

Treasure Barrel

Classic French Croissants 101 Guide

45 min Prep time	**20 min** Cook time	**1 h 5 min** Total time
12 Servings	**Hard** Difficulty	**French** Cuisine

Ingredients

For the Dough (Détrempe)

- [ ] 500g bread flour, plus extra for dusting
- [ ] 10g salt
- [ ] 50g granulated sugar
- [ ] 10g active dry yeast
- [ ] 300ml whole milk, cold
- [ ] 50g unsalted butter, softened

For the Butter Block (Beurrage)

- [ ] 280g cold unsalted European-style butter (high fat content)

For Assembly

- [ ] 1 egg, beaten with a splash of milk (for egg wash)

Instructions

1. Make the dough: In a large bowl, whisk together the flour, salt, and sugar. In a small bowl, dissolve the yeast in the cold milk and let it sit for 5 minutes until foamy. Add the yeast mixture and the softened butter to the dry ingredients. Mix until a shaggy dough forms. Turn out onto a floured surface and knead for about 5-7 minutes until smooth and elastic. It should be a little firm. Place in a lightly oiled bowl, cover, and let rise for 1-1.5 hours, or until doubled in size.

2. Prepare the butter block: While the dough rises, place the cold butter between two sheets of parchment paper. Pound and roll it out into a neat 7x7 inch square. Chill until firm.

3. First fold (Lock-in): After the first rise, punch down the dough. On a floured surface, roll it out into a 10x10 inch square. Place the chilled butter block in the center diagonally, so the points of the butter square face the sides of the dough square. Fold the corners of the dough over the butter, enveloping it completely. Pinch the seams to seal.

4. First turn: Turn the dough packet so a sealed seam faces you. Gently roll it out into a long rectangle, about 8x24 inches. Be patient and use even pressure. Fold the dough in thirds, like a letter. This is one 'turn.' Wrap in plastic and chill for at least 30 minutes.

5. Second and third turns: Repeat the rolling and folding process two more times, chilling the dough for 30 minutes between each turn. After the final turn, wrap the dough tightly and refrigerate for at least 4 hours, or ideally overnight.

6. Shape the croissants: Roll the chilled dough out on a floured surface into a long rectangle, about 10x30 inches. It should be about 1/4 inch thick. Using a sharp knife or pizza cutter, trim the edges neatly. Cut the rectangle in half lengthwise. Then, cut each strip into triangles with a 5-inch base.

7 Roll and proof: Make a small notch in the center of the base of each triangle. Gently stretch the triangle slightly, then starting from the base, roll it up towards the tip. Place the croissants on a parchment-lined baking sheet, curving the ends slightly to form the crescent shape. Cover lightly with oiled plastic wrap and let proof in a warm, draft-free place for 1.5-2 hours, until puffy and jiggly.

8 Bake: Preheat oven to 400°F (200°C). Brush the croissants gently with the egg wash. Bake for 15-20 minutes, rotating the pan halfway through, until deeply golden brown. Transfer to a wire rack to cool slightly. Serve warm. The smell is just incredible.

Nutrition per serving

310 kcal	5 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The long chill is non-negotiable for flavor and texture development.
- If the dough resists rolling, let it rest for 5-10 minutes at room temperature to relax the gluten.
- Don't worry if your first batch isn't perfect—croissants are a skill that improves with practice.
- For an extra treat, you can add a few dark chocolate batons to the triangles before rolling.