COOKING CLASSES

AT SUR LA TABLE

TWO DAY CROISSANT SERIES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Dairy

- ☐ 1 1/2 cups whole milk
- ☐ 1 pound unsalted butter
- ☐ 1 egg

Pantry Items

- ☐ Granulated sugar
- ☐ All-purpose flour
- ☐ 3/8 ounce (4 teaspoons) active dry yeast or 1 tablespoon instant yeast
- ☐ Fine kosher salt

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Mixing bowls (various sizes)
- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Bench scraper (optional)
- ☐ Ruler
- ☐ Silicone pastry brush
- ☐ Pizza cutter (optional)
- ☐ Fork or whisk
- ☐ Rolling pin
- ☐ Digital scale (optional)
- ☐ Offset spatula

Appliances

- ☐ Stand mixer with a paddle and a dough hook

Bakeware

- ☐ 2 rimmed baking sheets

Other

- ☐ Parchment paper or a silicone baking mat
- ☐ Plastic wrap

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Day 1:

- Make the dough.
- Complete all the folds or turns.
- Cover in plastic wrap and refrigerate.

Before Class:

1. Weigh all your ingredients and have them portioned in prep bowls or small mixing bowls.
2. Cut 14 ounces of butter into 1/2-inch pieces, toss with 2 tablespoons of flour and refrigerate for 20 minutes.

Day 2:

- Roll dough.
- Shape croissants.
- Proof croissants.
- Bake croissants.

Before Class:

1. 20 minutes before class take your croissant dough or “book” out of the refrigerator and allow it to soften slightly.

BASIC CROISSANT DOUGH

Yield: *about 12 croissants*

Layer upon layer of butter and dough produce the ultimate French breakfast treat. This pastry classic dates back to 1686 when Austrian bakers created this treat to commemorate a military victory over Turkey. “Croissant” in French means “crescent,” a nod to the crescent shape on the Turkish flag. Be sure to give yourself the time and counter space you’ll need to enjoy the process of making the dough.

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Dough Block (Détrempe):
4 ounces (1/2 cup) warm whole milk (110°F to 115°F)
1 ounce (1 teaspoon plus 2 tablespoons) sugar, divided
3/8 ounce (4 teaspoons) active dry yeast or 1 tablespoon instant yeast
20 ounces (4 cups) unbleached all-purpose flour
1 tablespoon salt
2 ounces (1/2 stick) cold unsalted butter, cut into small pieces
8 ounces (1 cup) cold milk

Butter Block (Beurrage):
14 ounces (3 1/2 sticks) cold unsalted butter
1 ounce (2 tablespoons) unbleached all-purpose flour

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1. ***To prepare the dough block:*** Pour the warm milk into a small bowl and whisk in 1 teaspoon of the sugar. Whisk in the yeast and set aside for 10 minutes, or until the yeast is activated and the mixture is bubbling.

2. To the bowl of a stand mixer fitted with a paddle attachment, combine the 20 ounces of flour, remaining 2 tablespoons of sugar, the salt and 2 ounces of the cold butter pieces. Blend on medium speed until the butter is cut into tiny pieces and the mixture resembles breadcrumbs. Add the yeast mixture and the cold milk. Switch to a dough hook and mix on lowest speed for 1 1/2 to 2 minutes, until the liquid is absorbed and has formed a very rough mass. Dust a work surface lightly with flour and turn the dough out onto it. Knead the dough 3 to 5 times, just to finish bringing it together. The dough will not be smooth or elastic; it will become fully kneaded and smooth during the rolling and turning process ahead. Don’t overwork the dough now or you’ll have trouble rolling it later. Wrap the dough loosely in plastic wrap (to allow a little room for expansion) and refrigerate for 30 to 60 minutes.

3. ***To prepare the butter block:*** Cut the butter into 1/2-inch pieces, toss with 2 tablespoons of flour and refrigerate for 20 minutes. In the cleaned stand mixer fitted with the paddle attachment, beat the floured butter on medium speed, scraping down the bowl once or twice with a bowl scraper, for 1 to 2 minutes, until the butter and flour form a smooth mass. You are not trying to beat air into the mixture, just make it pliable and smooth while keeping it cold.

Scrape the butter onto a piece of parchment paper or plastic wrap, wrap it up, and refrigerate while you roll out the dough.

