

## THE WAY THE COOKIE CRUMBLES



### Crescent Rolls (adapted from eat live run)

Makes 16 rolls

I made these slightly whole wheat by using this trick, but if you'd rather they were made completely with white flour, just skip step one, adding the pre-dough ingredients (white flour instead of whole wheat) with the rest of the dough ingredients.

#### Pre-dough:

4 ounces (about  $\frac{3}{4}$  cup) whole wheat flour  
 $\frac{1}{3}$  cup (2.67 ounces) water  
 $\frac{1}{4}$  teaspoon salt

#### Dough:

$2\frac{1}{2}$  cups (12 ounces) all-purpose flour  
2 teaspoons instant yeast  
2 tablespoons sugar  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup milk plus 1 tablespoon  
1 egg  
2 tablespoons vegetable or canola oil  
6 tablespoons butter, softened  
egg wash

1. For the pre-dough: Combine the flour, salt, and water, mixing until a shaggy dough forms. Cover and set aside at room temperature for at least 8 hours or overnight.

2. Combine the pre-dough, flour, yeast, sugar, salt,  $\frac{3}{4}$  cup milk, egg, and oil in the bowl of a stand mixer. Knead about 4 minutes. (You can mix and knead the dough by hand in a large bowl.) Cover and refrigerate for 1 hour.

3. Roll the dough out to about  $\frac{1}{4}$ -inch thick. Starting at a short end, spread the softened butter over two-thirds of the dough. Fold the unbuttered third of dough over the buttered middle. Fold the other buttered side over the middle. You've just folded the dough in thirds, like a letter, with the butter trapped inside between layers of dough. Wrap the dough in plastic wrap and chill 30 minutes. Roll out to  $\frac{1}{4}$ -inch thick again; fold in thirds again; chill another 30 minutes.

4. Roll the dough to  $\frac{1}{4}$ -inch thick to a rectangle about 10 by 14-inches. Slice in half lengthwise, creating two 5 by 14-inch rectangles, then alternate diagonal cuts to make 8 triangles from each half of dough. Cut a 1-inch slit in the wide end of each triangle (the side opposite the point). Roll up the triangles, starting at the wide end and pulling the corners away from the slit in the middle. Arrange the rolls on parchment- or silicone-lined baking sheets, about 2 inches apart. Spray with nonstick spray, cover with plastic wrap and let rise until doubled in size, about 1 hour.

5. Meanwhile, heat the oven to 400 degrees. About 5 minutes before baking, remove the plastic wrap and brush the rolls with the 1 tablespoon milk; leave them uncovered. Bake until golden brown, about 18 minutes.