

Robert Williams

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Croissants

Croissants are Austrian and French pastries with soft, flaky, buttery insides. They are known for their crescent moon shape. While originally from Austria, they have been known as a French food since at least the early 20th century. Today, they are one of the most well-known staples of not only French breakfasts, but of those throughout Europe.

The origin of croissants is sort of contested, maybe even controversial. Legend has it that a 17th century Austrian Baker heard rumblings underground and went out to warn his city. It turned out that the sound he was hearing was the Turks in an underground tunnel preparing to invade the city. The Turks were found and defeated, thanks to the good ears of the baker. The baker refused any reward and only asked that only he have the right to sell crescent-shaped pastries that he had baked in honor of the defeat of the Turks. The reason for the pastries being crescent-shaped is that the crescent moon was the symbol on the Turkish flag and is a symbol of Islam. This clashes with the Middle Eastern belief that has croissants originating from Ancient Egypt. Their claim is that they originated from an Egyptian food called feteer meshaltet. This food is similar in the sense that it is a layered bread. Both of these origins are based on tales and legends rather than proven fact, so who knows the true origin of these legendary pastries? For me, they originated from various ingredients in my kitchen.

My family was away for the week, so I had a weekend at home to myself. I decided I would spend the weekend testing my cooking/baking skills. I had very little experience with cooking,

but I figured as long as I follow the directions, everything should turn out fine. I then followed the recipe, and in the end, after about 24 hours of prep, they turned out better than one would expect from somebody with little experience.



The outsides were brown, while the insides were soft and buttery. On some, I added grounded chocolate chips, and on others I added cinnamon or cinnamon sugar before rolling the dough triangle into the croissant shape. Honestly, the extra flavoring did not do much to the overall flavor. To make a chocolate or cinnamon flavored croissant, it would probably work better to add it to the ingredients making the dough. The main issue I had was that they did not turn out in the perfect crescent shape that croissants are known for. However, I feel like my baking skills leveled up a bit and it was nice for my family to return from vacation to a warm house smelling like a bakery.

Here is the recipe I followed:

<https://www.allrecipes.com/recipe/190997/traditional-layered-french-croissants/>

Here is the recipe where I got the idea to add grounded chocolate chips:

<https://www.finecooking.com/recipe/classic-croissants>

Here is a picture of the different types of croissants I made:



Here is a picture of what I made with the extra dough:

