

Mash together softened butter and flour with a bench knife or wooden spoon.



Roll and shape butter into a square between parchment or waxed paper.



Roll the sealed packet into a rectangle, then fold into thirds, like a letter.



After four roll-and-folds. you'll have 81 layers of butter and dough.



Measure and mark 5-inch sections along the final rolled rectangle, using those marks as auides to cut triangles with a pizza cutter or sharp knife.



TOM WALLACE | MINNEAPOLIS STAR-TRIBUNE | TNS

Brush with egg wash, then let rise uncovered for about 2 hours. Brush once again with egg wash before baking.

## Making croissants is a matter of following the steps

BY KIM ODE

STAR TRIBUNE (MINNEAPOLIS)

Croissants may look complicated, but making them is just a series of steps.

Well, lots of steps, to be honest. But just steps, spread over several hours. Yet the results are worth

it: flaky, buttery rolls more scrumptious than the pillowy breadballs that are all too common. Even better, you make

them yourself. The process may not quite be voila, but the outcome is definitely tres bien.

The first step is choosing the butter. It's the main source of flavor, so use highquality, unsalted and, most of all, fresh.

The price per pound may startle you, but you're only using half at a time and, at 16 croissants per batch, that works out to about 30 cents each. A bargain!

This dough requires little kneading, so it's possible to mix it by hand, but a stand mixer is easier. You also can make the dough the night before; it shaves a step off baking day, and the dough benefits from a long, slow rise in the refrigerator.

Next step: Melding the butter and dough to create dozens of layers that, while baking, steam and create a crucial flakiness.

Begin by mashing butter and a bit of flour into a once more with egg wash square. This makes the butter more malleable, so that it will move better once enclosed within the dough.

Next step: After sealing the butter square inside a larger square of dough, pummel this dough package for a few min-

utes to soften the butter. This Croissants is a crucial step for success in the steps to come, so take your time. The pounding makes it less likely for the butter to crack into large chunks, which then could break through the dough.

Small chunks are OK; you'll see a scattering of dime-sized pieces within the dough once you start rolling it out. The idea is to have small bits of butter, evenly dispersed

Once rolled into the proper rectangle, the dough is folded into thirds, like a letter. Over the next hour, you'll repeat this step three times which will create 81 layers. Yes, 81!

After the fourth fold, chill the dough for at least two hours. This step relaxes the dough, enabling you to roll it quite thin for the final shaping.

Next step: Working with half the dough at a time, roll it into a long rectangle, then cut triangle shapes, matching up marks you've made in 5-inch increments.

After each triangle is rolled into a croissant, brush each with an egg wash, which keeps the dough soft while it rises, and contributes to a golden color.

Next step: Let the croissants rise for 1½ to 2 hours in a cool place (you don't want the butter melting and leaking out), then brush and bake for 16-18 minutes in a hot oven.

See? Step by step by step leads to homemade croissants that are guaranteed to impress, but also to delight.

And isn't that why we

Makes 14 to 16

Note: This is a time to use fresh, high-quality butter, such as from Hope Creamery, Land O'Lakes or Wisconsin's Rochdale Farms. The dough must be prepared in advance. From Kim Ode.

3 cups plus 2 tablespoons allpurpose flour, divided, plus extra for rolling dough

1/4 cup sugar 1 tablespoon instant or rapidrise yeast

11/2 teaspoons salt 11/4 cups milk

1 cup (2 sticks) unsalted but-

egg, beaten with 2 teaspoons milk **Directions** 

In a large bowl, or in a standing mixer with a dough hook, combine 3 cups flour, sugar, yeast and salt.

Warm milk in a microwave for 45 seconds. Add to the flour and mix (with wooden spoon or dough hook) until the dough comes together in a ball, about 3 minutes. Scrape into a lightly oiled bowl, cover with plastic wrap and refrigerate until wellchilled, at least 1 hour or, even better, overnight.

While the dough is chilling (or the next day), cut the butter into 1/2-inch slices and let sit at room temperature for about 20 minutes. Sprinkle with remaining 2 tablespoons flour and work the flour into the butter with a sturdy spatula, wooden spoon or your hands, breaking up any large pieces. (This step helps maintain the butter's consistency through the rolling and folding to come )

Place the butter between 2 sheets of parchment paper,

then with a rolling pin, flatten into an 8-inch square, keeping the edges as straight as possible. Place in a plastic bag and refrigerate until well-chilled, about 1 hour.

