

Croissants

in a Irinox Blast Chiller



Ingredients

Serves 6

For the dough:

- 1000 g flour (280 w)
- 300 g sugar
- 40 g malt
- 150 g butter
- 450 g egg
- 300 ml fresh milk
- 30 g salt,

For the folds: 750 g butter

For the biga:

- 225 g water (35 °C)
- 500 g flour (280 w)
- 70 g yeast

Method

Food family: Dessert

Irinox model: MF 70.1

Weight: 60 g

Thickness: 45 cm

Cycle used: pre-proofed

Temperature: -18 °C

Initial temperature of the food: 20 °C

Time: 45 min.

Ventilation level: 2

Prepare the mixture using the biga, roll out the sheet with the butter, let the croissants rise, blast chill them and freeze them. When required, cook them from frozen.

Benefits:

Pre-proofed croissants held at negative temperature are ready to bake (also from deep frozen).