



Croissants

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

PLEASE NOTE THE CLASS HOURS (WHICH ARE A BIT UNUSUAL)

The day before class, please watch the pre-recorded session which will lead you through making the base dough. Refrigerate the dough overnight. If you're in a pinch, the dough can rest as little as 5 hours, but it may be more difficult to roll out.

Keep the dough in the fridge, but please join our live Zoom meeting starting promptly at 6 pm ET. We'll work together until 7:30 and then sign off. The dough will be resting and you, for the most part, can take a break from the kitchen. We'll rejoin at the next day at 12 pm ET for another 90 minutes together. Your croissants will still need time to rise and bake after class, but we'll walk you through the bake with a previously made batch. You will have fresh from the oven croissants to devour a few hours later!

INGREDIENTS *(total amount needed for the class)*

- ☐ King Arthur Unbleached All-Purpose Flour: 255g (2 cups + 2 tablespoons), plus more for dusting work surface
- ☐ Sugar: 25g (2 tablespoons)
- ☐ Salt: 1 ¼ teaspoon + ½ teaspoon
- ☐ Instant or active dry yeast: 1 ¼ teaspoon
- ☐ Unsalted European-Style butter (high fat): 113g (½ cup), COLD*
- ☐ Unsalted butter: 28g (2 tablespoons), at room temperature (this butter does not have to be European-Style)
- ☐ Water: 89g (⅔ cup) + 15g (1 tablespoon)
- ☐ Milk: 59g (¼ cup)
- ☐ Egg: 1
- ☐ Chocolate batons or chocolate chips: 8 batons to make 4 pain au chocolate, optional

EQUIPMENT

- ☐ Scale (preferred) or measuring cup set
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls, assorted sizes
- ☐ Plastic bowl scraper
- ☐ Bench scraper
- ☐ Plastic wrap
- ☐ Large plastic bag (optional)
- ☐ Pastry (pizza) cutter or sharp knife
- ☐ Rolling pin
- ☐ Ruler
- ☐ Pastry brush
- ☐ Parchment paper or silicone baking mats
- ☐ Baking sheets

NOTE:

*Some examples of European-Style butter: Plugra, Kerry Gold, Danish Creamery. European-Style butter will facilitate the lock-in and folding process. Regular unsalted butter can be substituted, if you can't find unsalted European-Style butter. However, the results may not be as good, and the process of laminating may be slightly more difficult.

Croissants

YIELD: 8 CROISSANTS

INGREDIENTS - DETREMPE

- ☐ 255g (2 cups + 2 tablespoons) King Arthur Unbleached All-Purpose Flour
- ☐ 25g (2 tablespoons) sugar
- ☐ 1 ¼ teaspoons salt
- ☐ 1 ¼ teaspoons yeast
- ☐ 28g (2 tablespoons) unsalted butter, at room temperature
- ☐ 59g (¼ cup) milk
- ☐ 89g (⅔ cup) water

INGREDIENTS - BUTTER BLOCK

- ☐ 113g (½ cup) unsalted butter, cold (high fat, European-style butter recommended)

INGREDIENTS - EGG WASH

- ☐ 1 large egg
- ☐ 15g (1 tablespoon) water
- ☐ ⅛ teaspoon salt

DIRECTIONS

DETREMPE

1. In a medium bowl, combine the flour, sugar, salt, and yeast.
2. Cut in the butter, using a bowl scraper or your fingers.
3. Add the milk and water, mixing to form a shaggy dough.
4. Knead the dough by folding the far edge of the dough in half toward you. Press the dough with the palms of your hands and push lightly, down and away. Rotate the dough 90°.
5. Continue this process (fold, push, turn) until the dough comes together. Handle the dough very gently at first, then as the dough increases in strength, increase the pressure. If the dough sticks, scrape your work surface clean with your bench knife, then sprinkle the kneading surface lightly with flour.
6. The dough should be cohesive and slightly springy, but not smooth. Do not over knead the dough; creating too much gluten at this point will make it difficult to roll out the dough tomorrow.
7. Place the dough in a plastic bag and refrigerate for at least 5 hours, or overnight.

BUTTER BLOCK

1. Form a pliable block of butter by placing the butter on an unfloured surface and pounding it with a rolling pin until it has the consistency of modeling clay.
2. Working quickly, mold the butter into a 5" square of even thickness.

