

# Proofing & Baking Guidelines



## For products: La Parisienne Croissants & Danish Pastries

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### Defrosting Overnight ~ Directions

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1. Remove required quantity from freezer and place on baking paper lined tray with enough space between each product to allow for proofing (approx. 2.5 times in size).
  2. Place product in refrigerator at approx. 4°C and leave overnight to thaw.
  3. Remove from refrigerator and allow to rest at room temperature for approx. 20 min.
  4. Place in proofer approx. 30-32°C and 75% humidity for approx. 60-90 min.  
**Hint:** for no proofer leave for an extended rest period until ideal pre bake product size is attained approx. 3-4 hours.
  5. Using soft pastry brush carefully glaze product with egg wash or milk as desired.
  6. Place product in preheated oven at 200°C conventional or 180°C fan forced for approx. 15-20 min. or until golden brown and baked through.
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### Use In Cold Weather ~ Directions

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1. Remove required quantity from freezer and place on baking paper lined tray with enough space between each product to allow for proofing (approx. 2.5 times in size).
2. Allow to rest at ambient room temperature of approx. 20-22°C for until fully defrosted (approx 2hr+). **Hint:** leave covered with plastic or damp cloth away from windows or doorways to avoid drying out.
3. Place product in proofer approx. 30-32°C and 75% humidity for approx. 60-120 min.  
**Hint:** For no proofer leave for an extended rest period until ideal pre bake product size is attained approx. 3-4 hours.
4. Using soft pastry brush carefully glaze product with egg wash or milk as desired.
5. Place in preheated oven at 200°C conventional or 180°C fan forced for approx. 15-20 min. or until golden brown and baked through.

# Proofing & Baking Guidelines



## For products: La Parisienne Croissants & Danish Pastries

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### Use in Summer ~ Directions

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1. Remove required quantity from freezer and place on baking paper lined tray with enough space between each product to allow for proofing (approx. 2.5 times in size).
2. Allow to rest at ambient room temperature of approx. 20-24°C for until fully defrosted (approx 2hrs+). **Hint:** leave covered with plastic or damp cloth away from windows or doorways to avoid drying out.
3. Place product in proofer approx. 30-32°C and 75% humidity for approx. 60-90 min. **Hint:** for no proofer: leave for an extended rest period until ideal pre bake product size is attained approx 2-3 hours.
4. Using soft pastry brush carefully glaze product with egg wash or milk as desired.
5. Place in preheated oven at 200°C conventional or 180°C fan forced for approx. 15-20 min. or until golden brown and baked through.

#### **Please Note:**

**Proofing and baking times are a guideline only and will vary depending on environment and equipment.**

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### Handy Tips

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#### **1. Product collapses or begins to leak butter.**

Tip: Proofing temperatures are too high or products have been over-proofed.

#### **2. Dark coloured soft crust & short bake time.**

Tip: Oven may be too hot.

#### **3. Light coloured dry crust & long bake time.**

Tip: Oven may be too cold.