French baguette

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	20 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

1 kg semi-white flour

680 ml water

14 g dry yeast

24 g fine salt

Put the flour, water and yeast in a mixing bowl and mix on level 1 for 10 minutes. Add the salt and knead on level 2 for 5 minutes.

Put the dough in a large, high-sided mixing bowl and allow to proof at room temperature for 3 hours.

将发酵桶预加热 热风+清蒸 到 **230 °C**

Turn the dough out onto a floured work surface and divide into 6 portions. Without kneading, gently flatten each portion, working from the edges of the dough, pull the dough out to stretch it and then fold back over toward the middle. Press the ends of the dough together well. Roll each portion into a sausage shape, form into baguettes, then place on the 2 baking trays and dust with a little flour. Allow to proof at room temperature for 30 minutes. If required, score the baguettes before baking.

Put the baking trays into the preheated cooking space. Bake. After 1½ minutes, switch off the steam.

放入糕点

在 热风+清蒸 期间为 **230 20** 分钟°C

配件

2 baking trays

附加信息

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