

THE LAMINATION WORKBOOK

Lamination / Croissant Recipe + Technique Pack

A weekend-long croissant project: master recipe, 3-day timeline planner, step-by-step technique notes, and a common-mistakes troubleshooting matrix.

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Why lamination is worth the weekend

Lamination is what turns a slab of butter and a sheet of dough into 81 layers of shatter. It rewards precision, patience, and temperature control. The recipe below is the standard French croissant, scaled to a home kitchen and a single sheet pan.

Master recipe — 12 croissants

Component	Ingredient	Weight
Détrempe	Bread flour	500 g
	Whole milk (cold)	270 g
	Sugar	55 g
	Instant yeast	10 g
	Salt	11 g
	Soft butter	40 g
Beurrage	European-style butter (82%+)	280 g
Wash	Egg + 1 tbsp cream	1 + 15 g

3-day timeline planner

Lamination cannot be rushed. Spreading the work over 3 days gives you a kitchen-temp window for each step. Times assume a 70°F kitchen.

Day	Hour	Task	Temp target
Friday	PM	Mix détrempe, rest cold overnight	Fridge 38°F
Friday	PM	Shape beurrage square, rest cold overnight	Fridge 38°F
Saturday	AM	Lock in butter (1st turn / 'envelope')	Dough 55°F, butter 60°F
Saturday	AM+30	1-hour fridge rest	Fridge 38°F
Saturday	Mid	Letter fold (2nd turn)	Dough 55°F
Saturday	Mid+1	Letter fold (3rd turn)	Dough 55°F
Saturday	PM	Rest overnight	Fridge 38°F
Sunday	AM	Final roll, cut, shape, proof	Proof 75°F
Sunday	Mid	Egg wash, bake 18 min at 425°F	Oven steamy

Step-by-step technique notes

1. Détrempe (Friday PM, 15 min)

Mix all détrempe ingredients in a stand mixer 5 minutes on low. Dough will be smooth but not super elastic — you want gluten development for lamination, not pizza chew. Flatten into a 1"-thick rectangle, wrap, refrigerate overnight.

2. Beurrage (Friday PM, 10 min)

Pound 280 g of cold European butter between parchment into a 7×7" square. Use a rolling pin, not your hands — your hands warm the butter. Refrigerate.

3. Lock-in (Saturday AM, 15 min)

Roll détrempe into a 10×10" square. Rotate beurrage 45° and place in the center. Fold all four corners of dough over the butter so it's fully enclosed. Pinch seams.

4. First letter fold (Saturday AM, 10 min)

Roll the package out to a 24×8" rectangle, working from center outward. Fold like a business letter: bottom third up, top third down. Wrap, fridge 1 hour.

5. Second and third folds (Saturday midday)

Repeat the roll-and-fold twice more, with 1-hour rests between. By the third fold you have 81 layers (3³). Wrap, refrigerate overnight.

6. Final shape (Sunday AM, 30 min)

Roll to 24×10" and 1/4" thick. Trim edges (eat the trim — baker's snack). Cut into 12 triangles with a 4" base. Roll from base to tip, tucking the tip under.

7. Proof (Sunday AM, 2 h)

Proof at 75°F until visibly puffy and jiggly — about 2 hours. Don't proof above 78°F or butter melts and you lose layers.

8. Bake (Sunday AM, 20 min)

Egg wash gently. Bake at 425°F for 18–22 minutes, rotating once, until deep golden. Cool 15 minutes before eating.

Common mistakes (and how to spot them mid-bake)

Butter leaked into the oven	Beurrage was too warm — likely above 65°F when locked in. Rest dough colder next time.
Croissants are dense and bread-like	Lost layers. Butter melted into dough during folds. Work faster, fridge between folds longer.
Honeycomb crumb but no shatter	Under-proofed. Let proof go 30 minutes longer.
Beautiful crumb, gummy interior	Under-baked. Add 3–5 minutes at 425°F.
Layers visible on outside, not inside	Over-rolled the dough thin. Stop at 1/4" not 1/8".
Cracked surface	Egg wash too thick or dough chilled too cold before bake. Thin wash, warmer dough.

Temperature is everything

If you only invest in one piece of gear, get an infrared thermometer. Lamination lives or dies in the 55–62°F dough range. Eyeballing it costs you a batch.

None of this is legal advice. Verify with your state's department of agriculture, your local health department, and your city or county planning office before relying on any of it.