VANILLAGOODS BAKING ACADEMY · PASTRIES & CROISSANTS

Course workbook

Pastry & Croissant School

Laminated dough, shaping, proofing



Advanced · 5 video lessons · 78 minutes of video · Notes, quizzes and a practice log

By the end you'll be able to

- Make and laminate croissant dough
- Shape croissants and pain au chocolat
- Proof and bake for an open honeycomb

Inside

Start here: how to use this workbook and your lesson plan 2
Lesson 1 · Croissant dough and the butter block 3
Lesson 2 · Laminating: the three folds 5
Lesson 3 · Shaping croissants 7
Lesson 4 · Proofing laminated dough 9
Lesson 5 · Baking and reading the crumb 11
Answer key 13
Key points from every lesson, and what to do next 14

Lesson videos by Tasty, Keiser University, The Artisan Crust, Cherrylane's and Preppy Kitchen, watched on YouTube from the course page.

This workbook belongs to _____

Free course: **vanillagoods.com/pages/baking-course/croissant-school**

November 2026

START HERE

How to use this workbook

This workbook goes with the free video course **Pastry & Croissant School** on vanillagoods.com. Watch each lesson there, then use these pages to keep what you learned and to track what you have practised.

1

Watch

Open the lesson page and watch the creator's video. Jot quick notes on the lined space as you go.

2

Read and tick

Read the VanillaGoods notes, then tick each key point once you can explain it in your own words.

3

Check and practise

Answer the three questions, compare with the answer key on page 13, then log your bake.

Your lesson plan

	LESSON	VIDEO	WATCHED	QUIZ	PRACTISED
1	**Croissant dough and the butter block** Video by Tasty	9 min	☐	☐	☐
2	**Laminating: the three folds** Video by Keiser University	5 min	☐	☐	☐
3	**Shaping croissants** Video by The Artisan Crust	18 min	☐	☐	☐
4	**Proofing laminated dough** Video by Cherrylane's	18 min	☐	☐	☐
5	**Baking and reading the crumb** Video by Preppy Kitchen	28 min	☐	☐	☐

Tools you'll see

Rolling pin · Bench scraper · Kitchen scale · Parchment paper · Pastry brush · Pastry wheel · Half-sheet pan · Instant-read thermometer · Cooling rack · Oven thermometer

Any brand works. The lessons show what each tool is for.

Keep track online too

On each lesson page, "Mark complete" saves your progress in your browser, with no account. Finish every lesson and the course page lets you print a free certificate of completion.

Croissant dough and the butter block

Video by **Tasty**: *"How To Make The Best Croissants At Home"*

vanillagoods.com/pages/baking-lesson/croissant-school-1-croissant-dough-and-the-butter-block

Make the croissant dough (détrempe) and shape a pliable butter block, the two building blocks of lamination.

Key points

- [ ] Don't over-knead; folding develops the gluten later
- [ ] Use high-fat, European-style butter
- [ ] Dough and butter must be equally cold and flexible

The dough

Croissant dough is a lightly enriched yeast dough of flour, sugar, salt, yeast, milk or water and a little butter. Mix only until smooth; the folds that come later develop the rest of the gluten. Chill it well, ideally overnight, before laminating.

The butter block

- Use butter with at least 82% fat; it stays flexible and has less water
- Pound and roll it between parchment into an even square, about 6–7 inches
- Chill until firm but bendable, around 55–60°F (13–16°C)
- Test it: the block should bend without cracking

Watch for

If the butter is colder or harder than the dough it will shatter into pieces; if it's softer it will smear into the dough. Matching their temperature is the secret to clean layers.

TOOLS IN THIS LESSON: Rolling pin · Bench scraper · Kitchen scale · Parchment paper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 Why is croissant dough mixed only until smooth?

- (A) The folds develop the rest of the gluten later
- (B) Kneading would melt the butter
- (C) The yeast works better in rough dough

2 What kind of butter makes the best butter block?

- (A) Whipped butter
- (B) High-fat European-style butter, at least 82% fat
- (C) Any butter, melted and chilled

3 Before lamination, the butter block and the dough should be...

- (A) The butter much colder than the dough
- (B) The butter softer than the dough
- (C) Equally cold and flexible

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Laminating: the three folds

Video by **Keiser University**: *"Lock In Technique With Laminated Dough (Part 1 of 4)"*

vanillagoods.com/pages/baking-lesson/croissant-school-2-laminating-the-three-folds

Lock the butter into the dough and complete the folds that create hundreds of thin, buttery layers.

Key points

- [ ] Seal the butter completely inside the dough
- [ ] Chill 20–30 minutes between folds
- [ ] Keep edges straight and brush off excess flour

Lock-in

Roll the dough so the butter block fits inside, fold the dough over it and pinch the seams to seal. The butter should reach the edges without poking out.

