



Vegan Croissants

Make great fresh flaky croissants from vegan ingredients.

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INGREDIENTS

Makes approx. 10 croissants



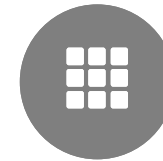
Bread Flour

250g



Soya Milk

20g



**Vegan margarine
unsalted**

20g + 175g



Sugar

30g



Cold water

100ml



Yeast

10g

MAKING THE DOUGH

1. Take the margarine put of the fridge 1 hour before.
2. Weight ingredients in to a mixing bowl, in this order: flour, salt, sugar, vegan margarine (20g), yeast, soya milk and cold water.
3. Mix all ingredients together with a dough hook for 10 minutes medium speed.
4. Take the dough out of the mixing bowl and place it on to a floured table top.
5. The dough is shaped into a ball by bringing the edges to the middle and turning 90°. Then it is placed into a floured bowl. Rest in fridge 1 hour 30 minutes. This relaxes the dough and develops the gluten which will products a flaky croissant.





MAKING PUFF PASTRY

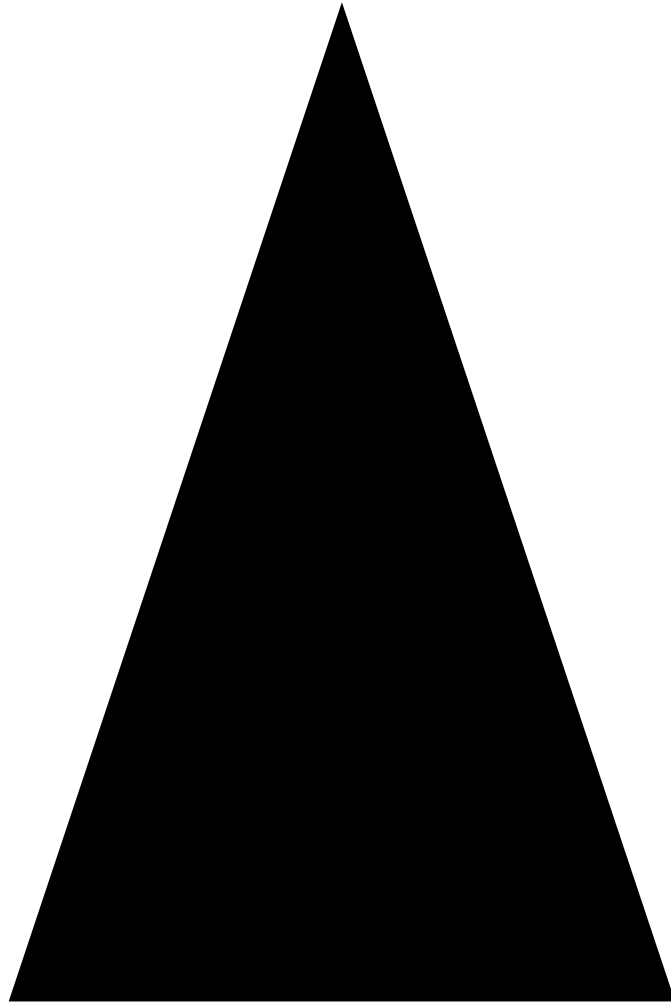
5. Soften the margarine by placing between two pieces of paper. Hit it with a rolling pin until it becomes thin and soft. It should be about 3mm thick. The margarine can be rolled out from time to time so it stays in a square shape (15 cm by 15 cm).
6. The pastry is taken out of the fridge and placed on to a floured table top. Roll the dough evenly out to about 3mm thick and about 15cm by 30 cm. make sure the dough and table top are well floured so they don't stick.
7. Brush off any flour on the surface of the dough. Cover half of the dough with the margarine and then place the other half over the top..
8. Now we start to layer the pastry and need about 729 layers of pastry and margarine for the flaky and light texture when baked. We will do six 3 folds turns. To do this roll the pastry out in a rectangle shape. Bring over one edge and cover 1/3 of the pastry. Then bring over other edge and cover the first piece.

729 LAYERS

9. Roll out again the pastry in to a rectangle and do another 3 fold turn.
10. Cover and place into the fridge for 30 minutes to relax. The dough need to relax to stop shrinkage and the pastry from braking. This is 2 out of 6 three folds.
11. Then add to more 3 folds (steps 8 and 9) the rest for 30 minutes in the fridge. This makes 4 out of the 6 folds turns.
12. After 30 minutes repeat steps 8 and 9. Place back in the fridge for 30 minutes. The six 3 folds are now completed.
13. The pastry is covered with a cloth and placed in the fridge for 30 minutes to relax. This stops the pastry from shrinking when shaping the croissants.



SHAPING THE CROISSANTS



10 x 15 cm

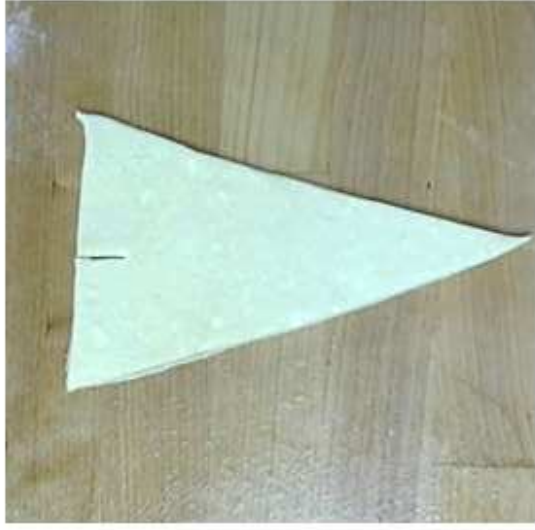
9. Take the pastry out of the fridge. Place the pastry on a floured table and flour the top of the pastry. It is then rolled out 15cm x 30cm and about 3mm thick.

10. Brush off the flour from the top of the pastry.

11. Using a knife or a pizza cutter cut the pastry into triangle; 10 cm by 15cm. Start at the top and cut to the bottom. You find the template at the bottom of this page.

SHAPING THE CROISSANTS

9. At the top of the triangle made a cut half way along top, 1 cm deep. This is to help roll up the croissant.
10. With water spray or pastry brush, lightly spray the dough with water.
11. Fold over the top of the triangle and roll the croissant up. Apply some pressure so it sticks well together and stretch the end to finish rolling the croissants up.
12. To make curved croissants bring the two ends together. Pinch the ends together.





PROOFING

23. Place the croissants on to a baking tray. Give the croissants space of 10 cm all the way around. The croissants will grow by one third as it proves and two thirds in the oven. They need space or they will not bake very well and will collapse in the oven.
24. The croissants are proved in a warm humid place (about 28°C – 30°C humidity 75 HR%– 90HR%). Prove for 1hour30 minutes to 2 hours. They need to grow by 1 third in size.
25. The croissants are left to dry for 10 minutes. This makes it easier to wash them before baking.
26. Wash the croissants with soya milk using a pastry brush. You start at the top and brush to the outside edge.



BAKING

27, Pre-heat the oven to 180°C -190°C

28, Place the croissants in the oven and bake at 170°C -180°C for 15 to 20 minutes. This depends on the oven.

29. When the croissants are a golden brown all over they are baked. Take the out of the oven. Don't open the oven door for the first 15 minutes as they will collapse.

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