Fougasse provençale

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Resting time	1 Hrs 30 Mins
Cooking time	25 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

500 g plain flour

300 ml water

7 g dried yeast

50 ml olive oil

12 g salt

Put the flour, water and yeast in a mixing bowl and mix on the lowest setting for 2 minutes. Add the olive oil and mix for 4 minutes. Add the salt and mix for 4 minutes. Then knead the dough on the highest setting for 5 minutes. Place the dough in a mixing bowl, put it in the cooking space and leave to double in volume.

Professional baking proofing 32 °C for 1 Hrs

Olive oil

Grease the baking tray with a little olive oil. Place the dough on the baking tray and form into the shape of a leaf with both hands. Drizzle plenty of olive oil over the dough. Make the leaf pattern and holes in the dough.

15 olives, green, pitted

½ sprig of rosemary

Fleur de sel

Halve the olives and pull the rosemary needles from the sprig, then scatter both over the dough. Sprinkle over the fleur de sel. Leave the dough to rest again for 30 minutes.

Appliance preheating

(Pre-)heat cooking space to 200 °C with PizzaPlus

Press the olives firmly into the dough again. Put the baking tray into the preheated cooking space. Bake.

Put the food in

PizzaPlus 200 °C for 25 Mins

Olive oil

Fleur de sel

Brush the baked fougasse with olive oil and sprinkle with fleur de sel.

אביזרים

Lined baking tray

מידע נוסף

הופק ביום	14.01.2020