French baguette

Рецепт від V-ZUG AT



готування	30 хв
Час готування	20 хв
Порції	4
Прилад	Combair-Steam SL з 2015 року

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.

Розігріти робочу камеру до 230 °C Гаряче повітря + зволожуюча пара

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.

Засунути страву для випікання

Гаряче повітря + зволожуюча пара 230 °C протягом 20 хв

Аксесуари

2 baking trays

Додаткова інформація

Складено	11.12.2019