

# DANISH PASTRIES AND CROISSANT

## 7.1 INTRODUCTION

In the previous chapter you had learnt about yeast raised doughs, which are used for making bread and bread products. The same yeast doughs can be enriched by using eggs, butter etc. to take on cake like qualities. Eggs make the bread lighter and more moist, butter can give it a tender, almost melting texture. Depending on the quantities you use of either of the ingredients, and on how you incorporate them, the transformation can be dramatic and diverse.

Most of these enriched rolls are traditionally eaten at breakfast time, through croissants (to be read as krosson) or crescent rolls taste delicious with coffee at any time.

## 7.2 OBJECTIVES

After reading this lesson you will be able to :

- describe different types of rich breads and rolls;
- list various enriching agents used;
- demonstrate methods for preparing them;
- devise variations in dough, fillings and shapes.

## 7.3 BRROCHE (read as Bree-osh)

It is the richest of all yeast breads as it contains a lot of butter and eggs. It also requires a longer time, for fermentation and proving. This unhurried rising improves brioche's flavour and silky texture.

Brioche is best eaten warm and fresh as its buttery flavour and fine texture can be fully appreciated. But it can also be served cold. With its moistness and high fat content, it will keep for several days.

Brioche dough can also be made in advance and stored for a day or two in the refrigerator. This can be a big help as making of brioche requires a lot of skill and patience and is a time consuming procedure.

### The recipe

*You will need :*

Flour	—	225 g
Salt	—	2.5 g

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Fresh compressed yeast	—	15 g
Milk	—	110 - 115 ml
Sugar	—	15 g
Egg	—	1
Butter	—	60 g

*The Method :*

The method for making of broche can be divided into three parts—

**Part A**

- 1) Dissolve yeast in a little luke warm milk.
- 2) Add to the yeast and milk solution approximately 50 g of sieved flour and make a soft, smooth dough.
- 3) Keep this dough covered with a wet duster in a warm place for about 30 minutes.

This is known as the **starter dough**.

**Part B**

1. Dissolve sugar and salt in a little milk.
2. Dissolve yeast in remaining milk.
3. Break egg in a bowl and beat slightly with a spoon or fork or egg beater.
4. Mix the egg with yeast solution.
5. Make dough using salt and sugar solution and yeast solution.

**Part C**

1. Add dough (A) to dough (B) and knead thoroughly.
2. Keep the prepared dough in a warm place for fermentation until double in volume.
3. Knock back and divide into eight equal portions.
4. Make balls and keep on the table top covered with a moist duster for 5-10 minutes.
5. Mould them into traditional Brioche shapes.
6. After the brioche has doubled in volume, egg wash.
7. Bake at 200° C for 10-15 minutes or till golden brown in colour.
8. Leave the brioche to cool for about 15 minutes and then cut into vertical wedges and serve with butter.

## 7.4 DOUGHNUTS

Dough nuts are a popular item in India. Abroad, these are considered more of a breakfast item but here in our country, they are generally enjoyed with tea or coffee. It is one of the very rare items which though sold in bakeries is not baked, but deep fried. You might wonder as to how a fried item is a part of baked goods. That is because we use a raising agent — either yeast or baking powder while making doughnuts. Care should be taken to use new oil while frying doughnuts, otherwise they may take on unwanted flavours already present in the oils.

### To make Doughnuts

*You will need :*

Flour	—	450 g
Sugar	—	50 g
Salt	—	5 g
Eggs	—	2
Cinnamon powder	—	5 g
Castor sugar	—	115 g
Milk	—	125 ml
Oil (for frying)	—	250 ml

### Method for preparing

1. Sieve flour on table top and make a bay in the centre.
2. Dissolve yeast in 50 ml milk.
3. Dissolve salt and sugar in about 50 ml of milk.
4. Beat the eggs slightly and add to yeast.
5. Add the yeast and egg solution and salt and sugar solution into the flour bay and mix properly to get a soft dough. Use more milk, if required.
6. Knead well till smooth and elastic.
7. Keep in a warm place for rising till double in volume.
8. Knock back.
9. Make a ball and keep on table top covered with a moist duster. Rest the dough for about 15 to 20 minutes.
10. Sprinkle a little dry flour on the table top and rolling pin. Then roll the dough to  $\frac{1}{2}$  an inch thickness.

