



SOURDOUGH CROISSANT

Ingredients

- 250 g (0.55 lb) Cake Wheat Flour
- 145 g (0.32 lb) Unsalted Butter
- 5 g (0.011 lb) Salt
- 86 g (0.19 lb) Sourdough Starter
- 24 g (0.053 lb) Sugar (Optional)
- 140 g (0.31 lb) Water

MAKES 6 MEDIUM CROISSANTS

Directions

1. Prepare a *Dry Sourdough Starter* the night before. Mix in **23 g (0.05 lb)** of *Mature Starter*, **43 g (0.095 lb)** of *cake wheat flour* and **20 g (0.044 lb)** of *water*.
2. In a large bowl *mix in all Ingredients except the butter* until fully incorporated into the dough. Only melt **20 g (0.044 lb)** of *butter* before adding it to your mixture. When mixed, slap it down on your work surface for *1 - 2 minutes*. *Cover with a damp cloth* and leave to rest for *15 minutes*.
3. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, flip it over into your bowl and re-cover it; wait an additional *15 minutes* to *repeat this process once more*. After the *second stretch & fold*, re-cover the bowl and leave the dough to rest *in the fridge for 30 minutes*

Directions Continued Part 1

4. Shape your dough into a **17cm by 17cm (6.7in) square** by placing your dough into a *casing of parchment paper* and using a rolling pin to spread the dough into the parchment. Remove the casing & cover the dough in *plastic wrap or place it on a dish covered with a damp cloth*. Leave it in the fridge overnight for a **maximum of 21 hours**.

5. The following day, shape **125 g (0.28g)** of *butter* into a **10cm by 10cm (4 in by 4 in) square beurage** by placing your butter into a casing of parchment paper and using a rolling pin to spread the butter into the parchment. **Remove the beurage from the parchment & place that on a plate in your fridge for 10 minutes**.

6. **Extend the corners of your dough & then place your beurage at the dough's centre in a diamond shape**. Fold the corners of your dough over the beurage, encasing it. Let it rest for a few minutes & then roll the dough to **45cm (18 in)** in length. Fold one side of the dough to **3/4th's of its length**, fold the other side over the remaining length so **the ends touch**. Take the longer folded side and fold it **again** to the top of the dough. Cover that and place it in your fridge for **1 hour**. From there **re-roll your dough to 45 cm (18 inches)**. Fold one side of the dough to **2/3rd's** of its length, fold the other side **over the first fold**. Cover that and place it in your fridge for **1 more hour**.

7. Re-roll your dough to **30 cm (12 in)** and **make marks every 10 cm (4 in)** on one side and marks **between those** on the other side. Cut your dough into triangles **using those marks as guidelines**. Stretch the bottom of one triangle piece down & then begin tightly rolling it. Repeat with all dough pieces & place it on a baking tray covered with parchment paper. Coat your croissants with egg wash. Let that proof in your oven with a light on for 2 hours.

Directions Continued Part 2

8. Take your croissants out of the oven and preheat it to **230°C or (446°F)**. *Re-coat your croissants with egg wash and place it in a high rack in your oven (Once preheated). Bake for 15 - 20 minutes or until Golden Brown.*

ENJOY!