



Soya croissants

Step 1

INGREDIENTS

GRANSOIA	g 500
STRONG FLOUR	g 500
CASTER SUGAR	g 150
UNSALTED BUTTER 82% FAT	g 100
TRIAL/S	g 15
EGGS	g 100
WATER	g 350-400
FRESH YEAST	g 35-40

PREPARATION

GRANSOIA g 1.000 Wheat meal g 1.000 Sugar g 300 Butter or cream margarine g 200 TRIAL Sg 30 Whole eggs g 200 Water g 700-800 Brewer's yeast g 70-80 Platte croissant margarine Knead all the ingredients together until a smooth, velvety consistency is obtained. Leave to rest at room temperature for 15 minutes. Roll out the dough and place the margarine in the centre (250g for every kilogramme of dough) and fold the dough over on itself so that the margarine is completely enveloped. Roll out the pasta and fold it over on itself to form three layers; repeat the rolling out and folding procedure three times so that you have a total of three folds of three layers, and then leave to rest for 5 minutes. Finally, roll out again to a thickness of about 4 millimetres and cut into triangles. Roll each triangle shape up tightly and place them on baking sheets, curving the ends to give them the traditional croissant shape. Leave in a rising room at 28-30°C with relative humidity of about 80% for 80-90 minutes. Bake at 190-200°C for about 20 minutes, after having glazed them with beaten egg.

Step 2

INGREDIENTS

MARBUR CROISSANT 20%	g 450
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