

D14 | FLAKY CROISSANT

PRE-FERMENT INGREDIENTS

Infibra Type 1 Flour W 380	300 g
Milk	200 g
Brewer's yeast	12,5 g

DOUGH INGREDIENTS

Infibra Type 1 Flour W 380	500 g
Milk	100 g
Fresh brewer's yeast	12,5 g
Granulated sugar	90 g
Salt	15 g
Cream	200 g
Butter for lock-in	500 g



INFIBRA
TIPO 1 W 380

DIRECTIONS:

Prepare the pre-ferment and let it rise for about 3 hours at 20°C.

Transfer it to the mixer bowl, add the flour, yeast, milk, and sugar, and begin kneading. Then add the salt, and finally the cream.

Once the dough is finished, cover with plastic wrap and refrigerate overnight at 4°C. The next day, lock in the butter and perform a four-fold followed by a three-fold.

Return to the fridge at 4°C for 20 minutes, then roll out the dough to 3 mm thickness and shape the croissants.

Let them proof at 27°C until fully risen.

Brush with a mixture of egg yolk and cream, and bake at 180°C for 18–20 minutes.