

French Baguettes

Ingredients:

- 700g White bread flour
- 520g cold water
- 1 Tablespoon Salt
- 2g Instant yeast

Instructions:

1. Add the flour, yeast, salt to a bowl, mix together.
2. Add the water and bring it all together to a sticky dough.
3. Cover the bowl and set the timer for 45 minutes.
4. Take the dough out of the bowl and with wet hands knock the dough back by giving it 5 or 6 turns. Repeat this procedure another 3 times.
5. After the last 45 minute rise, turn out the dough onto a well-floured surface and divide the dough into 4 equal pieces and pre-shape, cover them with a piece of oiled film and let them relax for 15 minutes.
6. Form the pre-shapes into the baguettes and place them onto the well-floured bakers Couche cloth, set the timer for 30 minutes.
7. Pre heat the oven at 220°C and also place a tray of hot water on the bottom shelf of the oven.
8. Place the baguettes on lightly greased baking trays, spray with a little water and score the baguettes as shown in the video.
9. Place the baguettes in the hot oven, spray inside the oven with water, and bake for 16 to 20 minutes, remove from the oven and place on a wire rack until cool.