4. ***To incorporate the butter into the dough:*** Dust the work surface with flour. Set the dough in the center and dust the top with flour. Roll the dough into a 15 by 12-inch rectangle with a short side parallel to the edge of your work surface. Gently pull or stretch the dough to form straight edges and sharp corners. Brush any flour from the surface. Visually divide the dough crosswise into 3 equal, 5-inch wide sections (you can lightly mark the dough with a ruler or the back of a knife if you wish). Spread the cold but pliable butter evenly over the top two sections of dough, leaving the bottom third empty and leaving a 1/2-inch border around the edges of the buttered sections. This is best done with your fingers since the butter isn't quite warm enough to spread easily with a spatula. Alternatively, you can place the butter between two sheets of plastic and roll it into a 9 1/2 by 11-inch rectangle. Peel off one sheet of plastic, invert the buttered rectangle over the dough rectangle, center it, and peel off the other sheet of plastic.

5. ***To encase the butter with a letter fold (first turn):*** Fold the empty bottom third up over the center third of the dough. Then fold the top third down over the center. Pinch together the seams along the bottom and sides of the dough. Roll your rolling pin across the top briefly and gently 3 or 4 times to help seal the seams. This completes both the incorporation of the butter and your first turn of the dough. If the butter has become warm and squishy, wrap the dough in plastic and refrigerate for 1 hour before continuing with the second turn. If you have worked quickly and the butter is still cold yet pliable, continue with the next turn.

6. ***Book fold (second turn):*** Position the dough with the short side parallel to your work surface and the long fold on your left. Dust the dough with flour and roll it into a 20 by 12-inch rectangle. Brush any flour from the surface of the dough. Fold the dough using the book fold method: Fold the two short edges into the center of the dough, leaving a 1/4-inch crevice between them. Line up the edges precisely and square the corners as you fold. Now fold one side over the other, as though you were closing a book. Roll your pin across the top of the dough briefly and gently 3 or 4 times to seal the seams. This completes your second turn. Wrap the dough in plastic and refrigerate for 1 hour.

7. ***Letter fold (third turn):*** Remove the dough from the refrigerator, dust with flour and roll into a 15 by 12-inch rectangle. Brush any flour from the surface of the dough. Fold the dough using the letter fold method: Visually divide the dough lengthwise into 3 equal, 5 inch wide sections (you can lightly mark the dough with a ruler or the back of a knife if you wish). Fold the bottom third up over the center of the dough, and then fold the top third down over the center, making sure to square the corners and fold as neatly and precisely as possible. Roll your rolling pin across the top of the dough again briefly to help seal the seams. This completes your third turn. The croissant dough is finished. Wrap in plastic wrap and refrigerate for at least 2 hours and up to 24 hours before cutting, shaping and baking the dough.

CLASSIC CROISSANTS

Yield: *12 croissants*

This classic French pastry relies on good butter for flavor and good technique to get flaky layers. Once the dough is made and shaped, pay attention to the proofing process. During this last rise, the many layers of butter in the dough should remain cool. If the room is too warm, the butter will melt, and instead of forming flaky layers in the oven, it will leak out of the dough, covering the baking sheet in a pool of liquid butter and "frying" the bottoms of the croissants in the process. To prevent this, pick a cool spot for proofing the croissants, preferably 65°F to 75°F. Once they have risen, chill in the freezer for 10 minutes or in the refrigerator for 15 minutes just prior to baking. This will firm the butter, ensuring beautifully flaky croissants.

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1 recipe croissant dough (recipe included)
1 large egg
1 tablespoon whole milk or cream

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1. Line two baking sheets with parchment paper or a silicone mat.

2. Lightly flour a work surface and roll the dough into a 26 x 7 x 1/4-inch thick rectangle. Position the rectangle so the long edge is parallel to the edge of your work surface. Use a ruler and paring knife or pizza cutter to make nicks along the top edge of the dough every 4 inches. Along the bottom edge, measure 2 inches in from the left side and make a nick; then add a nick every 4 inches after that.

3. ***To cut the dough into triangles:*** Line up your ruler with the top left corner and the first bottom nick (2 inches in from the left side of the dough). Cut along this line. This first skinny triangle is not a full croissant. You can use these "scrap" triangles to make baby croissants or simply sprinkle the surface with sugar and bake as a snack. Next, line up the ruler with the first nick on the top edge and the left corner bottom, and cut along that line, forming a full-size triangle. Then cut a line from the first nick on top to the first nick on the bottom to form the second triangle. Continue lining up the nicks and cutting until the whole sheet has been cut into 12 triangles.

4. ***To shape the dough:*** Line up all the triangles so that their bottom (4-inch) sides are parallel with the edge of your work surface. Make a 2-inch vertical slit in the center of the bottom edge of each triangle. To shape, grasp a triangle and, with the wide end in one hand and the point in the other, very gently stretch the dough until it is a couple of inches longer. Set it back on the table (notice how it resembles the Eiffel Tower). Pull the slit in the bottom apart slightly and roll the corners, upward and outward, widening the slit. Roll the entire triangle toward the tip, pulling gently on the tip to stretch the dough slightly. Tuck the tip under the roll (so it doesn't pull out during baking) and place the roll on one of the prepared baking sheets. Curve the ends in toward each other to form a crescent shape. Continue stretching and rolling the dough

triangles until you have shaped all the croissants and placed them 2 inches apart on the baking sheets.

