

# Meadow Croissants

Liquid Sourdough  
Phil Levain



## **Blé d'Or CRC®**

N° 2103

Milky floral, with yogurt and flower notes

Other applications:  
Viennoiseries (French pastries)



### INGREDIENTS

T55 or T65 flour: 10 kg	Yeast: 0,4 kg
Phil Levain Blé d'Or CRC®: 1 kg	Salt: 0,2 kg
Sugar: 1,2 kg	Water: 4,2 to 4,8 L
Tourage butter: 4 kg	

### *Method with 10% dosage*

**Base temperature:** 50°C.

**Kneading:**

- First speed: 5 minutes.
- Second speed (mixer or spiral): 6 minutes.

**Dough temperature:** 16-18°C.

**First fermentation:** 30 minutes at room temperature, then 1 hour at 4°C.

**Tourage :** give the dough 3 turns, with 20 minutes of rest at 4°C between each turn. Spread the dough, cut 60-65 g triangles and roll up the croissants.

**Final fermentation:** 2-3 hours at 26-28°C with 75% humidity.

**Baking:** brush with egg wash and bake for about 13-14 minutes at 150-170°C.

Indicative data. It depends on ingredients and equipment used.  
Please do not hesitate to contact one of our technicians for any adaptation.

*Philibert*  
SAVOURS

THE REFERENCE IN FRENCH  
SOURDOUGH SINCE 1984