



Gluten Free Croissants

Description

Gluten Free Croissants

- Prep Time 2 hours 30 minutes
- Cook Time 20 minutes
- Total Time 2 hours 50 minutes
- Servings 12 small croissants

Savour the buttery goodness of our gluten-free croissants, meticulously crafted to deliver the flaky, golden layers you crave without the gluten.

Ingredients

Butter Plaque

- 165 grams Butter

Dough

- 18 grams Fresh Yeast
- 75 grams Warm Water
- 53 grams Caputo Gluten Free Flour
- 30 grams Softened Butter
- 21 grams white sugar
- 4 grams Salt
- 240 grams Caputo Gluten Free Flour
- 94 grams Milk

Egg Wash

- 1 Egg
- 1 tbsp Milk
- 1 pinch Salt

Instructions

Butter Plaque

- Weigh out the butter and place it into a larger freezer sized ziplock bag.
165 grams Butter
- With your hands on the outside of the ziplock bag, squish down the butter into one corner of the bag. You need to make a 5" x 7" rectangle of butter. Once it is roughly into shape, take your rolling pin and roll it across to make it evenly spread into the 5" x 7" shape.
- Zip the bag up, and place flat into the fridge.

Dough

- Combine fresh yeast and warm water into a bowl. Using a fork mix it together until it dissolves.
18 grams Fresh Yeast, 75 grams Warm Water
- Add in the Caputo flour to the yeast mixture and mix together. It will be the consistency of pancake batter.
53 grams Caputo Gluten Free Flour
- Cover the bowl with plastic wrap. Place bowl in the oven (NOT TURNED ON) and turn on the oven light. Leave in there for 45 minutes.
- Once the yeast mixture is ready and has bubbled/doubled, proceed to the next step.
- In a stand mixer bowl, combine butter, sugar and salt. It will come to a paste, and there shouldn't be any loose sugar/salt.
30 grams Softened Butter, 21 grams white sugar, 4 grams Salt
- Add Caputo Gluten Free flour, and milk to the butter mixture in the stand mixer bowl.
240 grams Caputo Gluten Free Flour, 94 grams Milk
- Add yeast mixture to the stand mixer bowl.
- Turn on the stand mixer to combine all the ingredients together. There should not be any loose flour. If it is not combining, add a splash of water and let it mix. Do not add too much or the dough will be too sticky.
- Once all ingredients have mixed together. Let the mixer run for 5 minutes to make a smooth dough.
- Take the dough out of the stand mixer bowl and shape it into a ball. Place the dough ball into a bowl and cover with plastic wrap.
- Place the bowl in the oven (NOT TURNED ON) for 30 minutes.
- Take the butter plaque from the fridge and place on the counter.
- Once the dough has proofed, lightly dust your workspace with some additional Caputo Gluten

Free Flour. Roll the dough out to 8" x 11".

- Cut the butter plaque bag open, and place the butter onto one side of the rolled out dough and ensure it is not touching the edges.
- Cut the dough in half, so it makes a 8" x 5.5" shape. Put the side that doesn't have the butter on top and put it on top of the butter. Crimp the edges to seal the butter in.
- Using your rolling pin, press the dough to laminate the dough to the butter.
- Roll out the dough to 8" x 20" rectangle.
- Trim the short ends.
- Bring one side into the middle and then the other side into the middle. Both cut edges should join each other in the middle of the dough.
- Fold the dough in half again. This will make the middle seam the fold seam.
- Push the rolling pin on the dough to seal it together. Roll the dough out to 8" x 20".
- Trim the short ends.
- Fold the dough into a letter.
- Roll the dough to 9" x 18".
- Trim the short edges.
- Cut into triangles. I cut mine into 12 triangles to get smaller croissants. However you can cut them into 6 triangles to make large croissants.
- Cut a small slit into the flat edge of the croissant.
- Pick up the triangle and stretch it slightly.
- Cut the triangle down, and push out the slits slightly and roll the croissant together.
- Place the rolled croissant on a sheet pan with parchment paper.
- Repeat until all croissants are completed.
- Cover them loosely with plastic wrap. Place into the oven (NOT TURNED ON) and turn on the light with the door slightly propped open. Let proof for an hour.
- Remove the croissants from the oven and place on the counter. Preheat the oven to 425 degrees.

Egg Wash

- Once the oven is preheated, remove the plastic wrap from the croissant
- Mix together egg, salt and milk in a bowl.
1 Egg, 1 tbsp Milk, 1 pinch Salt
- Using a pastry brush, brush the egg wash over each of the croissants. Be careful as they will be delicate.
- Bake for 16 minutes.
- Rotate baking trays and then bake for another 3-5 minutes until golden.
- Once they are baked, let them cool on the sheet pan for 10 minutes before transferring to a cooling rack.
- Enjoy!

Category

1. Granda Recipes

Date

04/11/2024