

PAIN AU CHOCOLAT

(reprinted with permission from [Colette Christian](#), at [Craftsy.com](#))

for the butter block (beurrage)

1+ ¼ pound unsalted butter (I used Plugra)

for the dough (detrempe)

2 large eggs, beaten

16 ounces water at about 90 F

12 g instant or osmotolerant yeast

28 g nonfat dry milk powder

957 g unbleached all-purpose flour

3 tablespoons (39 g) sugar

2 tablespoons (28 g) unsalted butter, softened

2 teaspoons (16 g) salt

Make the butter block: In the mixer bowl fitted with the paddle attachment, cream the butter on speed 2 until it has softened and no longer clings to the paddle. Mix for about 1 minute. The butter should be smooth. Roll it to a 10 inch square, as perfect as you can make it (I rolled it inside a quart size ziplock bag). Put it in the refrigerator as you work on the dough.

Make the dough: Put the eggs, yeast, water and dry milk powder in the mixer bowl. Fit the mixer with the dough hook attachment. Mix on speed 1 for 30 seconds to combine and dissolve the yeast.

Add the flour, sugar, butter and salt. Mix on speed one for 4 minutes, until the dough reaches “clean-up” stage. Mix for 1 more minute on speed 1. Remove the dough from the mixer and knead by hand for a couple of minutes. Do not add any additional flour to the dough or to the work surface. Place the dough in a buttered bowl and let sit at room temperature for 30 minutes.

After 10 minutes, remove the butter from the refrigerator. Leave it resting for about 20 minutes, as the dough rests. Check to make sure it is the correct temperature. The butter is the perfect temperature is when the butter packet can be rolled on the edge of the counter without cracking.

Lightly flour your work surface and roll the dough out to a 10 inch by 20 inch rectangle. Place the butter block on the left side of the dough. There should be one inch border of clear dough on all three opened sides. Fold the unbuttered side over the buttered side of the dough. Press down on the unbuttered edges to seal them. Dust flour under the dough so that it does not stick. Lightly dust the top. Roll out the dough until it measures 12 by 24 inches.

Place the dough on a parchment lined baking sheet and turn the dough so that the long fold is furthest away from you and the long open side is nearest you. The two open short sides are at your right and left. Each time you make a turn the dough should be positioned in the same way. Mark the turns on the paper, crossing off each turn as you complete them.

Fold the dough in thirds (like a business letter) – always starting with the right side. Then fold the left side over the right. This is your first turn. Cover the dough with plastic wrap and refrigerate for 30 minutes. After 30 minutes, remove the dough from the refrigerator and complete another turn. Return the dough to the refrigerator for another 30 minutes and then do one more turn. You have now completed all three turns and the dough can be wrapped and refrigerated overnight, or you can proceed with the final rolling out.

Roll the dough into a 26 by 17 inches rectangle. Cut in half lengthwise and straighten all the edges by trimming about 1/4 inch of the edges. Cut the dough into triangles (base should be 4 inches, height should be 8 inches), or rectangles for pain au chocolat, as shown in my photo below. If making pain au chocolat, add a chocolate baton or sprinkle semi-sweet chocolate chips in the lower half of the dough. Brush with egg wash the farthest edge of the rectangle, then roll the dough around, making sure the egg wash part is tucked under.

Proof the croissants and pain au chocolat inside a large baking sheet covered with a plastic bag – include a large mug with very hot water to generate steam and make a nice temperature for proofing. Check after 45 minutes, they should look a bit more plump. At that point, you can brush the surface of each little croissant and roll with egg wash.

Bake at 400 F for 15 minutes, then reduce the temperature to 350 F and bake for 15 minutes more. If they are not fully golden, bake for 7 to 8 minutes longer.