

## Butter Block Croissant

### Ingredients:

#### Dough

Water	300 g
Milk	180 g
Bread Flour	786 g
Instant Yeast	9 g
Sugar	105 g
Salt	16 g
Butter	30 g

#### Butter Block

Extra Dry Butter at  
Room Temperature 1 #

### Method:

Prepare your butter block. Place your room temperature butter in the center of a piece of parchment paper. Cover the butter with a second sheet of parchment paper. Using a rolling pin, begin to flatten the butter into a rectangle. Use a spatula to help shape the butter into a flat rectangle of about 10" x 6.5". Place in the refrigerator to chill.

Begin by mixing the dough. Combine all ingredients in the bowl of a stand mixer fitted with a dough hook attachment. Mix on low speed to develop proper gluten, approximately 7-10 minutes. Place in a lightly oiled bowl and cover with plastic wrap. Allow to rest at room temperature for 1 hour.

Line a ½ sheet pan with parchment paper and oil very lightly. Gently press the croissant dough into a rectangle, to the corners of the sheet pan. Press firmly on any large gassy bubbles. Wrap the entire tray in plastic and refrigerate for at least 1 hour.

While your dough is resting, remove the butter block from the refrigerator to soften slightly. The goal is that your butter and dough are the same temperature and consistency to ensure nice layers.

When ready to laminate, place the dough on a lightly floured work surface. Gently roll the dough down slightly by rolling from the center of the dough, outward in both directions. Place your butter block in the center of the dough and fold either side in to meet in the center. Pinch the seam and edges to fully "lock in" the butter into the dough. You should not see any exposed butter at this stage.

Roll the dough and butter package down to double the size by rolling length wise, attempting to maintain a rectangular shape along the way. Administer a 3-fold by folding 1/3<sup>rd</sup> of the dough toward the middle and fold the remaining 1/3<sup>rd</sup> on top to cover. Using a sharp paring knife, cut a seam on the folded edges of dough. Return to the sheet tray and

press an indentation into the bottom right corner of the dough to indicate you have 1 fold completed. Cover with plastic and allow to rest in the refrigerator for 30 minutes.

After resting, remove the dough and place on the lightly floured work surface in the same orientation. Before rolling down, rotate the dough 90 degrees. Proceed with rolling the dough down to double in length again and fold in thirds as with the previous fold. Place dough back onto the sheet tray, mark with 2 indentations, cover with plastic and rest in the refrigerator for another 30 minutes.

Repeat this process a third and final time, remembering to rotate 90 degrees before rolling down. Rest the laminated dough, covered, in the refrigerator for 1 hour.

Roll the dough down for final shaping to dimensions close to 10.5" x 30". Cut into consistent triangles and place the triangles onto a sheet tray with parchment. Cover and let the croissant triangles rest in the refrigerator for 20-30 minutes. This will help with consistent final shapes.

Once rested, roll the triangles into croissants by gently stretching the triangle and rolling from the wide bottom upwards to the tip. Press the tip gently into the bottom of the croissant and place on a sheet tray.

Proof the croissants by creating a warm and humid environment, ideally about 75 degrees. Proof for approximately 2-3 hours. Your croissants should have a marshmallow-like jiggle and if gently pressed, the indentation from the pressure should remain.

Once ready to bake, brush egg wash on each croissant and bake at 350 degrees for approximately 25-30 minutes.

Cool and enjoy!

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