

## CROISSANTS

Place all the ingredients except butter and egg wash in the mixing bowl of a stand mixer fitted with a dough hook. Mix on slow speed for 10 to 14 minutes to a smooth dough. Divide it into three portions, wrap tightly in cling wrap and refrigerate overnight.

Divide the butter into three 400 g blocks and roll each with a rolling pin between sheets of baking paper into a square of about 1 cm thick. Place in the fridge until the dough is ready.

Roll a dough portion out to twice as long as the square of butter and slightly wider. Place the butter on top of one half of the dough rectangle and fold the other half over. Seal the dough around the butter by pressing with your fingers around the edges, ensuring there are no air bubbles inside. Rotate the dough 90 degrees so it will be rolled in the opposite direction. Roll it into a rectangle about 3 times its original length. Fold over the left side to the middle and then the right side over that, place it on a lightly floured baking sheet and refrigerate for 1 hour. Roll out the dough to 4 times its length, fold over the left side to the middle, then the right side, and fold over again. Refrigerate for 1 hour.

Repeat the first folding one more time and again refrigerate for 1 hour. Repeat the process with the other 2 portions of dough and butter.

Roll the dough out to a rectangle about 4 mm thick, taking care not to tear it. Flour it liberally. Using a pizza cutter or sharp knife, cut it into triangles of 7 cm at the base and 21 cm long. Roll up the triangles from the base to the point while slightly stretching the dough. These can now be frozen on the baking sheet for about 2 hours before placing them in an airtight container and storing them in the freezer.

To prepare, place frozen croissants in a lightly greased baking tray, cover with cling wrap and allow to rise at room temperature for 6 to 8 hours. Preheat the oven to 190°C, brush the croissants with egg wash and bake for 15 to 20 minutes or until golden brown.

### Pastry chef's tip

The dough should always be well chilled when rolling, folding and shaping it. This prevents it from tearing and makes it easier to work with.

Makes 35-40 croissants

1,7 kg cake wheat flour  
35 g salt  
200 g sugar  
35 g instant yeast  
160 ml water  
800 ml milk  
5 g bicarbonate of soda  
1,2 kg butter  
egg wash, to bake

