**Foods 9-10(A)**

**Easy Croissants**

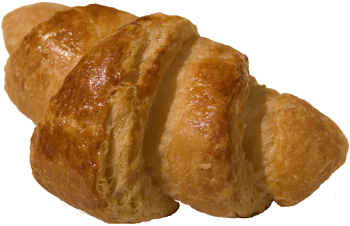
**One recipe per unit of 4-5 people**

**Ingredients:**

\*Note the 2 separate amounts each of milk, sugar, flour and margarine.\*

125 mL **WARM** milk (a)

2½ mL sugar (a)

2½ mL active dry yeast

125 mL flour (a)

90 mL milk (b)

25 mL sugar (b)

½ egg, beaten (share one egg with another unit)

50 mL margarine, melted and cooled (a)

500 mL flour (b)

125 mL **COLD** margarine (b)

**Day 1:**

1. In a small mixing bowl, stir together **warm** milk (a) and sugar (a). Stir in yeast and let stand in a warm place for 10 minutes. Yeast mixture must be kept fairly warm in order for the yeast to activate fully. **(Tip – Carefully place bowl of milk/yeast inside a larger bowl that has hot water in the bottom. Cover with a cloth or paper towel.)**
2. When yeast mixture has a thick, foamy top, stir in 125 mL flour (a) and beat well with an electric mixer. Add milk (b), 25 mL sugar (b), and egg. Mix until smooth. Add melted margarine (a) and beat again. Set bowl aside.
3. In a large bowl, **CUT IN** cold margarine (b) to 500 mL flour (b) until the particles are the size of green peas or small beans. Some pieces may be slightly larger and some smaller, but larger is better than too small.
4. Pour liquid batter into flour mixture. Stir until moistened – do not over mix. Dough should be a bit sticky but not runny.
5. Split dough in half and separate halves with a piece of plastic wrap or parchment paper. Place dough into a **LIGHTLY** oiled plastic bag labeled with Block and Unit #.
6. Refrigerate until next class.

**NOTE:** If you are making this recipe at home, the dough need only be refrigerated for an hour or 2 before proceeding.



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**Day 2:**

* Place oven racks in positions one above and one below the centre.
* Preheat oven to 400ºF, then reduce heat to 350ºF.
* Remove dough pieces from bag and compress each into a ball.

1. Work with one piece of dough at a time and then repeat the process with the other half of the dough.
2. Place one piece of dough on a floured surface. Roll the dough into a rectangular shape about 2-3mm thick.
3. Cut the rectangle in half (for bigger croissants) or thirds for smaller ones.
4. Cut each half or third in half diagonally.
5. Roll each triangle from the base, toward the tip, keeping the tip centered. Place each rolled croissant on an ungreased cookie sheet.
6. Beat an egg in a custard cup with 15 mL of water (an “egg wash”). Using a pastry brush, lightly brush each croissant with the egg wash.
7. Bake in the preheated oven for about 15 minutes, or until golden brown.
8. Remove from cookie sheet to cooling rack.
9. Enjoy while warm, either plain or with margarine &/or jam.