

CROISSANTS



Ingredients (makes 12):

1 tsp sugar

175 ml warm water

1 tbsp yeast

500 g strong unbleached wheat flour

2 tsp salt

25 g lard

1 large egg, lightly beaten

150 g butter without salt

Egg Wash

1 large egg
2 tbsp water
1/2 tsp sugar

Preparation:

1. Dissolve the sugar in the warm water and sprinkle the yeast over the top.
2. Leave for 10 minutes, or until frothy, if it doesn't froth, start again.
3. Sieve together the wheat flour and salt and rub in the lard.
4. Add the egg and yeast liquid and mix.
5. Knead well to form a smooth dough.
6. Roll out to a rectangle approximately 50 cm x 15 cm.
7. Divide the butter into three portions.
8. Dot the top two-thirds of the dough with one part of the butter, as if making flaky pastry.
9. Fold the dough in three, as if making puff pastry, and roll.
10. Repeat, using the other portions of butter between rolling, then repeat the whole folding and rolling process three more times.
11. Place in a plastic bag and refrigerate for at least an hour.
12. For to shape the croissants, roll the dough out to a rectangle slightly larger than 45 cm x 30 cm, cover with oiled plastic food wrap or a damp cloth and leave for 10 minutes.
13. Trim the edges and divide in half lengthways.
14. Cut each strip into three squares, then each square into two triangles.
15. Beat the egg with the water and sugar and brush over the triangles.
16. Roll each triangle loosely towards the point, finishing with the tip underneath.
17. Curve into a crescent shape.
18. Brush with egg wash and place on ungreased baking sheets.
19. Cover with a damp cloth and leave in a warm place to rise or about 30 minutes.
20. Brush again with egg wash and bake in a 220° C oven for 20 minutes, or until golden brown.