

CROISSANTS

Ingredients:

- 1 tsp. yeast
- 3 Tbsp. warm water
- 1 pinch salt
- 1 Tbsp. sugar

- 2 cups flour
- 1 tsp. salt
- 1 Tbsp. sugar
- 2 Tbsp. oil
- 1/2 to 1/3 cup milk

- 1 stick cold butter
- 1 egg

In a small bowl, mix the warm water, salt, and sugar. Sprinkle the yeast on top and mix gently. Wait 5 min. to verify that the yeast is good.

In a bowl, mix the flour, salt, sugar, oil, and yeast. Add the milk and mix. Knead to form a smooth dough. Form the dough into a ball and place it in an oiled bowl. Cover with a clean towel and place in a warm place until it doubles in volume (about 1 hour). On a board or plate, smash the cold butter with the palm of your hand and form it into a square. Return it to the refrigerator. Flatten the dough to make a rectangle. Place the square of butter on 2/3 of the rectangle and fold each end over (like a letter). Wrap it in plastic and refrigerate for at least 1/2 hour until cold.

With a rolling pin, spread the cold dough into a rectangle qui est approximativement 3 fois la largeur de la main. Fold in thirds. Roll out again and fold in thirds a second time. Return to the refrigerator for another 1/2 hour. Repeat the process and return to the refrigerator again for 1/2 hour.

To form the croissants, divide the dough in 3 pieces. Keep 2 in the refrigerator while working with the other. Roll the piece of dough (1/6 of the dough) into a rectangle slightly larger than your hand. Cut it in on the diagonal. Starting with the widest end, roll it to finish in a point. Place the croissant on a baking sheet. Repeat with the rest of the dough to make 12 croissants. Let the raise in a warm place for 1 hour. Mix the egg with 1 Tbsp. of water. Bross the top of each croissant with this egg wash. Back 10 min. in a 425-degree oven. Makes 12 croissants.

CHOCOLATE CROISSANTS

Prepare the dough as described above. To form the chocolate croissants, divide the dough in half and then each half in thirds. Keep the extra dough in the refrigerator while working with one piece. Roll out the piece (1/6 of the dough) into a long rectangle. Cut it in half. Fill each half with a piece of chocolate or chocolate chips. With a pastry brush, brush the edges with water and seal them. Let the dough rise 1 hour in a warm place. Mix the egg with 1 Tbsp. of water. Bross the top of each croissant with this egg wash. Back 10 min. in a 425-degree oven. Makes 12 chocolate croissants.