

COOKING CLASSES
AT SUR LA TABLE

2-DAY CROISSANT RENAISSANCE

WITH SUR LA TABLE CHEF

MENU:

**BASIC CROISSANT DOUGH
CROISSANT DONUTS
KOUIGN-AMANN**



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Ingredient Shopping List

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

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

Pantry Items

- ☐ All-purpose flour
- ☐ 3/8 ounce (4 teaspoons) active dry yeast or 1 tablespoon instant yeast
- ☐ Fine kosher salt
- ☐ Confectioners' sugar
- ☐ 3/4 cup granulated sugar
- ☐ Ground cinnamon



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
- ☐ Digital thermometer
- ☐ Tongs

Appliances

- ☐ Stand mixer with a paddle and a dough hook

Bakeware and cookware

- ☐ 2 rimmed baking sheets
- ☐ 12 cup muffin tin
- ☐ Wire baking rack

Other

- ☐ Dutch oven or tabletop fryer

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.
- 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.

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 and cut croissants.
- What to do with scraps.
- Proof croissants.
- Egg wash and bake kouign-amann, fry croissant donuts.



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.



CROISSANTS DONUTS

Yield: 10 to 12 donuts

These crisp, flaky pastries came into popularity in 2013 by pastry chef Dominique Ansel. His “cronuts” gained such popularity he would sell out daily, and has even trademarked the name “cronut”. We’ve used his popular pastry as inspiration for turning our Classic Croissant Dough recipe into a fried delight of our own.

1 recipe croissant dough (recipe included)

2 quarts vegetable oil

1/4 cup granulated sugar

2 tablespoons ground cinnamon

1. Line two baking sheets with parchment paper or a silicone mat.
2. ***To roll and cut croissant donuts:*** Lightly flour a work surface and roll dough 1/2-inch thick slab. Use a 3 1/2 or 4-inch round biscuit or cookie cutter, cut as many rounds out of the dough as you can, using a 1-inch round cutter, punch out holes in the center of each round. Place the donuts and the holes onto the rimmed baking sheets 2-inches apart.
3. ***To proof croissant donuts:*** 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, 30 minutes to 1 hour, depending on the 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.
4. Meanwhile, add sugar and cinnamon to a medium bowl. Whisk to combine, then set aside.
5. ***To fry croissant donuts:*** To a large Dutch oven set over medium-high heat add oil and heat until oil reaches 350°F. Working in batches, using a slotted spoon or spider, carefully set the donuts in the hot oil. Fry until golden brown, about 90 seconds to 2 minutes on each side. Remove from oil and let excess oil drip off, set each donut in the cinnamon sugar mixture and turn to coat. Transfer the coated donut to a wire rack to cool. Repeat process until all donuts are fried.

Storing: Fried croissant donuts keep, unwrapped at room temperature, for 1 day. If you have any left, you can freeze them, then use them in bread pudding.



KOUIGN-AMANN

Yield: 9 pastries

The kouign-amann are baked in a muffin tin so the outside of each one gets deeply browned and caramelized. Originating in Brittany, France, these caramelized beauties are traditionally rolled in a sugar and salt mixture.

Unsalted butter, at room temperature, for preparing pan
1/2 cup granulated sugar
1 1/2 teaspoons fine kosher salt
1/3 recipe Homemade Laminated Dough (recipe included)

1. Whisk sugar and salt together. Grease a standard 12-cup muffin pan with butter and sprinkle with sugar and salt mixture.
2. **To prepare dough:** Sprinkle a generous amount of sugar mixture over a clean working surface. Set dough on top of sugar with shorter side facing you. Top dough with a generous sprinkle of sugar mixture, roll out dough into 5 x 10" rectangle and repeat letter fold as described in laminated dough process. Roll out into a 9 x 9 x 1/4" rectangle.
3. **To shape dough:** Cut dough into 9, 3" squares. Working with one square at a time, bring together its corners and set dough into muffin pan, with corners facing up. Repeat with remaining 8 pieces of dough. Sprinkle tops of dough with more sugar, cover pan loosely, and set aside until dough rises enough to fill each muffin cup, about 30 minutes.
4. **To bake pastries:** Preheat oven to 400°F with a rack in the center. Transfer muffin pan into oven and bake until pastries are golden brown, about 25 minutes. Once baked, let pastries cool 2 minutes and then unmold immediately from muffin pan and set on top of a cooling rack to cool.



