

French Croissants



INGREDIENTS

	Grams	Usage Levels (%)
Flour, bread	1000	54.50
Shortening, Danish	500	27.25
Cream	80	4.36
Butter	50	2.72
Water	46	2.51
Whey protein concentrate, 80% protein (WPC 80)	40	2.18
Sugar, fine	38	2.07
Yeast	35	1.91
Lactose	30	1.63
Yeast improver	10	0.54
Egg	6	0.33
Total		100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	500kcal
Total Fat	32g
Saturated Fat	9g
Trans Fat	9g
Cholesterol	15mg
Total Carbohydrates	44g
Dietary Fiber	2g
Sugars	4g
Protein	9g
Calcium	78mg
Magnesium	18mg
Phosphorus	83mg
Potassium	105mg
Sodium	30mg
Iron	1mg
Vitamin A	132IU
Vitamin C	0mg

PREPARATION

1. **Mix all the ingredients except shortening; knead.**
2. **Knead until enough expansion is obtained. Keep dough temperature at 24°C (75°F).**
3. **Ferment for 4 hours, laminate and add shortening, 4-folded and repeat twice. Then roll open, cut into pieces with a shape of 18 x 12 cm (7 x 5"), about 80 g (3 oz) per piece, and roll into bull angle shapes.**
4. **Ferment at 30°C (86°F), humidity of 85%, for 40 minutes.**
5. **Bake at surface temperature of 210°C (410°F) and bottom temperature of 190°C (375°F) for about 20 minutes.**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.