

COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
PASTRY
TWO-DAY CROISSANT WORKSHOP

WITH SUR LA TABLE CHEF

MENU:

BASIC CROISSANT DOUGH
GRUYÈRE AND CARAMELIZED ONION CROISSANTS
DARK CHOCOLATE ALMOND CROISSANTS

Ingredient Shopping List

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

Produce

- 3 large yellow onions

Dairy

- 1 ½ cups, plus 2 tablespoons whole milk
- 1 pound plus 6 tablespoons unsalted European style butter (see recipe notes)
- 4 large egg
- 1 tablespoon heavy whipping cream
- 1/2 cup (2 1/2 ounces) Gruyère cheese

Pantry Items

- 12 semisweet chocolate batons or 1/2 cup (2.5 ounces) chocolate fèves or finely grated semisweet or bittersweet chocolate
- 1/4 cup sliced almonds
- 3/4 cup whole almonds, toasted
- All-purpose flour
- 3/8 ounce (4 teaspoons) active dry yeast or 1 tablespoon instant yeast
- Fine kosher or sea salt
- Confectioners' sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon almond extract
- Freshly ground black pepper
- 1 tablespoon olive oil

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 but recommended)
- Offset spatula
- Wooden spoon

Appliances

- Stand mixer with a paddle and a dough hook
- Food processor

Bakeware and cookware

- 2 rimmed baking sheets
- Wire baking rack
- Large saucepan or Dutch oven

Other

- Parchment paper
- 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.

Before Day 1 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" pieces, toss with 2 tablespoons of flour and refrigerate for 20 minutes.
3. Slice yellow onions

Day 1:

- Make the dough.
 - Complete all folds or turns.
 1. *First turn*: Letter fold and butter incorporation.
 2. *Second turn*: Book fold (also called a double turn) (**Chill 1 hour**).
 3. *Third turn*: Letter turn. **Completed after class.**
 - Cover in plastic wrap and refrigerate.
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Before Day 2 Class:

1. 20 minutes before class take your croissant dough or "book", caramelized onions, and frangipane out of the refrigerator and allow it to soften slightly.
2. Preheat oven to 400°F.

Day 2:

- Roll dough.
- Shape croissants.
- What to do with scraps.
- Proof croissants.
- Egg wash and bake croissants.

BASIC CROISSANT DOUGH (HOMEMADE LAMINATED 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.

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 3/4 cups) unbleached all-purpose flour

1 tablespoon salt

2 ounces (1/2 stick) cold unsalted European style butter, cut into small pieces*

8 ounces (1 cup) cold milk

Butter Block (Beurrage):

14 ounces (3 1/2 sticks) cold unsalted European style butter

1 ounce (2 tablespoons) unbleached all-purpose flour

- 1. To prepare dough block:*** Pour warm milk into a small bowl and whisk in 1 teaspoon sugar. Whisk in yeast and set aside for 10 minutes, or until yeast is activated and mixture is bubbling.
- 2.*** To the bowl of a stand mixer fitted with the paddle attachment, combine 20 ounces of flour, 2 tablespoons sugar, salt and 2 ounces of cold butter pieces. Blend on medium speed until butter is cut into tiny pieces and mixture resembles breadcrumbs. Add yeast mixture and cold milk. Switch to a dough hook and mix on lowest speed for 1 1/2 to 2 minutes, until liquid is absorbed and has formed a very rough mass. Dust a work surface lightly with flour and turn dough out onto it. Knead 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 dough or you’ll have trouble rolling it later. Shape dough into a flat 6 x 7" rectangle and wrap loosely in plastic wrap (to allow a little room for expansion) and refrigerate, 30 to 60 minutes.
- 3. To prepare butter block:*** Cut butter into 1/2" pieces, toss with 2 tablespoons flour and refrigerate for 20 minutes. To a stand mixer fitted with the paddle attachment, beat floured butter on medium speed, for 1 to 2 minutes, until butter and flour form a smooth mass. You are not trying to beat air into mixture, just make it pliable and smooth while keeping it cold. Scrape butter onto a piece of parchment paper or plastic wrap and form into a flat rectangle. Wrap butter in plastic wrap and refrigerate while you roll out dough.