11. Cover a thali with a duster and sprinkle dry flour on it. This is to be used for keeping doughnuts for final proofing and it ensures that they do not stick to the base
12. Cut the rolled dough using a doughnut cutter.
13. Keep the cut doughnuts on a floured duster. Cover using another duster.
14. Keep for final proofing till double in size in a warm place.
15. Heat oil in a karahi and deep fry the doughnuts. When the bottom side is golden brown in colour turn them upside down using a frying spoon.
16. Remove from oil and drain on a newspaper to remove all extra oil.
17. Mix castor sugar and cinnamon powder in a plate or thali.
18. Roll doughnuts into cinnamon sugar.

You will get approximately 20 doughnuts from this mixing of dough.

## 7.5 CROISSANT OR CRESCENT ROLLS

Croissants are the favourites on a French breakfast table. These are prepared from a lightly enriched yeast dough interleaved with thin layers of butter. This kind of dough is called a **leavened puff dough** — leavened as yeast has been used for raising and puff because butter is added to the dough in exactly the same manner as we learnt for flaky pastry to produce a puffy effect in the final product. Croissants are a delectable variety of yeast products as a dough in case of these rolls is raised not only by yeast but also by the butter's moisture, which turns to steam during baking and separates the layers into light flakes.

### The recipe

*You will need*

Flour	—	225 g
Salt	—	2.5 g
Yeast	—	15 g
Sugar	—	15 g
Egg	—	1 No.
Milk	—	100 ml
Margarine	—	170 g
or		
Butter	—	(20+50+50+50g)

**The Method :**

1. Sieve flour and salt on table top.
2. Make starter dough by dissolving yeast in 20 ml milk and then adding enough flour to get a soft dough.
3. Keep the prepared starter in a warm place till it doubles in volume.

**Remaining dough**

4. Using fingers rub 20 g fat in the remaining flour (as explained for short crust paste).
5. Dissolve sugar in 50 ml. milk.
6. Add egg to sugar solution.
7. Prepare dough using the remaining flour and egg and sugar mixture.
8. Knead the dough well.

**Mixing and fermentation**

9. Mix the starter dough into the rest of the dough and knead thoroughly to get a medium soft dough.
10. Keep in a warm place for fermentation till double in volume.
11. Knock back
12. Roll into a ball and keep on the side of the table covered with moist duster. Keep for 5-10 minutes.

**Rolling and addition of fat**

13. Roll out the dough into a rectangle about 8 mm thick. Cream 50 g butter/ margarine in a bowl with a wooden spoon and spread on dough with a palette knife over two-thirds of its length leaving a 2 cm wide margin round the edges.
14. Fold the unbuttered one-third of the rectangle over half of the buttered section and bring over the remaining part of the rectangle. There are now two layers of fat sandwiched between three layers of the dough.
15. Seal the edges of the rectangle by pressing lightly with a rolling pin the three open sides of rectangle. This step ensures that fat does not escape during further rolling of dough.
16. Roll out the dough again lightly too much pressure frees the

boffered for out and always be arounded Roll out again into a rectangle.

17. Add next 50 g of fat repeating the procedure from step 13 to 16.
18. Then add the last 50 g of fat again, repeating from step 13 to 16.
19. Lastly, give a book fold, i.e. instead of dividing into three and getting three layers, divide the rectabgle into four. Fold the two outer sides first and then refold.
20. Roll out the layered dough to a thickness of about 1/8th inch. Neatly trim the sides of the dough into a rectangle with a knife/ dough scraper.
21. Cut the dough length wise into strips about 6 inches wide.
22. Now you have to cut out triangles out of these shapes. With the dough scraper, mark points about 6 inches apart, make diagonal cuts between the marks to produce triangles.
23. Gently seperate each triangle. Starting at the base, roll up the triangle tightly. Tuck the tip of triangle just under the roll. Shape the dough into a crescent by that the ends of the roll so that they point inwards.
24. Keep the croissants on a greased tray and leave for final proofing for about 35-45 minutes.
25. Egg wash.
26. Bake at 200°C till golden brown in colour (approximately 15-20 minutes).
27. Cool.

