



Crusty French Boules



Vegetarian



Vegan



Dairy Free

READY IN



3140 min.

SERVINGS



24

CALORIES



76 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon active yeast dry
- ☐ 1 teaspoon active yeast dry
- ☐ 0.7 cup bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 1.3 cups flour all-purpose divided
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt

- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 0.8 cup warm water (100° to 110°)

Equipment

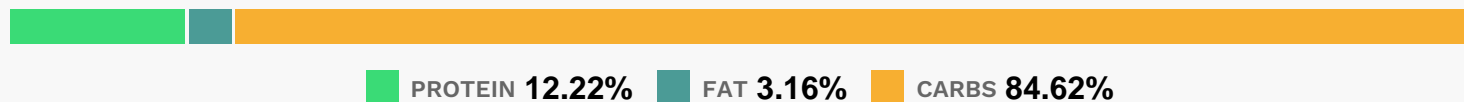
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ To prepare the pte fermente, weigh or lightly spoon 5 ounces (about 1 cup) all-purpose flour into a dry measuring cup, and level with a knife.
- ☐ Combine 5 ounces all-purpose flour, 1/2 teaspoon yeast, and 1/2 teaspoon salt in the bowl of a stand mixer fitted with paddle attachment.
- ☐ Add 1/2 cup warm water, and beat at low speed until mixture is thoroughly combined.
- ☐ Add enough of the remaining 4 tablespoons flour, 1 tablespoon at a time, until dough just begins to pull away from sides of bowl. Increase mixer speed to medium, and beat for 2 minutes.
- ☐ Place dough in a small bowl coated with cooking spray.
- ☐ Place a piece of plastic wrap coated with cooking spray directly on dough. Refrigerate 48 hours or up to 3 days.
- ☐ Remove pte fermente from refrigerator; let stand at room temperature 30 minutes.

- ☐ To prepare the dough, place 3/4 cup warm water in the bowl of a stand mixer with doughhook attached, and sprinkle with 1 teaspoon yeast.
- ☐ Let mixture stand for 5 minutes or until bubbles form.
- ☐ Add pte fermente to yeast mixture; let stand 10 minutes. Weigh or lightly spoon 9 ounces all-purpose flour (about 2 cups) and 4 ounces bread flour (about 2/3 cup) into dry measuring cups; level with a knife.
- ☐ Add flours and 1 teaspoon salt to bowl; beat at low speed until flour is incorporated. Increase mixer to medium speed, and beat for 6 minutes. (Dough should form a ball.)
- ☐ Place the dough in a large bowl coated with cooking spray; lightly coat dough with cooking spray. Cover with plastic wrap, and let stand in a warm, dry place, free from drafts, for 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down, and divide into 2 equal portions. Knead each portion for 1 minute. Shape each dough portion into a 5-inch round by pulling the sides down, pinching and tucking them under the bottom center of dough, forming a smooth, taut surface on the top.
- ☐ Place dough rounds on a baking sheet sprinkled with cornmeal. Lightly coat surface of dough with cooking spray. Cover and let rise 1 hour and 15 minutes or until doubled in size.
- ☐ Place a small ovenproof saucepan with 3 inches of water directly on the floor of oven. Preheat oven to 45
- ☐ Uncover dough. Spray dough lightly with water. Make 4 (4-inch) cuts 1/4 inch deep in dough to form a grid across top of each loaf using a sharp knife.
- ☐ Bake at 450 for 10 minutes.
- ☐ Remove water pan from oven.
- ☐ Bake an additional 15 minutes or until bread is golden brown and sounds hollow when bottom is tapped. Cool on a wire rack.
- ☐ Cut each boule, crosswise, into 12 slices.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:11.16, Inflammation Score:-2, Nutrition Score:2.8439130567662%

Nutrients (% of daily need)

Calories: 76.38kcal (3.82%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 15.19g (5.52%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 146.48mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin B1: 0.16mg (10.55%), Selenium: 7.16µg (10.22%), Folate: 36.81µg (9.2%), Manganese: 0.15mg (7.33%), Vitamin B3: 1.12mg (5.61%), Vitamin B2: 0.09mg (5.52%), Iron: 0.83mg (4.64%), Fiber: 0.63g (2.53%), Phosphorus: 23.83mg (2.38%), Copper: 0.03mg (1.73%), Magnesium: 5.27mg (1.32%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.12mg (1.18%)