



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Croissants (adapted from Martha Stewart's *Baking Handbook*)

Makes 12

1 cup cold milk
1 tablespoon honey
14 ounces (about 3 cups) all-purpose flour
 $\frac{1}{4}$ cup (1.75 ounces) sugar
 $2\frac{1}{4}$ teaspoons salt
 $2\frac{1}{4}$ teaspoons (1 packet) instant yeast
20 tablespoons ($2\frac{1}{2}$ sticks) unsalted butter, cold
1 large egg, lightly beaten with a pinch of salt and a dribble of water or milk

1. Make the dough package: Pour the milk and honey into a 2-cup liquid measuring cup, and stir to combine; set aside. In the bowl of an electric mixer fitted with the dough hook, stir together 12 ounces (about $2\frac{3}{4}$ cups) of the flour, the sugar, yeast, and salt; stir to combine. Add the milk mixture and mix on low speed until the dough just comes together, 2 to 3 minutes.
2. Turn out the dough onto a lightly floured work surface; gently knead to form a smooth ball, about 45 seconds. Wrap in plastic and refrigerate at least 1 hour or overnight.
3. Make the butter package: Lay the butter sticks side by side on a piece of plastic wrap, and sprinkle with the remaining 1 ounce (about 2 tablespoons) flour. Pound with a rolling pin until the flour is incorporated; roll into an 8-inch square. Wrap tightly and refrigerate for at least 1 hour or overnight.
4. Remove the dough package from the refrigerator; place on a lightly floured work surface. Roll out to an 8-by-10-inch rectangle, about $\frac{1}{2}$ inch thick, with a short side facing you. Remove the butter package from the refrigerator; place on the bottom half of the dough; fold the top half of the dough over the butter, and pinch the edges to seal.
5. Roll out the dough to a 10-by-10-inch square about $\frac{1}{2}$ inch thick; keep the corners as square as possible. Remove any excess flour with a dry pastry brush. Starting at the far end, fold the square in thirds, as you would a business letter. This completes the first of three turns. Wrap in plastic and refrigerate for 1 hour.
6. Repeat rolling and folding as above two more times, starting with the flap opening on the right, as if it were a book, and refrigerate at least 1 hour between turns. To help you remember how many turns have been completed, mark the dough after each: Make one mark for the first turn, two for the second, and three for the third. After the third, wrap the dough in plastic, and refrigerate 6 to 8 hours, or overnight.
7. Turn out the chilled dough onto a lightly floured work surface. Roll out the dough to a 30-by-8-inch rectangle. (If the dough becomes too elastic, cover with plastic wrap, and let rest in the refrigerator for 10 minutes.) Using a pizza wheel, cut the dough into triangles, each with a 4-inch base (you will have scraps of dough at both ends). Cut a 1-inch slit in the center of the base of each triangle. Place triangles in a single layer on a clean work surface.

8. To shape the croissants, stretch the two lower points of each triangle to enlarge the slit slightly. Fold the inner corners formed by the slit toward the outer sides of the triangles, and press down to seal. Using your fingertips, roll the base of each triangle up and away from you, stretching the dough slightly outward as you roll; the tip should be tucked under the croissant. Pull the two ends toward you to form a crescent. Transfer the crescents to a parchment-lined baking sheets, 2 inches apart. Cover loosely with plastic wrap, and let rise in a warm place until very spongy and doubled in bulk, 45 to 60 minutes.

9. Preheat the oven to 400°F, with a rack in the middle position. Lightly brush the crescents with the beaten egg. Bake until the croissants are puffed and golden brown, about 15 to 20 minutes. Transfer the sheet to a wire rack to cool. Serve warm or at room temperature.