The folds

- Roll into a long rectangle about three times as long as it is wide
- Fold it in thirds like a letter (a single or 3-fold); some recipes use one book fold and one letter fold instead
- Turn the dough 90 degrees and repeat for the next fold
- Wrap and chill 20–30 minutes between folds so the butter stays firm

Troubleshooting

- Butter cracking or breaking: let the dough sit a few minutes to soften slightly
- Butter oozing or sticking: it's too warm; chill longer
- Brush off excess flour before each fold so the layers bond

TOOLS IN THIS LESSON: Rolling pin · Bench scraper · Pastry brush · Parchment paper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 How long should the dough chill between folds?

- (A) No chilling is needed
- (B) 20 to 30 minutes
- (C) At least 4 hours

2 Why brush off excess flour before each fold?

- (A) To make the dough browner
- (B) To keep the counter clean
- (C) So the layers bond to each other

3 Butter is oozing out and sticking while you roll. What is wrong?

- (A) The butter is too warm; chill longer
- (B) The dough is too cold
- (C) There is too much yeast

Practice log

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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Shaping croissants

Video by **The Artisan Crust**: *"Croissant Masterclass with Scott Megee"*

vanillagoods.com/pages/baking-lesson/croissant-school-3-shaping-croissants

Roll out laminated dough, cut even triangles and roll classic croissants and pain au chocolat.

Key points

- [ ] Roll the dough to about 1/8 inch thick
- [ ] Cut long, even triangles
- [ ] Roll without pressing so the layers stay intact

Rolling and cutting

Roll the chilled dough into a long rectangle about 1/8 inch (3–4 mm) thick, working quickly so it stays cold. Trim the edges to expose the layers, then cut tall, narrow triangles with a sharp knife or pastry wheel.

Rolling a croissant

- Make a small notch in the center of the base
- Gently stretch the triangle to lengthen it
- Roll from the base to the tip without pressing down
- Place with the tip tucked underneath on a lined sheet, leaving room to grow
- For pain au chocolat, roll rectangles around two chocolate batons

Watch for

If the dough springs back or the butter softens while you work, return it to the fridge for 15 minutes. Cold dough gives the sharpest layers.

TOOLS IN THIS LESSON: Pastry wheel · Rolling pin · Half-sheet pan · Bench scraper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 How thick should laminated dough be rolled for shaping?

- (A) About 1/8 inch (3 to 4 mm)
- (B) About 1/2 inch
- (C) About 1 inch

2 Why trim the edges of the rolled dough before cutting triangles?

- (A) To make it fit the tray
- (B) To expose the layers so they can rise
- (C) To remove extra flour

3 When rolling a croissant from base to tip, you should...

- (A) Press down firmly to seal
- (B) Twist as you roll
- (C) Roll without pressing so the layers stay intact

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Proofing laminated dough

Video by **Cherrylane's**: *"Baby Croissants | Fool-proof (plus proper lamination)"*
vanillagoods.com/pages/baking-lesson/croissant-school-4-proofing-laminated-dough

Proof shaped croissants warm enough to rise but cool enough to keep the butter layers solid, and know when they are ready to bake.

Key points

- [ ] Proof at about 75–80°F, never warm enough to melt butter
- [ ] They're ready when puffy, jiggly and the layers show
- [ ] Egg wash gently so you don't deflate them

How to proof

Laminated dough needs a warm, humid place, but above about 82°F the butter starts to melt out of the layers. Aim for 75–80°F (24–27°C) and cover loosely. Proofing takes 1 1/2 to 3 hours depending on the room.

Signs they're ready

- Nearly doubled in size
- They wobble when you gently shake the tray
- The individual layers are visible on the sides

Troubleshooting

- Butter pooling in the oven: underproofed, or proofed too warm
- Collapsed or flat croissants: overproofed
- Brush with egg wash (egg plus a splash of milk) using light strokes just before baking

TOOLS IN THIS LESSON: Pastry brush | Half-sheet pan | Instant-read thermometer | Parchment paper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What is the right proofing temperature for croissants?

- (A) About 75 to 80°F
- (B) About 90°F
- (C) In the fridge

2 Which sign says shaped croissants are ready to bake?

- (A) They have shrunk slightly
- (B) They wobble when you gently shake the tray
- (C) The surface has gone dry and firm

3 Butter pooled on the tray in the oven. The likeliest cause is...

- (A) Overproofing
- (B) Too much egg wash
- (C) Underproofing or proofing too warm

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Baking and reading the crumb

Video by **Preppy Kitchen**: *"Homemade Croissants Recipe"*

vanillagoods.com/pages/baking-lesson/croissant-school-5-baking-and-reading-the-crumb

Bake croissants to a deep golden brown and read the inside to see what went right or wrong with lamination and proofing.

Key points

- [ ] Bake hotter than you think, to a deep golden brown
- [ ] An open honeycomb crumb means good lamination and proofing
- [ ] Cool on a rack so the bottoms stay crisp

Baking

Bake at about 375–400°F (190–200°C) for 15–20 minutes, until deeply golden all over. Pale croissants are often doughy inside. Check your oven with a thermometer; laminated dough is unforgiving of a cool oven.

