



*Gluten Free Croissant Recipe: Is there a more iconic French pastry than the croissant? Now you can enjoy these light and airy, flaky pastries by making them at home any time, gluten free! Yield: 16 gluten free croissants Prep Time: 4 hours Cook Time: 40 minutes 35 seconds Total Time: 4 hours 40 minutes 35 seconds*

## Ingredients Gluten Free Croissant Recipe

### Gluten Free Croissant Recipe Dough

- 3 cups (405 grams) Gluten Free All Purpose Flour
- 2 packets (14 grams) instant/quick rise yeast
- 1/2 cup + 1 Tablespoon white sugar
- 2 1/2 teaspoons salt
- 1 Tablespoon + 2 teaspoons (17.5 grams) baking powder
- 1 Tablespoon + 1 teaspoon (12 grams) psyllium husk powder
- 2 ounces (56 grams) melted butter or vegan butter
- 1 1/4 cups (10 ounces/283 grams) warm water
- additional Flour for dusting

### Butter Block

- 6 ounces (170 grams) butter or vegan butter, softened (like Earth Balance Buttery Sticks, not Spread)

### For Chocolate Croissants

- 5-6 ounces chopped high quality milk or dark chocolate

### Egg wash

- 1 large egg + 1 Tablespoon water whisked (egg-free: use melted vegan butter)

## Instructions Gluten Free Croissant Recipe

**For butter block**, allow butter to soften to room temperature. Place between two pieces of parchment or wax paper. Using rolling pin, crush butter and roll out to 8"x6". A spatula or bench scraper can be used to square off sides evenly. If butter gets too soft, it can be placed briefly in the fridge to unstick from parchment paper, but butter should be soft and pliable when enclosing in dough. **To make dough**, whisk together all dry ingredients



(including quick rise yeast) in a large mixing bowl. Combine water and melted butter in a separate bowl. While mixer is running with paddle attachment, gradually add liquids. Allow dough to come together, then increase speed to medium and mix until very soft and evenly mixed, about 1-2 minutes. Remove from bowl and knead lightly to bring dough together. It should not be crumbly, so add more warm water if needed. Place dough on floured surface and roll out to 14"x10". Brush off excess flour from top of dough and place butter block on bottom half of dough, leaving some space along bottom and sides of butter in order to seal dough. Fold top half of dough down over butter and seal dough all around butter block. Give dough a quarter turn and roll out again after sealing butter. Continue flouring above and beneath the dough as necessary so dough does not stick. Roll out dough to 16"x10" to make first turn. If butter or dough gets too soft at any point, wrap and place in fridge for 30 minutes to an hour. Once dough is rolled out to 16"x10", brush off any excess flour and fold top of dough down towards the center of dough. Fold bottom half up towards the center as well (like a book). Brush off any excess flour again, and give the dough a quarter turn; fold top portion down and the bottom portion up again, like a book. Repeat these book fold steps one more time. If necessary, wrap dough and refrigerate between folding in order to keep the butter from melting. After completing second set of book folds, wrap dough and place in fridge for one hour. Roll out dough again to 10"x25". Using a pastry wheel, pizza cutter or a very sharp knife, mark dough along top and bottom at every 3" or for larger croissants at every 5". Cut straight through from top to bottom marks. Leave as rectangular strips if making chocolate croissants. For plain croissants, cut diagonally across strips of dough to make long triangles. Brush off any excess flour from dough before shaping, as the flour will make it more difficult to get the dough to stick to itself in shaping. **To make Gluten Free Chocolate Croissants:** Place a few pieces of chocolate along bottom of each dough strip. Roll up slightly to cover, and then add another row of chocolate and roll up remaining dough. Place on sheet pan, seam side down. Cover with plastic wrap and allow to rise in a warm place for one hour. **To make Original Gluten Free Croissants Recipe:** Take triangular strips of dough with point facing away from you. Cut a small slit on bottom of strip. Spread pieces apart and roll up croissant tightly. Place on sheet pan, seam side down, and cover with plastic wrap. Allow to rise in a warm place for one hour. **To Bake Gluten Free Croissant Recipe:** While Gluten Free Croissant Recipe are rising, preheat oven to 400°F. After rising, brush croissants with egg wash (1 full egg whisked to mix with 1 Tablespoon warm water) and place in preheated oven. Bake until evenly browned, about 35-40 minutes. For egg-free recipe, brush with melted butter, though croissants will not brown as much. Allow to cool on cooling rack. Best when freshly baked, but can be reheated to eat the following day. For chocolate croissants, melt some additional chocolate and drizzle over baked croissants. **To Freeze and Bake Later Gluten Free Croissant Recipe:** Follow all the recipe steps to shape the dough (for either type of gluten free croissant



Recipe) but instead of proofing, wrap each croissant individually in plastic and place in a freezer bag. Place the freezer bag into the freezer and store for up to one week. (these may keep longer, but we only tested them for one week) When serving, remove from the freezer, unwrap and place on a parchment-lined sheet pan. Cover the Gluten Free Croissant on the tray with plastic wrap and set aside to come to room temperature for about 2 hours. Brush with egg wash or melted butter, recover with plastic wrap, and place in a warm location to proof for one hour. Brush with egg wash or melted butter again and bake as directed above.