



Pain au Chocolat

Nadia Ahissou

Country: France

Ingredients:

For the dough:

300g all-purpose flour

40g granulated sugar

1 egg

7g salt

15g yeast

120ml cold milk

100ml cold water

150g cold unsalted butter for laminating 3-4-3-fold

25g unsalted and softened butter, cold and cut into small pieces

5g honey

For the filling:

Two bittersweet batons de chocolat or chocolate chips.

For assembly:

1 egg, beaten (for egg wash)

Powdered sugar (for dusting, optional)

Instructions:

1. In a large bowl, mix the flour, water, milk, sugar, salt, yeast, egg, honey, and butter.
2. Once the dough starts to clump, turn it out onto a clean counter.
3. Lightly knead the dough and form into a ball, making sure not to over-knead it.
4. Cover the dough with plastic wrap and refrigerate for one hour.
5. Slice the cold butter in thirds and place it onto a sheet of parchment paper.
6. Place another piece of parchment on top of the butter and beat it with a rolling pin.
7. Keeping the parchment paper on the butter, use a rolling pin to roll the butter into a 7-inch (18 cm) square, ½-inch (1 cm) thick. If necessary, use a knife to trim the edges and place the trimmings back on top of the butter and continue to roll into a square.
8. Transfer the butter layer to the refrigerator.
9. To roll out the dough, lightly flour the counter. Place the dough on the counter and push the rolling pin once vertically into the dough and once horizontally to form four quadrants.
10. Roll out each corner and form a 10-inch (25 cm) square.
11. Place the butter layer on top of the dough and fold the sides of the dough over the butter, enclosing it completely.
12. Roll the dough with a rolling pin to seal the seams, making sure to lengthen the dough, rather than widening it.
13. Transfer the dough to a baking sheet and cover with plastic wrap. Refrigerate for 1 hour.
14. Roll out the dough on a floured surface until it is 12x20 inches (30x50 cm).
15. Fold the top half down to the middle and brush off any excess flour.

Sponsored by

MidwestLiving
A DOTDASH MEREDITH BRAND

Produced by

gm GREATER DES MOINES
PARTNERSHIP



16. Fold the bottom half over the top and turn the dough clockwise to the left. This completes the first turn.
17. Cover and refrigerate for one hour.
18. Roll out the dough again two more times, completing three turns in total and refrigerating for 1 hour in between each turn. If at any time the dough or butter begins to soften, stop, and transfer back to the fridge.
19. After the final turn, cover the dough with plastic wrap and refrigerate overnight.
20. To form the chokolatines, cut the dough in half. Place one half in the refrigerator.
21. Flour the surface and roll out the dough into a long narrow strip, about 8x40 inches (20 x 101 cm).
22. With a knife, trim the edges of the dough.
23. Cut the dough into 8 rectangles with the chocolate stick.
24. Place the chocolate on each edge of the dough and roll tightly enclosing it in the dough.
25. Place the chokolatines on a baking sheet, seam side down.
26. Repeat with the other half of the dough.
27. Brush the croissants with the beaten egg. Save the rest of the egg wash in the fridge for later.
28. Place the chokolatines in a warm place to rise for 45-60 minutes until they are puffy.
29. Preheat oven to 355°F (180°C).
30. Once the chokolatines have proofed, brush them with one more layer of egg wash. This will give them a shiny, golden-brown finish.
31. Bake for 18-20 minutes or until golden brown and cooked through. Serve warmly.
32. Enjoy your homemade chokolatines as a delightful treat with a cup of coffee or tea!

Sponsored by

MidwestLiving
A DOTDASH MEREDITH BRAND

Produced by

 **GREATER DES MOINES
PARTNERSHIP**