

Baguette

Cuisine: **French**Food category: **Pastry**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

Preheating: **225 °C**

1	Hot air	100 %	Termination by time	00:05 hh:mm	210 °C	100 %	
2	Combination	30 %	Termination by time	00:16 hh:mm	170 °C	100 %	

Ingredients - number of portions - 3

Name	Value	Unit
plain wheat flour	315	g
dried baker's yeast	8	g
salt	16	g
water	180	g
vegetable oil	10	g
yeast-polish	0	g
plain wheat flour	180	g
water	180	g
dried baker's yeast	3	g

Nutrition and allergens

Allergens: 1
 Minerals: Cu, Mg, P
 Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	629.7 kJ
Carbohydrate	121 g
Fat	6.9 g
Protein	19.8 g
Water	0 g

Directions

1. First, we prepare the leaven (polish). In a bowl, mix a pinch of instant yeast with lukewarm water, flour and make a smooth dough. Cover the bowl with cling film and let it rest at room temperature for 12-16 hours. During this time, the yeast will multiply its volume, it will form a large number of bubbles on the surface, it will be liquid and sticky.

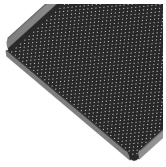
2. After 12-16 hours, mix instant yeast, flour, salt, lukewarm water and prepared polish (leaven) in a large bowl. Use a kneader to make a smooth dough (approx. 5-10 minutes), but it may feel slightly sticky. Transfer the dough to an oiled plastic container, close with a lid or cover with cling film and leave to rest at room temperature for 45 minutes. After 45 minutes, grab the risen dough with moistened hands, stretch it and fold it left, right, down and up.

3. Cover the folded dough with a lid, let it rest for another 45 minutes and repeat the folding once more. Cover with the lid again and let the dough rise for the last 30 minutes. We turn the risen dough onto a floured roll and divide it into 3 equal parts, from which we shape buns. Cover them with a towel and let them rest for 10 minutes.

4. Then we shape each bun into a rectangle, from which we shape a baguette. In the last stage, we use our fingers to roll out the final shape of the baguette by rolling from the center outwards. Fold the baguettes seam side up on a floured linen cloth. We will create a warehouse between the individual baguettes. Cover the baguettes with a towel and let them rise for 1½-2 hours. Cut the baguettes in several places with a razor to a depth of about 5 mm. Tilt the razor slightly.

5. Bake on the above program. After baking, let the baguettes cool on a wire rack.

Recommended accessories



Perforated aluminium
sheet, teflon coated