



SPELT CROISSANTS

LEAVENED PRODUCTS FOR BREAKFAST

DIFFICULTY LEVEL



SPELT CROISSANT DOUGH

INGREDIENTS

PAN DI FARRO	g 1000
TYPE 00 STRONG FLOUR	g 1000
CASTER SUGAR	g 300
UNSALTED BUTTER 82% FAT - SOFTENED	g 200
TRIAL/S	g 30
EGGS	g 200
WATER	g 700-800
FRESH YEAST	g 70-80

PREPARATION

Knead PAN DI FARRO, flour, sugar, eggs, TRIAL S, yeast and half dose of water. Pour the remaining water in 2-3 times, until the water is completely absorbed. Then, add the softened butter and keep on kneading until the dough is velvet smooth. Let the dough rest for 15 minutes at room temperature.

LAMINATED DOUGH

INGREDIENTS

MARBUR CROISSANT 20%	g 900
----------------------	-------

PREPARATION

Roll out the dough into a rectangular layer, lay MARBUR CROISSANT onto a half (250g of margarine for 1kg of dough) and fold so that the other half cover the first and the sheet of butter is completely enclosed in the dough. Seal the edges well. Roll out in order to shape the dough into a rectangle again and make a 3-layer fold, then repeat this step twice, making three 3-layer folds in total. Let the laminated dough rest for 5 minutes before working it.

FINISHING

INGREDIENTS

EGGS

To Taste

FINAL COMPOSITION

After the rest time, roll out the laminated dough to 4 mm and cut into triangles.

Roll them up well tight, from the base up, and bend the tips in order to give them a crescent shape.

Place them onto trays and store into the proofer room for 80-90 minutes at 28-30°C with relative humidity of the 80% (the temperature has to be not higher than 26°C, if the dough is laminated with butter, and not higher than 30°C if you use margarine instead).

Brush the croissants with beaten egg and bake in a deck oven at 190-200°C for about 20 minutes.

AMBASSADOR'S TIPS

If you prefer, you can replace butter with margarine in the croissant dough.