

RECIPE OF THE WEEK: EASY CROISSANT

INGREDIENTS:

250 ml di water
1 teaspoon honey
50 gr sugar

1 egg
80 gr melted butter
the grated rind of 1 lemon
500g flour
7gr brewer's yeast or bread yeast
2 tsp sugar

ADDITIONAL INGR.

50 gr sugar for the croissant mix
30 melted butter
1 egg to brush on the croissant before baking them into the oven

METHOD:

- Dividiamolo in 8 panetti da circa 120 gr l'uno.
- In a large bowl mix the flour, the yeast and the 2 teaspoons of sugar and mix with your hands.
- In a second bowl, add the warm water, the honey, 80g of melted butter, the grated rind of 2 lemons and the egg and mix well with a fork.
- At this point start adding the flour to the wet ingredients a little at a time and continuously mixing, first with a spoon and then with your hands, till you obtain a homogeneous and elastic consistency. Continue kneading the mix on working table till the consistency is the one of the pizza base.
- At this point put the mix into a bowl, cover with cling film and let to raise in a warm place (for example the oven switched off with only the light on) for about 2h.
- After 2h take the mix out of the bowl and divide it into 8 equal pieces of 120g each.
- Work the 8 little dough into round "pizza base" shapes.
- Take the first "pizza shape", brush it with butter and dust it with sugar and place the second "pizza shape" on top repeat the process until you place the 8th and last "pizza shape" on top of your "tower".
- Do not add anything on top of the last "pizza shape". Instead, take a rolling pin and slightly roll it over the "tower" to make a slightly bigger disc.
- At this point cut the disk into 8 slices as if it was a cake.
- Take each slice and roll it as in pic1 attached, starting to roll from the widest part of the cake.
- Then bend the roll into a croissant-like shape (see pic 2 attached)
- Cover the uncooked croissant and let raise for 20 min.
- Brush the croissants with egg yolk and stick the croissants into the oven and cook at 270 Degree Celsius for 20min.

BUON APPETITO!

Regards,

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