

Chocolate Croissants (Cédric Grolet)

Ingrédients

- 500g Type 45 flour
- 210g water
- 25g whole egg
- 50g granulated sugar
- 23g fresh yeast
- 9g salt
- 10g honey
- 35g butter
- 200g rolling butter

Préparation

1. First recipe from the latest book by Cédric Grolet, *Opéra*, the one for chocolate croissants.
2. It is obviously the same recipe for croissants, you can adapt it to the pastries of your choice.
3. Regarding quantities, I think the number of croissants indicated in the book is underestimated; making 6 as noted gave me very large croissants that struggled to finish baking, so I give you my advice in the recipe for cutting your pastries.
4. In the bowl of a mixer fitted with a hook, place the flour, water, egg, yeast, salt, sugar, and honey.
5. Mix on first speed until you have a homogeneous dough, then on second speed until the dough separates from the sides of the bowl.
6. Add the butter, then mix again on speed 2 to have a homogeneous dough.
7. Cover the dough with a slightly damp cloth, then let it rise for 1 hour at room temperature.
8. After resting, degas the dough and roll it out into a rectangle shape.
9. Film it in contact, then place it in the freezer for 5 minutes and in the refrigerator for 15 minutes.
10. When putting the dough mixture in the refrigerator, work on the rolling butter.
11. Tap it with a rolling pin to make it elastic without heating it, then roll it out in parchment paper into a rectangle of the same height and half the width of the dough mixture.
12. Put the butter in the fridge with the dough mixture so that they have the same temperature.
13. Then, place the butter in the center of the dough mixture and fold it to enclose the butter (by pressing tightly on the butter to avoid air bubbles).
14. Roll out the dough to obtain a large rectangle about 50cm long.
15. Fold a small portion of the dough upwards, then fold the top of the dough downwards so that the two meet.
16. Fold the dough in half again.
17. You've now completed a double turn.
18. Wrap the dough and chill for 10 minutes.
19. Place the dough so that the fold is on the right, like a book.
20. Roll it out again into a rectangle a little less long than the first time, then fold the dough into three to make a single turn.
21. Roll out the dough to 3 to 4mm thick.
22. According to the recipe, with this amount of dough you can make 6 chocolate croissants, which I tried to do, but this way the croissants were too large and struggled to bake.

23. I advise you to roll it out carefully, paying attention to the thickness (no more than 4mm) and to get a rectangle of at least 40cm x 30 or 35cm, you will have enough to make at least 8 to 10 chocolate croissants.
24. Cut into 7x20cm rectangles (to get a nice puff pastry, cut the dough in one stroke with a sharp knife, without tearing it).
25. Place a chocolate bar on the edge, roll the dough to cover the chocolate, place a second chocolate bar, roll again and place a third bar.
26. Finish rolling the chocolate croissants, then place them on a tray.
27. Let them rise for about 1h30 in a fairly warm place (otherwise, extend the rise).
28. Beat egg yolks with a drop of liquid cream, then glaze the chocolate croissants with a brush.
29. Bake in the preheated oven at 175°C for 15 minutes, then let cool on a rack (important so the layers can form) before enjoying!

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