

# BAGUETTE

## French Sourdough Bread



-EXPO 2015-

### - Ingredients -

- 10 g salt
- 400 g lukewarm water
- 650 g wheat flour
- 20 g fresh yeast
- (or one packet active dry yeast, plus 1 tbsp sugar)



1h fermenting - 30' baking



Yield 3 loaves

### - Instructions -

- Place an empty bowl from a stand mixer on a kitchen scale. Zero out the scale. Add 10 g of salt. Zero out the scale. Add 650 g of flour. Zero out the scale. Add 20 g of fresh yeast, crumbled.
- In a separate bowl weigh 400 g of water. Then pour that into the salt, flour and yeast.
- Using a dough hook, mix on medium speed for 5 minutes, or until a ball forms. Do not knead for more than five minutes or you will lose elasticity and flavour. If you don't have a stand mixer, you can knead the dough by hand on a marble or granite countertop for about five minutes.
- Once the ball is formed, place it on a lightly floured counter. Cover it with an upside down mixing bowl and let it rise for about 15 minutes.  
Note: After it rises, remove the bowl. Cut the dough into three sections weighing at least 350 g each; French Law states that no baguette can weigh less than 350 g (but it can weigh more).
- Knead each section into a ball. Cover with a damp tea towel and let sit for 10 minutes.
- Turn a ball over so the seam is on top. Flatten it slightly with the palm of your hand. Fold one side toward the middle, and flatten the seam a bit.
- Rotate the dough 180 degrees. Bring the other end in toward the seam. Press seam on top. Should look like a coffee bean. Repeat these steps several times.
- Then, roll into cylinder about 16 cm long. Repeat all the steps again.
- Now, roll to the length of baguette, between 30-45 cm. As you fold and roll it, if you see bubbles in the dough; that is a good sign that your yeast has activated properly.
- Place the baguettes onto the pan. If you don't have a baguette pan, you can use a large cookie sheet. Cover with a moist tea towel and leave at room temperature to rise for about 30 minutes. Preheat oven to 220° C.
- Once the baguette has risen, use a razor blade to score the top of the baguette before baking.
- Place a 33x23 pan filled halfway with water on the lower rack. Place the baguette pan on the upper rack. Bake until golden (about 15 minutes).

A baguette is distinguishable by its length and crisp crust. A standard baguette has a diameter of about 5-6 cm and a usual length of about 65 cm, although it can be up to 1 m long. While a regular baguette is made with a direct addition of baker's yeast, it is not unusual for artisan-style loaves to be made with a pre-ferment or "poolish", "biga" or other bread pre-ferments to increase flavour complexity and other characteristics, as well as the addition of whole-wheat flour, or other grains such as rye.

The word 'baguette' was not used to refer to a type of bread until 1920, but what is now known as a baguette may have

existed well before that. The word simply means 'wand' or 'baton'.

Though the baguette today is often considered one of the symbols of French culture viewed from abroad, the association of France with long loaves predates any mention of it. Long, if wide, loaves had been made since the time of Louis XIV, long thin ones since the mid-eighteenth century and by the nineteenth century some were far longer than the baguette.