



French Bread

 Vegetarian  Vegan  Dairy Free

READY IN



120 min.

SERVINGS



58

CALORIES



34 kcal

Ingredients

- 4 cups flour all-purpose
- 2 teaspoons yeast dry (from a)
- 1.5 teaspoons salt
- 1.7 cups water (105-115°F)
- 1 tablespoon olive oil
- 1 teaspoon vinegar white
- 4 servings frangelico (preferably dark nonstick) (17-inch-long)

Equipment

- food processor

- bowl
- frying pan
- oven
- loaf pan
- roasting pan

Directions

- Pulse flour, salt, and vinegar in a food processor to combine.
- Stir together yeast and 1/3 cup water in a small bowl until yeast is dissolved, then let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.) With motor running, pour yeast mixture and remaining 1 1/3 cups warm water into flour mixture in processor, blending until dough forms a ball and pulls away from side of processor bowl, about 1 minute.
- Cover processor feed tube and let dough rise until it fills bowl, about 1 hour. Pulse several times to deflate dough.
- Generously oil bread pans with olive oil.
- Turn out dough onto a work surface and divide in half (dough will be very soft). Press 1 half into a 10- by 8-inch rectangle and fold in the 2 short outer sides to meet in the middle, pinching edges together. Turn over (seam side down), then roll and stretch into a 15-inch-long irregular loaf. Put loaf, seam side up, in bread pan and turn to coat with oil, leaving loaf seam side down.
- Repeat procedure with remaining dough.
- Let loaves rise, uncovered, in a warm draft-free place 30 minutes.
- Put oven rack in upper third of oven, then put a large roasting pan with 1 inch of water in it on bottom of gas oven or on lowest rack of electric oven. Preheat oven to 450°F.
- Make 3 shallow diagonal slashes down length of each loaf with razor.
- Bake loaves 30 minutes, then carefully remove pan of water from oven.
- Remove bread from pans and turn upside down on upper oven rack, then bake until golden and crusty all over, about 5 minutes more. Cool loaves on a rack.

Nutrition Facts



■ PROTEIN 11.24% ■ FAT 9.05% ■ CARBS 79.71%

Properties

Glycemic Index:2.16, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:1.3126087110976%

Nutrients (% of daily need)

Calories: 33.88kcal (1.69%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 60.72mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin B1: 0.08mg (5.3%), Folate: 18.29µg (4.57%), Selenium: 2.93µg (4.19%), Manganese: 0.06mg (2.97%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.05mg (2.76%), Iron: 0.4mg (2.25%), Fiber: 0.26g (1.05%)