Turn the chilled dough onto a lightly floured surface and roll into an 11-inch square. Remove the parchment paper and place the butter square diagonally on the dough, then fold the corners up and over until they meet in the middle. Pinch the seams. (This step seals in the butter.)

Re-flour the surface, then begin gently beating the dough with the rolling pin. (This step helps the butter become more malleable before you begin rolling the dough.)

This pummeling should last a couple of minutes. Rolling too soon risks the butter cracking into large shards that can break through the skin of

Now you can begin rolling the dough into a 15-by-8-inch rectangle, checking often to make sure it's not sticking to the work surface and keeping the corners as square as possible. Fold down the top third of the rectangle, then fold the bottom third over that to make a neat package, like folding a let-

Turn this "letter" so one short end is facing you, re-flour the surface and roll again into a 15-by 8-inch rectangle. (If the butter starts to soften and seems to be breaking through, stop and refrigerate the dough for 15 minutes before resuming rolling.) Fold into thirds as before, wrap in plastic anu place in a plastic bag. Refrigerate the dough for 30 minutes.

Repeat the process once more, rolling and folding, rolling and folding. You will have made 4 letter-folds at this point, (4-inch) rectangles, place resulting in 81 layers of butter and dough. Wrap well and let the dough rest in the refrigerator for 2 hours. (This step relaxes the dough so it will be easier to roll thin.)

Before rolling out the croissants, mix the egg glaze of beaten egg and milk and have a pastry brush alongside. (Fingers work, too, but it's a little

Line 2 rimmed baking sheets with parchment. (The rim is important to keep any leaking butter from spilling onto the oven floor.)

On a well-floured surface, cut the chilled dough in half and return half to the refrigerator. Begin rolling the dough into a rectangle 8 inches wide and 20 inches long. If the dough springs back on itself, stop rolling for a minute or two, which lets the dough relax and be more flexible

Using a ruler, mark the dough along the lower edge at 5-inch intervals, making 3

On the upper edge, move the ruler in 21/2 inches from one side, then mark at 5-inch intervals, making 4 marks. With a sharp knife or pizza

cutter, cut diagonally from mark to mark, top to bottom, to make 7 triangles. Cut a 1/2-inch long slit in the center of each wide end. (This step keeps the croissant from becoming too dense to bake well.) Save any lengths of dough

from either end. You can pinch them together to make a piece of dough large enough in which one end, then roll into a cylinder for a chocolate croissant. Baker's treat!

(For that matter, you can cut the 5-by-20-inch rectangle into 5 chopped chocolate or crumbled almond paste (about 1 tablespoon) at one end and roll up to make a batch of filled croissants.)

But back to the basics: Holding a triangle by its wide end, brush off any excess flour with your fingers, at the same time gently stretching the point of the dough a few inches. (This step makes the croissants flaki-

Lay dough on the work surface and, with a slight outward motion from the slit, begin rolling up the croissant, making sure the point is tucked under so it won't unfold while baking. Place on the baking sheet, then repeat with the remaining triangles. Brush with egg wash, taking care to coat all surfaces and edges. (This step keeps the dough from drying as it rises.)

Repeat all steps with remaining half of dough. Refrigerate egg wash. (You'll use it once more.)

Let croissants rise in a cool place, uncovered, for 11/2 to 2 hours or until they look puffy. (They won't double in size.)

Preheat oven to 400 degrees and place racks in the bottom and middle positions. Brush croissants once more with egg wash. Bake for 8 minutes, then

switch pans on racks and bake

for another 8 to 9 minutes, or until croissants are golden brown. Cool on a wire rack before

eating. Croissants are best when just barely warm.

To refresh cooled croissants, place in a 300-degree oven for 2 to 3 minutes. Croissants also freeze well. To reheat, place frozen croissants in a 350-degree oven for about 10 to 15 minutes.

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added his partner, Mike Fraser, dressed for Saturday night's opening in a pink blazer, pastel shirt and powder blue sneakers.

In the kitchen, one wellknown talent, Fred Eliot, was settling in. Until recently, Eliot was the head chef at Petite Jacqueline before it closed Longfellow Square. Through a peep window, Eliot and chef de cuisine Frank W. Anderson looked like they were having a ball executing Rhum's fun fare.

