

FRENCH CROISSANTS OR CROISSANTS

About 18 Crescents

Rich, somewhat troublesome, but unequaled by any other form of roll.

Scald:

$\frac{7}{8}$ cup milk

Stir into it, until melted and dissolved:

1 tablespoon lard or vegetable oil

$\frac{1}{2}$ tablespoons sugar

1 teaspoon salt

Cool until lukewarm. Add:

1 package active dry yeast dissolved in:

$\frac{1}{3}$ cup 105°–115° water

Stir in or knead in to make a soft sticky dough about:

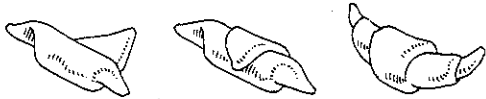
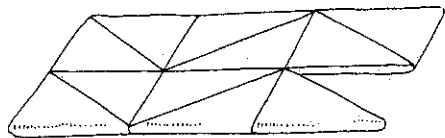
2½ cups sifted all-purpose flour

Knead on a lightly floured surface, using a pastry scraper to flip the soft dough end over end 10 times. The dough should now hold together. Place it in an ungreased bowl. Cover with a cloth and let rise until doubled in bulk, about 1½ hours. Then cover the dough with a lid and place in the refrigerator until thoroughly chilled, at least 20 minutes. Roll or pat it out on a floured surface into an oblong $\frac{1}{4}$ inch thick. Now, following the directions for kneading butter and folding the dough as in Puff Paste, 643, knead:

1 cup cold butter

Spread the butter over two-thirds the surface of the dough, leaving an unbuttered border $\frac{1}{4}$ inch wide. Fold the unbuttered third over the center third. Then, fold the remaining third over the doubled portion. The dough is now in 3 layers. Swing the layered dough a quarter turn—or, directionally speaking, bring east to south. Roll it again into an oblong $\frac{1}{4}$ inch thick. Fold again in thirds as before. Sprinkle dough lightly with flour; cover with a plastic or waxed wrap and chill 1½ hours. Allow the unwrapped dough to rest on a lightly floured surface about 10 minutes. Twice again, roll into a rectangle and fold in 3 layers. Then, roll it again on a slightly floured surface to the thickness of $\frac{1}{4}$ inch.

Now, cut off any folded edges which might keep the dough from expanding. Cut the dough into 3-inch squares, and cut the squares on the bias. Roll the triangular pieces, beginning with the wide side and stretching them slightly as you roll. Shape the rolls into crescents, as sketched below.

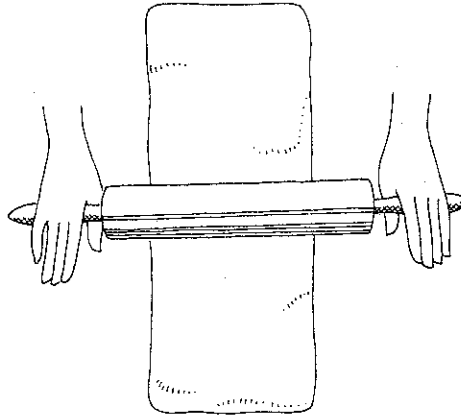


Place them on a baking sheet. Chill at once for $\frac{1}{2}$ hour. Never allow them a final rising, as they will not have the proper flakiness. Preheat oven to 400°.

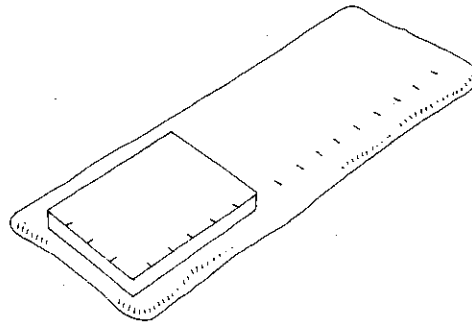
Bake the crescents 10 minutes, then reduce the heat to 350° and bake until done—10 to 15 minutes longer.

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sistency—chilled but not hard. Roll the dough into a very neat oblong measuring about 6 x 16 inches and less than $\frac{1}{3}$ inch thick, as in the following sketch. At this point, the dough is some-



what elastic and may have to be cajoled into the rectangle. Make the edges as even and the thickness as constant as possible. Quickly place the chilled butter pad about 1 inch from a short

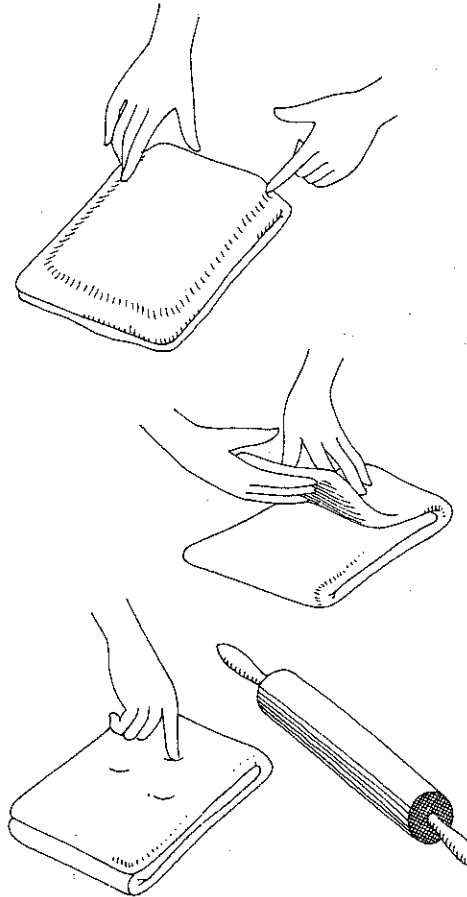


end and sides of the dough oblong, as shown above.

Fold the rest of the dough over the butter to make a pouch. Seal the two layers firmly together on all three open sides, pressing with the fingers, as shown opposite, or with the sides of your hands.

With the narrow dimension always toward you as you work, roll the dough evenly, being careful not to break the layers or force the roller in such a way that the edges of the dough envelope become cracked. Should any opening develop, be sure to patch it at once with a small piece of dough taken from the long sides. Keep the pastry 6 inches in width while rolling, and extend it to about 16 inches in length.

The use of two paper patterns makes this measuring very quick to judge. Fold the pastry into three exact parts, see below.



Make sure that the corners match neatly. Compress the pack slightly with the roller. At this point, the dough should have a transparent quality. The yellow of the butter should show through but not break through anywhere. Wrap the dough now approximately 4 x 6 x 1 inch, in foil and chill for 30 minutes. You have now made your first "turn" and, if you need a reminder, you can professionally make an initial shallow fingertip impression in one corner, before refrigerating. Keep track of your turns by increasing the number of fingerprints after each rolling, as shown above.

When the dough has chilled, remove it from the refrigerator and repeat the rolling. Always roll with the narrow dimension of the dough toward you as you work. Roll as before, until the dough again measures about 6 x 16 inches. Fold once more into three equal parts. This time, make two fingertip impressions before refrigerating.