Delightful Food Ideas

Ahh—The Croissant, Rising Again In Popularity

(NAPSA)—Rising again in America's kitchen is the croissant, a signature crescent-shaped roll that represents the finest in French baking.

Today, in the United States, the croissant is perhaps the most popular dinner roll. While the French fill it with cheese or chocolate at most, we Americans use it as a sandwich for various fillings. In fact, we have transformed the French croissant from a flaky crescent shaped masterpiece, with its myriad layers of buttery goodness, into pastries that can be used for breakfast rolls, dinner rolls, and sandwiches.

The French baker usually follows traditional rules for creating the croissant. However, the master chefs at French SAF Perfect Rise Yeast have created a delicate French croissant recipe that is easier to make than you would think possible. Follow the recipe below and you will serve light, tender, delicious croissants that will please your family's American palate.

FLAKY MASTERPIECE—Americans are layering this popular, tender crescent-shaped roll with buttery goodness and using it for breakfast rolls, dinner rolls and sandwiches.

Easy Croissants

5 cups all-purpose flour
4½ teaspoons SAF Perfect Rise Yeast (2 packages, ¼ oz. size)
¼ cup sugar
2 teaspoons salt
1 cup water
¾ cup evaporated milk
¼ cup butter
1 egg
1 cup butter
1 egg
1 tablespoon water

Oven 350°F   32 to 40 rolls

In larger mixer bowl, combine 1 cup flour, yeast, sugar and salt; mix well. Heat 1 cup water, milk, and ¼ cup butter until warm (120°-130°F; butter does not need to melt). Add to flour mixture. Add 1 egg. Blend at low speed until moistened; beat 3 minutes at medium speed. Set aside. In large bowl, cut 1 cup firm butter into remaining 4 cups flour until butter particles are the size of large peas. Pour yeast mixture over flour-butter mixture and fold in until all flour is moistened. Cover; refrigerate 2 hours.

Place dough on floured surface; knead about 6 times to release air bubbles. Divide into 4 parts. Roll each fourth to a 14-inch circle; cut into 8 or 10 pie-shape wedges. Starting with wide edge, roll each wedge toward the point. Place on ungreased baking sheets, point side down, and curve into croissants. Cover, let rise in warm place until indentation remains after lightly touching the side of the roll (about 1 to 1 ½ hours). Combine 1 slightly beaten egg and 1 tablespoon water; brush rolls with egg mixture. Bake at 350°F for 15 to 18 minutes until golden brown. Remove from baking sheets; cool.