LOCK-IN

1. On a lightly floured surface, gently degas the detrempe then roll it into a 6" square.
2. Place the butter block offset like a diamond in the center of the dough square.
3. Fold the corners of the dough over the butter toward the center to resemble an envelope. Pinch the dough to seal and fully enclose the butter.

TURNS

1. With the seam up, roll the dough into a 6" x 16" rectangle.
2. Fold the bottom third up and the top third down, just as you would fold a letter. You have completed the first of 3 turns. Refrigerate the dough for 20 minutes.
3. Remove the dough from the refrigerator and place it on a lightly floured surface. Position the dough so that the folded edge, running the length of the dough, is on your left. Roll the dough out lengthwise to form a 6" x 16" rectangle. Fold the dough in thirds as you did previously. Cover and refrigerate the dough for 45 minutes.
4. Repeat this process one more time, then allow the dough to rest for at least 5 hours or overnight in the refrigerator before rolling out and forming the croissants.

RECIPE CONTINUED ON NEXT PAGE...

Croissants (cont.)

CUTTING & SHAPING CROISSANTS

1. Roll the dough out into a rectangle that is approximately 1/4" thick. Trim the dough so that it measures 8" x 16".
2. Mark the dough at 4" intervals along the long edge. Cut the dough first into 8" x 4" strips, then cut each strip in half diagonally to form triangles.
3. Cut a 1" notch in the base of each triangle. Fold the inner corners towards the outer edges and press down to seal. Gently stretch the dough by pulling from the bottom of the triangle to the tip. Stretching the dough before rolling the croissant will result in more rolls and a more layered croissant.
4. Starting with the base of one triangle, fold 1/4" of the dough over onto itself, then continue rolling the triangle up to the point. Repeat this process with the remaining triangles.
5. Arrange the croissants on a baking sheet, leaving plenty of room for them to expand. Gently cover the croissants with plastic wrap.

PROOFING

1. Allow the croissants to rise until they have almost doubled in bulk. Rising times vary depending on temperature and humidity, so observe them for puffiness. They should feel spongy and marshmallow-like.

EGG WASH & BAKING

1. Preheat oven to 400°F.
2. Whisk together the egg, water, and salt. Just before baking, brush the croissants gently with the egg wash.
3. Bake the croissants for 15-20 minutes, or until deep golden brown.
4. Store at room temperature in an airtight container or plastic bag for 1-2 days. Freeze for longer storage.

Croissant Dough Storage and Handling Instructions

DETREMPE

Within 48 hours of making the croissant detrempe, you may choose to:

- Wrap it well and freeze it up to 1 month for later use
- Begin the lamination process

FULLY LAMINATED DOUGH

Within 48 hours of finishing the lamination on the croissant detrempe, you may choose to:

1. Wrap it well and freeze it up to one month for later use
2. Roll, cut, and shape the croissants in the evening, spacing them on a parchment-lined baking sheet as you would for baking. Cover the croissants lightly with plastic wrap, then refrigerate overnight. In the morning, bring the croissants to room temperature to finish the proofing process. Egg wash the croissants, then bake as directed.
3. Roll, cut, and shape the croissants, then place them on a parchment-lined baking sheet and freeze. Once frozen solid, consolidate the croissants down into a zip-top bag or container and freeze up to one month. The night before you'd like to serve the croissants, remove the frozen croissants from the freezer and place them on a parchment-lined baking sheet, spacing as you would for baking. Cover the croissants lightly with plastic wrap, then place them in the refrigerator to thaw and slowly begin the proofing process overnight. In the morning, bring the croissants to room temperature to finish the proofing process (or speed it up by turning your oven into a proof box—see below). Egg wash the croissants, then bake as directed.

TIPS FOR SUCCESS

- It's best to freeze croissant dough only once during the entire process. For example, if you've chosen to freeze the croissant dough at the detrempe stage, you'll need to continue with lamination and baking without freezing again.
- Allow frozen croissant detrempe, fully laminated dough, or cut shapes to thaw overnight in the refrigerator before using.
- Turn your home oven into a proof box: With the oven off, boil a mug of water and place it on the bottom rack of your oven. Place your baking sheet of croissant, uncovered, on the rack above the water. This will create a warm, moist environment for the croissant to proof. Replace the boiling water as needed until the croissants are fully proofed. Be sure to remove your croissants from the oven before preheating it for baking.