



5 CEREAL CROISSANTS

STEP 1

INGREDIENTS

| | |
|----------------------|-----------|
| POKERPAN | g 1.000 |
| TYPE 00 STRONG FLOUR | g 1.000 |
| SUGAR | g 300 |
| UNSALTED BUTTER | g 200 |
| TRIAL/S | g 30 |
| EGGS | g 200 |
| WATER | g 700-800 |
| FRESH YEAST | g 70-80 |
| | - |

PREPARATION

POKERPAN g 1.000 Wheat meal g 1.000 Sugar g 300 Butter or cream margarine g 200 TRIAL/Sg 30 Whole eggs g 200 Water g 700-800 Yeast g 70-80 Platte croissant margarine Knead until a smooth, velvety consistency is obtained. Leave to rest at room temperature for 15 minutes. Roll out the dough, place the margarine at the centre (250 grammes for every kilo of dough) and fold the dough over on itself so that the margarine is completely enveloped. Roll out again and fold over on itself to form three layers; repeat the rolling out and folding procedures for a total of three three-layer folds, then leave to rest for 5 minutes. Finally, roll out again to a thickness of about 4 millimetres, cut into triangles, roll them up very tightly, and place on baking sheets curving the ends to create the traditional croissant shape. Leave in a rising room at 28-30°C with relative humidity of about 80% for 80-90 minutes. Glaze with beaten egg and bake at 190-200°C for about 20 minutes.