Reading the crumb

- Open honeycomb with thin walls: well laminated and properly proofed
- Dense, bready center: underproofed or layers merged during folding
- Big hollow gaps under the crust: dough was too cold or underproofed
- Greasy bottoms and butter on the tray: proofed too warm

Watch for

Cool on a rack for at least 15 minutes. Croissants keep a day; refresh them in a 350°F oven for 3–4 minutes.

TOOLS IN THIS LESSON: Half-sheet pan · Cooling rack · Oven thermometer · Parchment paper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 Croissants should bake at about...

- (A) 375 to 400°F
- (B) 300 to 325°F
- (C) 450 to 475°F

2 An open honeycomb crumb with thin walls means...

- (A) The dough was overproofed
- (B) Good lamination and proper proofing
- (C) Too much butter

3 A dense, bready center usually means...

- (A) The oven was too hot
- (B) Too little egg wash
- (C) Underproofing or layers that merged during folding

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

ANSWER KEY

Check your answers

One correct answer per question. If you missed one, the note explains why, and the lesson page has the full notes and the video.

1. Croissant dough and the butter block

1 **A** Lamination's folds develop the gluten later, so the dough is mixed just until smooth and chilled well, ideally overnight.

2 **B** Butter with at least 82% fat stays flexible and has less water, so it rolls into clean layers.

3 **C** Colder, harder butter shatters; softer butter smears into the dough. Matching their temperature (butter around 55 to 60°F) gives clean layers.

2. Laminating: the three folds

1 **B** Wrapping and chilling 20 to 30 minutes between folds keeps the butter firm so the layers stay separate.

2 **C** Loose flour between layers stops them from bonding; brushing it off before each fold keeps the lamination intact.

3 **A** Oozing or sticking butter is too warm, so chill the dough longer; cracking butter is too cold and needs a few minutes to soften.

3. Shaping croissants

1 **A** Roll the chilled dough into a long rectangle about 1/8 inch thick, working quickly so it stays cold.

2 **B** Trimming the edges exposes the layers; pressed edges would stay sealed and rise unevenly.

3 **C** Roll from the base to the tip without pressing down; pressing crushes the layers you worked to build.

4. Proofing laminated dough

1 **A** Aim for 75 to 80°F; above about 82°F the butter starts to melt out of the layers.

2 **B** Ready croissants are nearly doubled, jiggle when the tray is shaken, and show their layers on the sides.

3 **C** Pooling butter means the dough was underproofed or proofed too warm; collapsed, flat croissants are the overproofed sign.

5. Baking and reading the crumb

1 **A** Bake at about 375 to 400°F for 15 to 20 minutes until deeply golden; a cool oven leaves them pale and doughy.

2 **B** Open honeycomb with thin walls is the sign of well-laminated, properly proofed croissants.

3 **C** A dense, bready center comes from underproofing or layers merging during folding; big hollow gaps mean the dough was too cold or underproofed.

WHEN YOU'VE FINISHED

Three things to do next

1

Mark each lesson complete

The "Mark complete" button on every lesson page saves your progress in your browser. No account, nothing to sign up for.

2

Print your certificate

Once all 5 lessons are marked complete, the course page prints a free certificate of completion with your name on it. It records what you finished; it is not an accredited qualification.

3

Bake it

Practice with VanillaGoods recipes that use what this course teaches.

vanillagoods.com/pages/recipes?q=croissant

LEARNING PATH

You've reached the end of the path

Every course is free to revisit: vanillagoods.com/pages/baking-academy

Free guide for this course: "Lamination temperature guide", Dough and butter temperatures for every fold, plus a two-day croissant schedule. Get it from the course page.

Baking with real vanilla? VanillaGoods keeps Madagascar, Uganda and Tahiti vanilla in stock, along with coffee and tea, at vanillagoods.com.

Key points from every lesson

1. Croissant dough and the butter block

- Don't over-knead; folding develops the gluten later
- Use high-fat, European-style butter
- Dough and butter must be equally cold and flexible

2. Laminating: the three folds

- Seal the butter completely inside the dough
- Chill 20–30 minutes between folds
- Keep edges straight and brush off excess flour

3. Shaping croissants

- Roll the dough to about 1/8 inch thick
- Cut long, even triangles
- Roll without pressing so the layers stay intact

4. Proofing laminated dough

- Proof at about 75–80°F, never warm enough to melt butter
- They're ready when puffy, jiggly and the layers show
- Egg wash gently so you don't deflate them

5. Baking and reading the crumb

- Bake hotter than you think, to a deep golden brown
- An open honeycomb crumb means good lamination and proofing
- Cool on a rack so the bottoms stay crisp

The lesson videos are by independent creators (Tasty, Keiser University, The Artisan Crust, Cherrylane's and Preppy Kitchen) and play in YouTube's own player on the lesson pages; this workbook links to them and copies nothing. Notes, key points, questions and this workbook are written by VanillaGoods for home bakers.

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