4. **To incorporate butter into dough:** Dust work surface with flour. Set dough in center and dust top with flour. Roll dough into a 15 x 12" rectangle with a short side parallel to the edge of your work surface. Gently pull or stretch dough to form straight edges and sharp corners. Brush any flour from surface. Visually divide dough crosswise into 3 equal, 5" wide sections (you can lightly mark dough with a ruler or the back of a knife). Spread cold but pliable butter evenly over top two sections of dough, leaving bottom third empty and leaving a 1/2" border around edges of 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 butter between two sheets of parchment and roll into a 9 1/2 x 11" rectangle. Peel off one sheet of parchment, invert buttered rectangle over dough rectangle, center it, and peel off other sheet of parchment.

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

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

7. **Letter fold (third turn):** Remove dough from refrigerator, dust with flour and roll into a 15 x 12" rectangle. Brush any flour from surface of dough. Fold dough using letter fold method: Visually divide dough lengthwise into 3 equal, 5" wide sections (you can lightly mark dough with a ruler or the back of a knife). Fold bottom third up over center of dough, and then fold top third down over center, making sure to square corners and fold as neatly and precisely as possible. Roll your rolling pin across top of dough again briefly to help seal 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.

Recipe notes:

- *We recommend using a European style unsalted butter, which has less moisture and at least 82% butterfat, lending a smooth, rich flavor and bright yellow color. Brands we love are Plugra and Kerrygold.

CARAMELIZED ONION AND GRUYÈRE CROISSANTS

Yield: 6 croissants

This classic French pastry relies on high-quality 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.

1/2 croissant book (1/2 quantity of dough)
1/2 cup grated Gruyère cheese
1/2 cup caramelized onions (recipe follows)
1 large egg
1 egg yolk
2 tablespoons whole milk

Line a baking sheet with parchment paper or a silicone baking mat.

1. Lightly flour a work surface and roll dough into a 13 x 7 x 1/4" thick rectangle. Position rectangle so long edge is parallel to edge of your work surface. Use a ruler and paring knife or pizza cutter to make nicks along top edge of dough every 4". Along bottom edge, measure 2" in from left side and make a nick; then add a nick every 4" after that.

2. **To cut dough into triangles:** Line up your ruler with top left corner and first bottom nick (2" in from left side of 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 surface with sugar and bake as a snack. Next, line up ruler with first nick on top edge and left corner bottom, and cut along that line, forming a full-size triangle. Then cut a line from first nick on top to first nick on bottom to form second triangle. Continue lining up nicks and cutting until whole sheet has been cut into 6 triangles.

3. **To shape dough:** Line up all triangles so that their bottom (4") sides are parallel with edge of your work surface. For each triangle, place a tablespoon of caramelized onion about 1/2-inch from the bottom of the triangle. Sprinkle 1 scant tablespoon of grated cheese on the top.

4. **To shape:** Grasp a triangle and with wide end in one hand and point in other, very gently stretch dough until it is a couple of inches longer. Set it back on table (notice how it resembles the Eiffel Tower). Roll corners, upward and outward, widening slit. Roll entire triangle toward tip, pulling gently on tip to stretch dough slightly. Tuck tip under roll (so it doesn't pull out during baking) and place roll on a prepared baking sheet. Curve ends in towards each other to form a

crescent shape. Continue stretching and rolling dough triangles until you have shaped all croissants and placed them 2" apart on baking sheet.

5. **To proof croissants:** Allow 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 warmth of room. If you squeeze one gently, it should feel soft and marshmallow-like. Don't try to rush rise by warming the croissants—you don't want butter to melt.

6. **To bake croissants:** Preheat oven to 400°F and position a rack in the center. Lightly beat egg and milk in a clean small bowl. Brush each croissant evenly with egg wash. Bake croissants, rotating sheet halfway through, for 17 to 22 minutes, until crusts are a deep golden brown. Transfer 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 dough. Wrap dough loosely in plastic (it will expand slightly) and refrigerate overnight. The next day, roll, cut, shape, proof and bake croissants. You can also freeze croissants already shaped. Place croissants on a baking sheet and freeze until firm, then transfer to plastic freezer bags. Croissants can be kept in the freezer for 4 to 6 weeks. To bake, transfer frozen croissants directly to prepared baking sheet, defrost and proof at room temperature. Apply egg wash once proofed. 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 transfer to 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 crust is crisped and center is warmed through.

