

Pain au Chocolat

Makes 8

Hands-on Time 40 minutes

Proving Time +2 hours

Baking Time 25 minutes

Ingredients

- 200g dark chocolate (minimum 70%)
- 1 portion leavened yeasted dough
- Bread flour (for dusting)
- 1 medium egg

Equipment

- Sharp knife
- Container/jug/drinking glass filled with boiling water or blowtorch
- Rolling pin
- Pizza cutter or sharp knife
- 2 baking sheets
- Baking parchment
- 2 roasting tins or tea towels
- Small bowl
- Fork
- Pastry brush
- Wire rack

Method

1. Prepare the chocolate fingers

- If using a chocolate bar, slice it into 16 thin fingers. Warm the knife blade in boiling water or with a blowtorch to make cutting easier. Use melted chocolate to repair any broken pieces. Set aside.

2. Prepare the dough

- Line two baking sheets with baking parchment.
- Divide the dough in half and work with one piece at a time.
- On a lightly floured surface, roll the dough into a rectangle measuring about 45cm x 25cm. Roll from the middle outwards, lifting the dough occasionally to let it relax.

3. Assemble the pastries

- Cut the dough sheet in half widthways, then cut each half again to create 4 rectangles.
- Place one chocolate finger near the edge of a dough rectangle. Fold the dough over the chocolate, then place a second finger on top. Wrap the remaining dough edge over and tuck it underneath to fully enclose the chocolate. Repeat with the remaining dough and chocolate fingers.
- Place the pastries on the lined baking sheets, spacing them evenly apart.

4. Prove the pastries

- Cover the pastries with a roasting tin or tea towel. Leave to prove for at least 2 hours, or until doubled in size and wobbly. Keep them in a slightly warm (not hot or humid) place.

5. Bake the pastries

- Preheat the oven to 170°C/150°C (fan)/325°F/Gas Mark 3.
- Beat the egg in a small bowl until smooth.
- Gently brush the tops of the pastries with the beaten egg, avoiding the layers to prevent sealing.
- Bake one sheet at a time on the middle shelf for 25 minutes, or until golden.
- Let the pastries cool on the baking sheet while baking the second batch.

6. Cool and serve

- Transfer the pastries to a wire rack and let them cool completely before serving.

Enjoy!