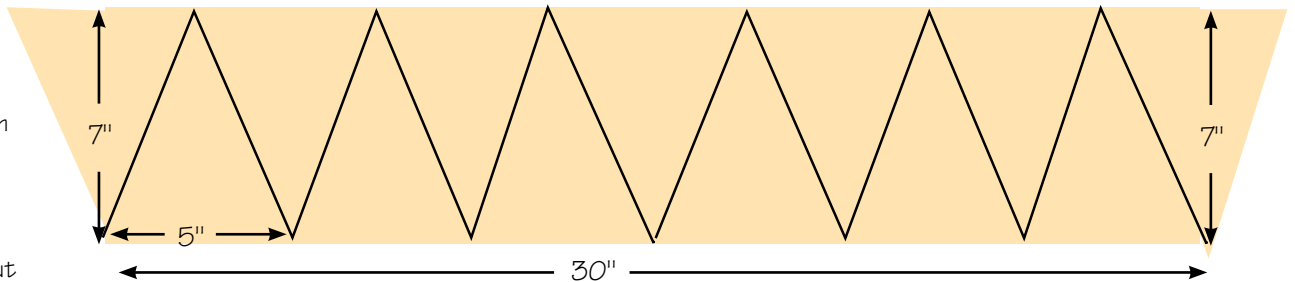
- Follow **Diagram C** for turning, rolling and folding dough like a business letter, again pressing down with the rolling pin first to evenly distribute the butter and preserve the layers.
- Place dough onto a baking sheet and cover completely with plastic wrap, tucking the wrap under the dough all around. Refrigerate 1 ½-3 hours.
- Remove dough from refrigerator, place on floured surface. Follow **Diagram D** to roll and fold like a letter, again brushing off excess flour.
- Return dough to the baking sheet, tuck in with plastic wrap, and refrigerate for 4-16 hours.
- Line two baking sheets with parchment paper.



10. Remove dough from refrigerator, place on floured surface, and follow **Diagram E** to roll out and cut 13 triangles. You can draw a reusable template on parchment paper, place it on top of the dough, then gently press onto the lines with a straight edge to indent into the dough where to cut.

**E**

Finally, roll to 30" x 7", then stretch and roll the ends out to form two more triangles. Cut 13 triangles.



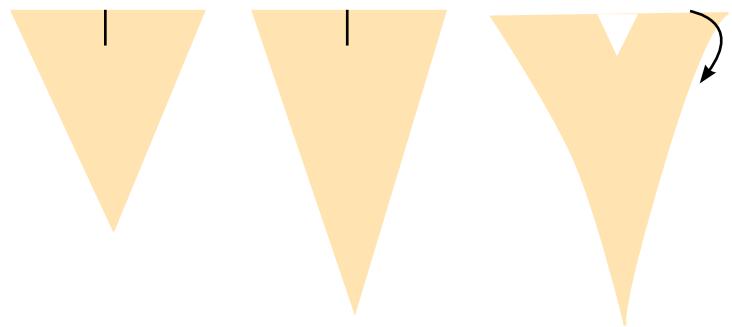
11. Follow **Diagram F**. Cut a slit at the center of the base of each triangle. Pick up the triangle by its base with one hand, and with the other hand gently stretch and stroke the triangle lengthwise until it reaches 10-12 inches. Open the base to expose the notch. Roll the dough down to the point. Place the triangle point-side down onto the parchment-lined baking sheets. Repeat, spacing the pastries 2-3 inches apart.

**F**

Cut a 1" slit at center of base.

Gently stretch each triangle to 10 to 12 inches long.

Stretch base to open notch, and roll down from base.



12. Cover croissants lightly with plastic wrap and leave in a warm place to proof (I call it "pouf") for 2 – 2 ½ hours, or until they have begun to get poufy and airy.
13. In a small bowl, whisk egg with 1 tablespoon water until blended, and gently brush it onto the croissants.
14. If you are baking the croissants the same day, cover them again with plastic wrap and let them finish proofing for another 1 - 1 ½ hours. They will get even more poufy and jiggy when you nudge them.
15. Heat the oven to 400°F.
16. When the croissants are done proofing, brush them again with egg mixture. Bake at 400°F for the first 5 minutes, then turn down to 350°F and bake another 20-25 minutes, or until they are golden brown. Let cool on the pan on a wire rack for 30 to 40 minutes. Serve warm.

If you are baking the croissants the next day, after the first 2- to 2 ½-hour proof brush them lightly with the beaten egg as directed, wrap in plastic wrap and place in the refrigerator. The next morning, remove them from the refrigerator and let them sit at room temperature for 30 - 40 minutes. Then heat the oven, brush again with beaten egg mixture, and bake as directed.

If you don't plan on eating the croissants within a few hours, freeze them. Reheat at 325°F for about 6 minutes. They will taste almost as good as fresh.