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### INTEXT QUESTIONS 7.1

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Fill in the blanks :

1. The method of adding fat to croissants is similar to that in ..... pastry.
  2. The dough should be rolled ..... after adding fat to prevent fat from coming out.
  3. Croisants are traditionally eaten at ..... time in France.
  4. Dough nuts are flavoured with .....powder.
  5. ....are a fried item though considered a part of bakery.
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## 7.6 DANISH PASTRY

A yeast puff dough is often cut into a range of shapes — large or small, simple or elaborate - and folded around sweet or savoury fillings. These coffee or breakfast breads are known as Danish pastries.

These pastries can be shaped into various shapes-envelopes, pin wheels, cockscombs etc. We are going to show you some of these shapes and the method for making them.

### Ingredients required

Flour	—	250 g.
Egg	—	1 + 1 (for egg wash)
Grain Sugar	—	30 g.
Lemon colour	—	few drops
Lemon essence	—	few drops
Salt	—	a pinch
Margarine	—	50 g + 50 g + 50 g + 20 g
Milk powder	—	1 tb spoon
Fresh yeast	—	15 g
Fondant icing	—	250 g.
Glaced cherry	—	50 g
Apricot jam	—	25 g
Custard	—	150 ml
Water	—	50 c.c.

### *The Method :*

1. Sieve flour and salt on a table top
2. Rub 20 g fat into flour to get bread crumb consistency.
3. Dissolve yeast in water.
4. Beat egg and sugar, add colour and essence.
5. Add egg mixture to the yeast.
6. Make dough with this mixture and add extra water if required.
7. Knead into a soft smooth dough.
8. Keep for fermentation in a warm place till double in volume.
9. Knock back .
10. Make a ball and rest for 10 mts.
11. Roll into a rectangle 1/8 " thick and fold in margaim 3 times as explained for croissant.

12. Give an empty book fold and keep the rectangle in a refrigerator for ½ hour.
13. Roll the dough again to a bigger rectangle about 1/4 inch thick and cut out 5 inch squares.
14. Join the corners on the centre and press slightly to give a depression.
15. Allow to proof in a warm place until almost double on bulk.
16. Egg wash
17. Pipe thick custard in the depression and decorate top with chirry.
18. Bake at 200 degree C for 20 minutes.
19. Prepare apricot jam sauce by diluting slightly and heating on slow fire.
20. Brush apricot jam on baked pastries and then decorate with fondant icing.

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### INTEXT QUESTIONS 7.2

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1. State whether True or False :
  - (i) Richer yeast doughs require longer time for fermentation.
  - (ii) We cannot store brioche dough in a refrigerator as yeast will die.
  - (iii) We can use either yeast or baking powder for raising the dough while making doughnuts.
  - (iv) Most of the rolls prepared with rich doughs are traditionally eaten at breakfast.
2. What is a starter dough ? Why is it prepared ?
3. What are the enriching agents commonly used in baking?

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### Two variations of Danish pastry

- 1) Almond filled pinwheels
- 2) Cocks comb with savoury centre

While the basic procedure of preparing the pastry remains the same, the variations are achieved by different shapes as illustrated in the figures.

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**ANSWERS TO INTEXT QUESTIONS**

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7.1 1. Flaky 2. Lightly 3. Breakfast 4. Cinamon 5. Doughnuts

7.2. 1. (i) T (ii) F (iii) T (iv) T  
2. Refer to text please  
3. Egg, butter.

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