5. ***To proof the croissants:*** Allow the croissants to rise in a cool, room temperature spot until they are nearly doubled in size and look like they have taken a deep breath, 1 to 2 hours, depending on the warmth of the room. If you squeeze one gently, it should feel soft and marshmallow-like. Don't try to rush the rise by warming the croissants—you don't want the butter to melt.

6. ***To bake the croissants:*** Preheat the oven to 400°F and place a rack in the center. Lightly beat the egg and milk in a clean small bowl. Brush each croissant evenly with the egg wash. Bake the croissants, rotating the sheets halfway through, for 17 to 22 minutes, until the crusts are a deep golden brown. Transfer the croissants to a rack to cool.

Getting ahead: You can spread out the process of making croissants over 2 days. On the first day, finish making the dough. Wrap the dough loosely in plastic (it will expand slightly) and refrigerate overnight. The next day, roll, cut, shape, proof and bake the croissants. You can also freeze the croissants already shaped. Place the croissants on a baking sheet and freeze until firm, then transfer them to resealable plastic freezer bags. They will keep for 4 to 6 weeks. To bake, transfer the frozen croissants directly to prepared baking sheets and let them defrost and proof at room temperature. Apply the egg wash after a couple of hours. The croissants should be ready for baking after about 3 hours.

Storing: Baked croissants keep, unwrapped at room temperature, for 1 day. For longer storage, wrap each croissant in plastic wrap and slip them into a resealable plastic freezer bag. Freeze for up to 1 month. Thaw at room temperature for 30 minutes, then reheat in a 350°F oven for 7 to 8 minutes, until the crust is crisped and the center is warmed through.

Recipe variations:

- ***For ham and cheese croissants:*** Before folding, cut a piece of ham so that it is slightly smaller than the width of the croissant base. Place the ham about 1/2-inch from the bottom of the triangle. Sprinkle 1 scant tablespoon of grated cheese on the top of the ham. Then roll, proof and bake the croissants as stated above.
- ***For almond croissants:*** Before folding, place 1 tablespoon of prepared almond paste about 1/2-inch from the bottom of the triangle. Then roll the croissants as stated above. After egg washing, sprinkle the proofed croissants with sliced almonds. Bake as stated above. After baking and cooling, sprinkle the almond croissants with confectioners' sugar.

A PRIMER ON LAMINATED DOUGHS

Puff pastry, croissant, and Danish doughs are referred to collectively as laminated or layered doughs. If you consider a piece of paper encased between two layers of plastic, you'll understand the theory behind the construction of these doughs. Butter is encased in dough and the combination is rolled out and folded over and over again to create hundreds of layers in the final product. The protein in the flour combines with the liquid in the dough to form gluten, and then, as the dough is rolled and folded, the gluten strands are developed (or elongated), giving the pastry structure. The layers of butter separate the dough, creating flakiness and rich flavor. In the heat of the oven, the butter melts and the water in the butter turns to steam. The steam pushes against the dough layer above, creating an empty space where the butter used to be. These spaces in the dough are flakes. Meanwhile, the elasticity of the dough (made possible by gluten development) allows the layers to rise and separate with the expanding steam, creating puffed and flaky dough. Here's a closer look at how laminated doughs are constructed.

The dough block (DÉTREMPE): The dough block, or détrempe, is a simple combination of flour, water (or milk), and a small amount of cold butter. Unbleached all-purpose flour is perfect for laminated doughs because it has enough protein to form the structure that allows a high rise and a flaky texture, though some chefs prefer a combination of bread and cake flour. The butter is cut into the flour until it is in tiny pieces and the mixture resembles breadcrumbs, similar to those in mealy pie dough. The fat coats the proteins in the flour, preventing the gluten strands from bonding together too firmly and lengthening, which could toughen the dough.

Once the butter is cut into flour, the liquid is added. Puff pastry is made with water. Croissants, which are basically a yeasted version of puff pastry, are made with milk instead, and they contain a bit of sugar along with the yeast. The additional fat from the milk keeps the croissant dough tender and aids in browning. After the liquid goes in, the dough is mixed only until it forms a rough mass. Once the détrempe is formed, it is wrapped in plastic and refrigerated to allow time for the gluten strands to relax (even the brief mixing has lengthened and strengthened them a little, but they loosen when left alone for a while).

