



# French Baguette

## INGREDIENTS

### Starter - Day 1

- 200g bread flour
- 50g rye flour
- 2g fresh yeast
- 250 ml water (20-23°C)

### Day 2

- 435g bread flour
- 10g salt
- 15g yeast
- 175g water (20-23°C)



Serves: 2-3



Prep Time: 1.5 hr



Cooking Time: 18-20 min

## METHOD

### Day 1

1. Hand whisk well until combined. Cover and let it rest for 2 hours at room temperature, then in the fridge for 22 hours.

### Day 2

2. In a large bowl, combine the bread flour and salt then pour in the mixture of water and add Day 1 mixture and knead until smooth dough.
3. Let the dough rest in the bowl, covered for 30 minutes.
4. After 30 minutes, give it a few folds and rest for another 30 minutes.
5. Portion to 300g and pre-shape, leave for 15-30 minutes.
6. Shape the baguette and prove for 30 minutes to 1 hour.
7. Sprinkle some flour on top of bread and cut 3-4 cuts.
8. Preheat the oven to 240°C. Bake with steam. Turn down to 220°C and bake for 18-20 minutes depending on the oven, until golden and firm to the touch.



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