



Fougasse

 Vegetarian  Vegan  Dairy Free

READY IN



300 min.

SERVINGS



16

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons yeast dry (from a)
- 1 teaspoon aniseed crushed
- 1.5 teaspoons sea salt
- 0.5 cup flour all-purpose
- 0.3 cup olive oil extra virgin french extra-virgin for brushing (preferably)
- 1 teaspoon orange zest fresh finely grated
- 2 teaspoons orange-flower water french (preferably)
- 2 tablespoons sugar

- 1.3 teaspoons salt
- 3.3 cups flour all-purpose for kneading
- 0.5 cup water (105–115°F)
- 0.7 cup water

Equipment

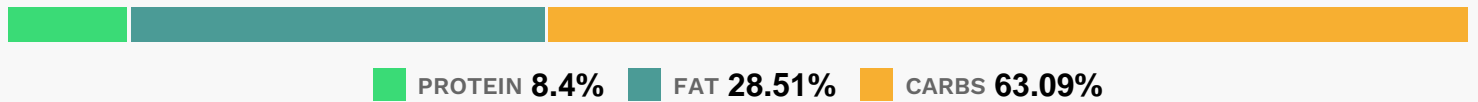
- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap

Directions

- Stir together sugar and warm water in bowl of mixer.
- Sprinkle yeast over mixture and let stand until foamy, about 5 minutes. (If yeast doesn't foam, discard and start over with new yeast.)
- Whisk flour into yeast mixture until combined well.
- Let starter rise, loosely covered with plastic wrap, 30 minutes.
- Add sugar, salt, crushed anise seeds, water, orange-flower water, zest, 1/3 cup oil, and 11/4 cups flour to starter and beat at medium speed until smooth.
- Mix in remaining 2 cups flour, 1/2 cup at a time, at low speed until a soft dough forms.
- Turn dough out onto a lightly floured surface and knead, sprinkling surface lightly with flour if dough is very sticky, until smooth and elastic (dough will remain slightly sticky), 8 to 10 minutes. Form dough into a ball and transfer to a lightly oiled large bowl, turning dough to coat with oil. Cover bowl with plastic wrap and let dough rise in a draft-free place at warm room temperature until doubled in bulk, 1 to 1 1/2 hours.
- Punch down dough (do not knead), then halve. Pat out each half into an oval (about 12 inches long and 1/4 inch thick), then transfer to 2 lightly oiled large baking sheets.

- Using a very sharp knife or a pastry scraper, make a cut down center of each oval "leaf," cutting all the way through to baking sheet and leaving a 1-inch border on each end of cut. Make 3 shorter diagonal cuts on each side of original cut, leaving a 1-inch border on each end of cuts, to create the look of leaf veins (do not connect cuts). Gently pull apart cuts about 1 1/2 inches with your fingers.
- Let dough stand, uncovered, until slightly puffed, about 30 minutes.
- Put oven racks in upper and lower thirds of oven and preheat oven to 375°F.
- Brush loaves with remaining tablespoon oil and sprinkle with sea salt.
- Bake, switching position of baking sheets halfway through baking, until loaves are golden brown and sound hollow when tapped on bottom, 35 to 40 minutes total.
- Transfer loaves to a rack and cool to warm or room temperature.
- Fougasses are best eaten the day they're made.

Nutrition Facts



Properties

Glycemic Index:14.07, Glycemic Load:17.22, Inflammation Score:-3, Nutrition Score:4.7934782610315%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 154kcal (7.7%), Fat: 4.84g (7.45%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 23.18g (8.43%), Sugar: 1.58g (1.75%), Cholesterol: 0mg (0%), Sodium: 401.47mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin B1: 0.27mg (18.22%), Folate: 62.76µg (15.69%), Selenium: 9.98µg (14.26%), Manganese: 0.2mg (10.25%), Vitamin B2: 0.16mg (9.47%), Vitamin B3: 1.89mg (9.45%), Iron: 1.44mg (8.02%), Vitamin E: 0.67mg (4.44%), Fiber: 0.93g (3.71%), Phosphorus: 34.69mg (3.47%), Vitamin K: 2.8µg (2.67%), Copper: 0.05mg (2.42%), Vitamin B5: 0.18mg (1.82%), Magnesium: 7.08mg (1.77%), Zinc: 0.25mg (1.64%), Potassium: 37.29mg (1.07%)