

# ATEN-TE AUTE

## CROISSANT

### Pâte levée feuilletée

250g Cake flour  
5g Salt  
35g Sugar

--

10g of fresh yeast (if using dried yeast it would be 5g)

--

50 g of skim or whole milk (plant-based milk may be used)  
65g of water  
25g of unsalted butter

--

125g of unsalted cold butter (min 82% fat)

- **weight all the ingredients first.**

#### Prepare the dough by hand

- Mix very well the flour, sugar & salt.
- Place the flour on top of you counter and make a hole in the middle, then place milk, water, butter and fresh yeast.
- With 3 finger start doing circular movements, in between 1 to 2 min until the liquid absorbs the flour.
- With a help of a spatula, you begging to incorporate flour and liquid (remember that less you use your hands the better as it would not warm up the dough).
- Grab the dough and forming a small ball, use the lower part of your hand to finish to incorporate.
- At this point you need to start tapping the dough on top of the counter, by grabbing one corner and throw the dough towards the counter then push the dough towards (remember not to neat the dough). This procedure takes about 5 min.
- After 5 min, take one small part of the dough, flat down and stretch (it should not break while stretching if it is so, dough is ready). Before placing into the fridge you need to unstressed the dough by pulling the 2 extremities and have it together, wrap with clingfilm; refrigerate minimum 15 min (the longer you leave it the better).

#### Prepare the butter block

- While the dough is resting inside the fridge, start flatting down the butter.
- Take a parchment paper, place the butter and flat it down (make sure that you fulfill the corners) and place it back to the fridge.

#### Prepare the croissant dough

- Take out the dough from the fridge and make an square of 20X20cm.
- Place on top the butter block and seal the butter with the extremities of the dough.
- Roll out the dough carefully, until making a 20X40cm, then proceed to do a single fold.
- Place the dough like a book and roll once again 20X40cm, then proceed to do a double fold, wrap the dough on the cling film and place it into the fridge for a minimum of **6 hours** or over night. (if you want to freeze the dough you can do it at this point)



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5g Salt  
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#### Prepare the dough with a KitchenAid

- Place inside the kitchenAid-bowl the following ingredients with the following order: water, milk, salt, sugar, butter flour & yeast,
- Attach the bowl into the machine and place a dough hook,
- Start mixing on the lower speed for 1 minute then increase by one speed and count 12 minutes,
- After the 12 minutes, take one small part of the dough, flat down and stretch (it should not break while stretching if it is so the dough is ready). Before placing into the fridge you need to unstressed the dough by pulling the 2 extremities and have it together, then wrap on plastic film and refrigerate minimum 15 min (the longer you leave it the better).

#### Prepare the butter block

- While the dough is resting inside the fridge, start flatting down the butter.
- Take a parchment paper, place the butter and flat it down (make sure that you fulfill the corners) and place it back to the fridge.

#### Prepare the croissant dough

- Take out the dough from the fridge and make an square of 20X20cm.
- Place on top the butter block and seal the butter with the extremities of the dough.
- Roll out the dough carefully, until making a 20X50cm, then proceed to do a single fold.
- Place the dough like a book and roll once again 20X60cm, then proceed to do a double fold, wrap the dough on the cling film and place it into the fridge for a minimum of **6 hours** or over night. (if you want to freeze the dough you can do it at this point)