CARMELIZED ONIONS

Yield: *3/4 cup*

2 tablespoons unsalted butter

1 tablespoon olive oil

1 1/4 pounds (about 3 large) yellow onions, thinly sliced

1 teaspoon sea salt, plus more to taste

1/2 teaspoon freshly ground black pepper, plus more to taste

1. **To prepare the onions:** To a large, heavy saucepan or Dutch oven set over medium heat, add butter and olive oil. When butter is melted, add onions, 1 teaspoon of salt, and 1/2 teaspoon of pepper. Cover the pan and cook the onions, stirring with a wooden spoon occasionally until soft and translucent, about 20 minutes. Uncover the pan and continue to cook onions, stirring occasionally and scraping the bottom of the pan to release the brown bits, until onions are a deep, dark brown color, about 30 minutes more.

DARK CHOCOLATE ALMOND CROISSANTS

Yield: 6 croissants

Golden and crispy on the outside, with rich, melted chocolate swirled into the buttery pastry, these delicious treats are perfect with a coffee for a luxurious breakfast. Classically, croissants are filled with a chocolate baton, but they can be made with grated or small fèves or disks of chocolate instead.

1/2 quantity (about 1 1/2 pounds) croissant dough
12 semisweet chocolate batons or 1/2 cup (2.5 ounces) finely grated semisweet or bittersweet chocolate
6 tablespoons frangipane (recipe follows)
1 large egg
1 egg yolk
2 tablespoon whole milk or cream
1 tablespoon confectioners' sugar
1/4 cup sliced almonds

Line a baking sheet with parchment paper or a silicone baking mat.

1. Lightly flour a work surface and roll dough into a 12 x 8 x 1/4" thick rectangle. Position rectangle so long edge is parallel to edge of your work surface. Using a ruler and paring knife or pizza cutter, make nicks along top and bottom edges of dough every 4".
2. **To cut dough:** Line up your ruler with top and bottom nick and cut along this line. Continue lining up nicks and cutting until whole sheet has been cut into 3 long rectangles. Next, measure 4" from top on both sides, and cut across, shaping the dough into 6, 4" squares.
3. **To shape dough:** Line up all squares along your work surface. Place a tablespoon of frangipane in the center of the square and with a small offset spatula spread in an even layer. Place 2 chocolate batons 1" apart starting at 1/2" from bottom of each square, keeping them centered on dough. Roll dough around batons; lightly flatten and place seam side down, 2" apart on baking sheet.
4. **To proof:** Lightly beat egg and milk in a clean bowl. Brush each croissant evenly with egg wash. Allow croissants to rise in a cool spot until they are nearly doubled in size and look like they have taken a deep breath, 1 to 2 hours, depending on warmth of room. If you squeeze one gently, it should feel soft and marshmallow-like. Don't try to rush rise by warming croissants—you don't want butter to melt.
5. **To bake croissants:** Preheat oven to 400°F and position a rack in center. Brush croissants once more with egg wash and sprinkle tops with sliced almonds. Bake, rotating it halfway

through, for 17 to 22 minutes, until croissants are a deep golden brown. Transfer croissants to a rack to cool.

6. **To finish:** Using a fine-mesh strainer, dust tops of croissants with confectioners' sugar.

FRANGIPANE

Yield: *about 1 1/2 cups*

This filling is divine in Danish and croissants and takes a mere 5 minutes to make in the food processor. The filling will keep, refrigerated in an airtight container, for up to 5 days. Let the filling come to room temperature before using, or it will be too stiff to spread easily.

3/4 cup whole natural almonds, toasted and cooled

1/2 cup granulated sugar

2 ounces (4 tablespoons) unsalted butter, softened

2 large eggs

2 tablespoons unbleached all-purpose flour

1/2 teaspoon almond extract

1. **To prepare the frangipane:** To the bowl of a food processor fitted with a metal blade, add almonds and sugar; process until nuts are finely ground, 30 to 60 seconds. Add the softened butter and process until well blended, about 20 seconds. Add eggs, flour, and almond extract and process until thoroughly mixed, about 30 seconds, scraping down the sides of the bowl with a silicone spatula halfway through.