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

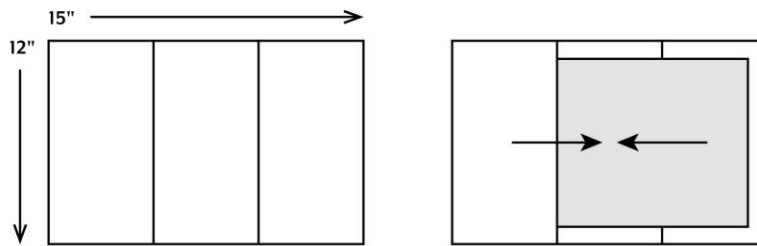


pastries to brown. However, Danishes are brushed with a sugar or jam glaze as soon as they're removed from the oven to give the pastry a glistening finish.

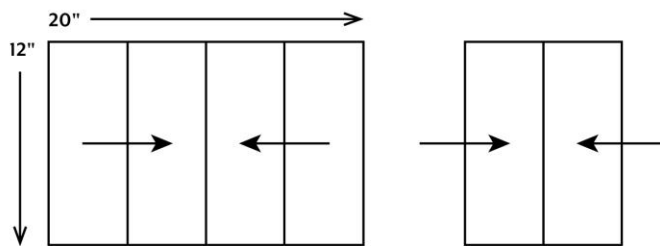
12. Always chill laminated dough before baking. Repeat the mantra “cold butter, hot oven”. Cold butter produces the best rise and ensures flakiness. A hot oven begins to set the structure of the pastry quickly before the butter has a chance to fully melt. Once the butter melts in the semi-solid structure, its disappearance creates holes or flakes, and the steam that is released from the butter forces the pastry upward to great heights.



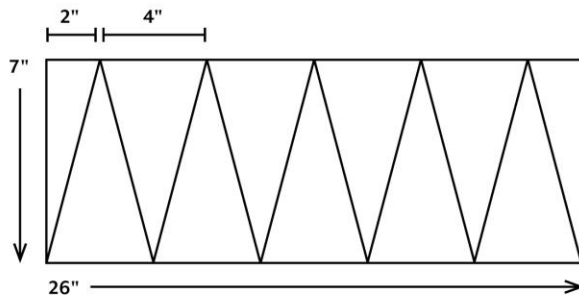
LETTER FOLD



BOOK FOLD



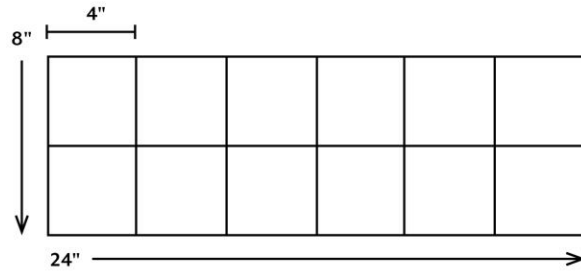
CLASSIC CUTTING



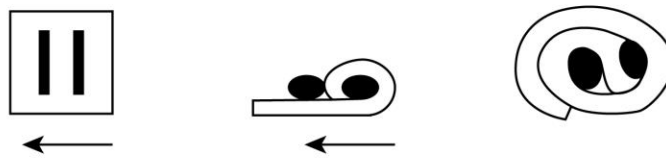
CLASSIC ROLLING



CHOCOLATE AND KOUIGN-AMANN CUTTING



CHOCOLATE ROLLING



KOUIGN-AMANN SHAPING

