

## Whole Grain Croissants - Ingredients and Instructions

582g whole wheat flour\*  
10g instant yeast  
12g salt  
50g sugar (can use less)  
440g milk (whole or 2%)  
1# butter (at 65 degrees)  
Egg wash (1 egg whisked with 1T milk) optional

Bring the milk to room temperature in a large bowl or bowl of your stand mixer. Combine the dry ingredients in a medium bowl.

Whisk the dry ingredient into the milk and then knead for 5-7 minutes, or mix in stand mixer on medium for about 4 minutes.

Proof in a covered bowl for 30 minutes.

Turn the dough onto lightly floured surface, fold the dough, then refrigerate in an air tight (or almost air tight) container for about 2 hours.

Using the parchment or waxed paper technique demonstrated in the video, create an 8 x 8 inch square slab out of the pound of butter. Place the wrapped butter slab in the fridge.

Take the butter out of the fridge about 10 minutes before you take out the dough so it has a chance to soften a little. You want the butter to be slightly pliable (about 65 degrees) at the time you take the dough out of the fridge.

On a lightly floured surface, roll the dough out to about a 14 x 14 inch square. Place the butter in the center of the dough with the corners of the butter in the center of the straight edges of the dough (a square of dough with a diamond of butter in the middle). One at a time, fold the corners of the dough towards the center of the butter, overlapping the dough folds as you go. All the butter must be contained in the dough package.

Roll out the dough into a rectangle enough so it can be folded into three sections, letter style. Wrap the dough package in plastic and refrigerate for 45 minutes. Repeat this rolling, folding and refrigerating process three more times for a total of four folds. (Only about 20 in the fridge is necessary between the 2nd and 4th folds.)

After the 4th fold and yet another period in the fridge, the dough is now ready to use, or it can be kept in the refrigerator overnight and used the next morning.

Roll the dough into a rectangle that is about 1/4 inch thick all over.

Make the desired shapes and treats, let proof in a warm spot for about two hours or until somewhat risen and kinda puffy, (time depends on the proofing temperature). Lightly brush with egg wash before or after proofing (optional).

Preheat the oven to 400 degrees before the dough has finished proofing. Bake for about 15-20 minutes, until golden brown.

Experience culinary ecstasy.

\* If you experiment with using different varieties of wheat, you may find the dough consistency varies with each wheat's unique moisture absorption properties. In this video, I started with 582 grams of flour and added more during kneading until I had a dough that was stiff enough to roll out without being sticky but was still fairly soft and easy to work with. Your margin of error on this is fairly forgiving, so just try to roughly approximate the dough consistency in the video.

## Chocolate Batons

75 g (2½ oz) bittersweet chocolate (70% cocoa solids)  
1½ Tbs water  
2 Tbs sugar

## Savory Fillings

### Gouda-Apple-Sage

combine to taste:

Fry sage leaves with a little butter, salt and pepper.

Grate apple and gouda to desired quantity in ratio of one apple to one cup of cheese. (smoked gouda is a nice option)

### Kale-Goat Cheese

3 cloves garlic

large bunch kale

1 Tbs extra virgin olive oil

salt and pepper

Mince garlic, coarsely chop kale. Saute garlic and kale in olive oil with salt and pepper. Combine with goat cheese to taste.

### Roasted Beets & Goat Cheese

Roast beets with olive oil, salt and pepper until tender. Grate and combine with goat cheese.

(For both goat cheese options - try herbed goat cheese for extra flavor)