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 empty spaces become a network of hundreds of 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. 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. The butter is cut into the flour until it is in tiny pieces and the mixture resembles breadcrumbs, similar to those in pie dough. The fat coats the proteins in the flour, preventing the gluten strands from bonding together too firmly and lengthening, which toughens the dough.

Once the butter is cut into flour, liquid is added. While puff pastry is made with water, croissants, which are basically a yeasted version of puff pastry, are made with milk and a small amount of sugar. 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).

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, 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 shards and piercing the layers. The chilling time in each recipe will help you maintain the right temperature and consistency. 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 top 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.

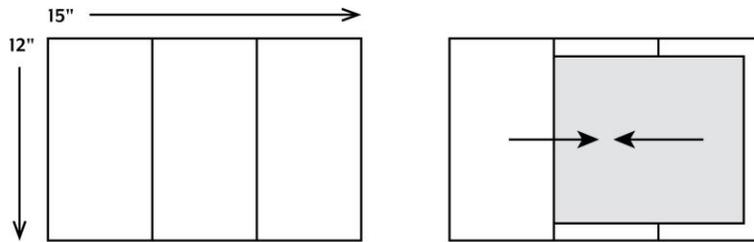
Tips to Perfect Croissant Dough:

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 like a book, 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 compress 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, finish your turns or shape your 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 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 pastry's 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 milk or cream) before baking to help them brown beautifully. Danish dough does not need an egg wash – the eggs in the dough help the

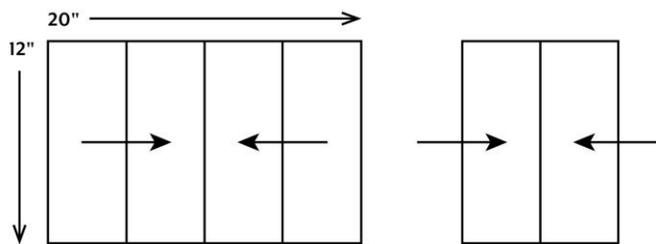
pastries to brown. However, Danishes are brushed with a sugar or jam glaze as soon as they're removed from the oven to give the pastry a glistening finish.

12. Always chill 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.

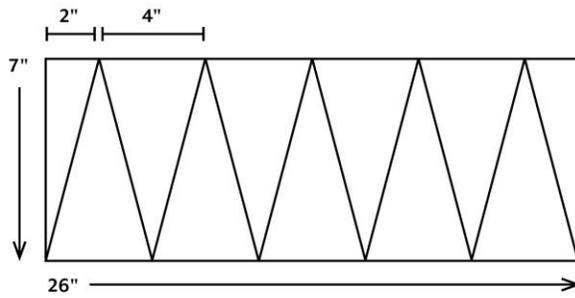
LETTER FOLD



BOOK FOLD



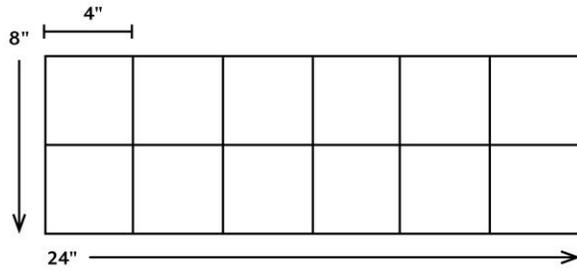
CLASSIC CUTTING



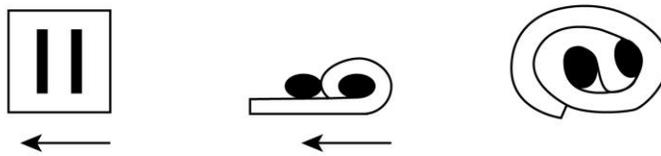
CLASSIC ROLLING



CHOCOLATE AND KOUIGN-AMANN CUTTING



CHOCOLATE ROLLING



KOUIGN-AMANN SHAPING