The butter block (BEURRAGE): The butter block, or beurrage, is simply cold butter combined with a small quantity of flour, which will absorb any water that may leak out of the butter during lamination. The butter is beaten while very cold until it is malleable. Some recipes call for beating the butter with a wooden dowel-like rolling pin, but it's faster and easier to cut the cold butter into pieces, toss it with the measured amount of flour in the bowl of a stand mixer, and beat it with the paddle attachment on medium speed for 1 to 2 minutes, just until smooth and blended. This technique produces butter that is cold but flexible, a consistency known to pastry professionals as "plastic".

Once the butter is plastic, it is ready to be incorporated into the dough. Laminated doughs require that the butter layers be kept in this plastic state for the best possible results. The butter must stay cold to prevent it from blending into the dough during the rolling process. It must also be flexible so it will effortlessly expand into a longer and thinner layer when rolled,

rather than breaking into little butter pieces. The chilling time in each recipe will help you maintain the right temperature and consistency, but remember if the butter gets warm and sticky at any time during the rolling process, stop and refrigerate the dough for 20 to 30 minutes before continuing.

Incorporating the butter block: There are several methods of incorporating the butter into the dough. The most efficient, the letter fold, not only incorporates the butter but also creates the first fold of the dough, combining two steps into one. It involves rolling the dough into a long rectangle, then visually dividing it lengthwise into three equal sections and smearing two of the adjacent sections with the plastic butter. To encase the butter, the empty third folds up over the buttered center. Then the remaining third is folded over the center, buttered side down as if you were folding a business letter. The butter is now incorporated and you've also completed one turn. The dough is ready to be rolled out again, and you'll finish your second turn in a matter of minutes. Now that's efficient!

Turning the butter-filled dough: The technique of rolling and folding the dough is known as turning the dough. There are two types of folds, and both require you to first roll the butter-filled dough out into a large rectangle. The recipes in this packet will always specify which type of fold to use.

The letter fold (also known as the Single Fold): Once you've rolled the butter-filled dough into a rectangle, visually divide it lengthwise into thirds and fold it in thirds as if you were folding a business letter.

The book fold (also known as a Double Fold): This fold creates more layers than a letter fold. Starting with the butter-filled dough rectangle, fold the two short edges in toward the center, leaving a bit of space between them. To finish, fold one side over the other, just like closing a book.

Tips to Perfect Croissant Dough:

1. Don't overwork the dough block – it will get plenty of exercise during the rolling and folding process. If there is too much gluten development, the dough will be difficult to roll.

2. When folding the dough, brush off any flour left on the surface so it doesn't become incorporated. Extra flour can dry and toughen the dough and prevent the layers from adhering to one another.

3. Keep the butter cold at all times, and don't be afraid to return the dough to the refrigerator for 20 minutes at any point if it gets soft or butter oozes out.

4. Wrap the dough in plastic wrap when refrigerating it to keep a hardened 'skin' from forming.

5. Keep track of your turns. Write the number on the plastic wrap so that you don't forget. Too few turns results in scanty layers, whereas too many turns fuses the butter into the dough, preventing the layers from rising.

6. When folding the dough, take care to line up the edges precisely and square off the corners by gently pulling or stretching them as you fold them into the center; this attention to detail results in perfectly even layers, which create a high rise and flaky texture when the dough is baked.

7. Whenever you begin a turn, arrange the dough with its long folded side to the left and the short side parallel to the edge of your work surface. This helps to ensure consistent layering and a finer end product.

8. When you roll, always lift the rolling pin when you reach the edge of the dough. If you roll off the edge onto the work surface, you'll smash the layers at the edge, ruining the lamination there and causing the thinner, softer edges to stick to the work surface.

9. There is a point during the process at which the laminated dough may be refrigerated overnight. But make sure that the dough spends no more than 24 hours in the refrigerator, or the yeast will contribute an unpleasant flavor to the dough. If you won't be using the dough within 24 hours, shape the dough, wrap it tightly in plastic, and freeze it for up to 1 month.

10. When proofing croissants, go by the look of the dough rather than the clock. Rising times for croissants are approximate since they depend entirely upon the temperature in the room. It's best to proof these pastries in a cool (65°F to 75°F) part of the kitchen. If the air is too warm, either the butter will melt and leak out of the dough or the pastries exterior will rise much more quickly than its interior, resulting in a gummy texture.

11. Pastries made with puff pastry and croissant dough are always brushed with an egg wash (usually whole egg beaten with a little cream) before baking to help them brown beautifully.

12. Always chill the laminated dough before baking. Repeat the mantra "cold butter, hot oven". Cold butter produces the best rise and ensures flakiness. A hot oven begins to set the structure of the pastry quickly before the butter has a chance to fully melt. Once the butter melts in the semi-solid structure, its disappearance creates holes or flakes, and the steam that is released from the butter forces the pastry upward to great heights.