How fun? A modern spin on the pupu platter includes edamame, chicken liver pate topped with tamarind chutney, pork jerky, pork ribs and rangoons. Yes, there is sterno!

We saw quite a few seafood towers sail through the room who declared it "filthy, dirty

like a leeward breeze. They come in three sizes and are loaded with oysters, Mexican shrimp, raw scallops, king crab from Alaska, chilled mussels and periwinkles.

Seated at the raw bar, with a good view of the kitchen, we dove into a half dozen oysters from Island Creek in Duxbury. It's a clean and fresh way to get your feet wet in this fantasy island.

And like the festive boat drinks here, Rhum's menu is loaded with novelties and throwbacks such as SPAM.

Exotic combinations such as kaya toast, a soft egg, coconut jam, sweet soy sauce delicacy was only upstaged by the loco moco inari. We ran into friends who were falling over themselves after sharing the spam-and-foie gras-meets-quail egg loco moco inari appetizer.

"The two fats melt together," said the giddy couple,

and decadent."

This is a playhouse for adults, conjuring up Hawaii, the Caribbean or the isla bonita of your dreams.

The focal point of this Polynesian hideaway is the palapa bar. In the shade is an extensive library of rum — every kind bar manager Sam Babcock could find in Maine.

Waitresses wearing orchids tucked in their hair returned with scorpion bowls in all shapes and sizes. We started with a Painkiller. Served in a custom made tiki glass, t pineapple, rum, coconut dri brought us back to the Sog Dollar Bar on Jost Van Dy in the Caribbean.

Most cocktails at Rhum a rum-centric. Mai tais and cutters are on draft, as is rum runner and jungle bi You can order the latter large, thirsty parties.

What more do you want the depths of winter?

Rhum, located at 4 Free St., Dinner is served at 5 p.m. is open from 4 p.m. to 1 a.m. Duck under Arabica Cafe and

look for the giant octopus. See you in the lower Antilles.



## Chocolate

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Moosehead Lake Region Chamber of Commerce, which puts the money back into marketing efforts to attract people to the area.

Tickets are \$10 for adults and \$5 for kids and will be available at the door. Visitors can expect a silent auction featuring all-inclusive weekend excursions in the Moosehead Lake Region; a kids corner with food, games, prizes and giveaways; and, of course, chocolate — so much chocolate, that Bartley's says it's apparent when walking through the

"When you walk in, you'll smell chocolate," she said.

## Pasta

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So that became the base of this dish. Veggies, lemon and adorable pasta. I went with frozen broccoli because it's readily available and inexpensive at this time of year. Sure, you could use fresh broccoli instead, but you'll need to cook it a little bit longer.

There's also always garlic, honey and dried oregano hanging about in the pantry. Those seasonings joined with the lemon to make a tangy vinaigrette that takes this dish from basic pasta to something greater.

One of the things I love most about this pasta salad, though, is how quickly it comes together. The pasta cooks in about 13 minutes, or however long the package

recommends, and the bro coli cooks with it. While i cooking, you can chop t veggies — I use a julien cutter on my mandoline the carrots, which make quick work of them — a whisk together the dressing

All in all, I was done about 20 minutes. If y chop slower, it may take y 30 minutes — but it's s fast, it's still easy and i still delicious. Enjoy.

Sarah Walker Caron is the senior features editor for the Bangor Daily News an author of "Grains as Main: Modern Recipes Using Ancient Grains," available bookstores everywhere in cluding BAM and Bull Moo in Bangor. For more delicious recipes, check out Maine Course at mainecourse.bangordailynews.

| the<br>nk<br>gy<br>ke<br>are<br>fog<br>the<br>rd.<br>for | Tace Richard Oliver June 9, 2015 Brewer, ME Parents: Jason & Erika Oliver Siblings: Chloe Oliver & Adrienne Barker Grandparents: Susan Sweetland, William Sweetland, Richard Largay & Nancy Theriault.  Tace Richard Oliver Show off your beautiful 2015 baby in the Bangor Daily News, Saturday, February 27, 2016 Hurry! We must have your beautiful baby's color photo and \$38.00 payment by Noon on MONDAY, February 22 <sup>nd</sup> , 2016. Questions? Call Laura at 990-8110. |
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