



The Fundamental Techniques of Classic Bread Baking's Polish Baguettes



Vegetarian



Vegan



Dairy Free

READY IN



1080 min.

SERVINGS



4

CALORIES



731 kcal

Ingredients



56 grams bread flour



754 grams bread flour



56 grams water



511 grams water



1 gram yeast fresh

Equipment



bowl



frying pan

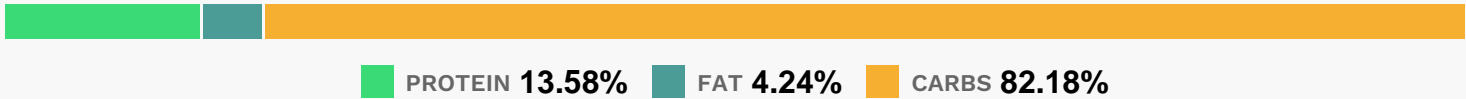
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Prepare the mise en place for the poolish, taking care that the water is about 75 degrees.
- ☐ To make the poolish, combine the bread flour and water with the yeast in a large mixing bowl, stirring with a wooden spoon to blend. When blended, scrape down the edge of the bowl, cover with plastic film, and set aside to ferment at 70 degrees for 12 to 14 hours.
- ☐ When ready to make the final dough, prepare the mise en place.
- ☐ Combine the bread flour with the water in the bowl of a standing electric mixer fitted with the hook.
- ☐ Mix on low speed until blended. Stop the mixer and autolyse for 15 minutes.
- ☐ Add the salt along with the yeast and poolish and mix on low for 5 minutes. Increase the mixer speed to medium and mix for about 8 minutes, or until the dough has come together but remains slightly sticky. Check the gluten development by pulling a window.
- ☐ Lightly oil a large bowl or container.
- ☐ Scrape the dough into the prepared bowl. Cover the bowl with plastic film and set aside to ferment for 1 hour.
- ☐ Uncover and fold the dough. Again, cover with plastic film and set aside to ferment for 1 hour.
- ☐ About an hour before you are ready to bake the loaves, place the baking stone or tiles into the oven and preheat to 470 degrees. If using a pan to create steam, place it in the oven now.
- ☐ Lightly flour a clean, flat work surface.
- ☐ Uncover the dough and divide it into four 350-gram / 12 1/2 ounce logs on the floured surface. Cover with plastic film and bench rest for 15 minutes.
- ☐ Uncover the dough and, if necessary, lightly flour the work surface. Gently press on the dough to degas and carefully shape each log into a baguette.
- ☐ Place each baguette, seam-side down, into a baguette pan. Cover with plastic film and proof for 45 minutes.

- ☐
- Uncover the dough and, using a lame or razor, immediately score the loaves. To make the required steam, add 1 cup of ice to the hot pan in the oven. Immediately transfer the bread pans to the hot baking stone in the preheated oven.
- ☐
- Bake, with steam, for 25 minutes, or until the crust is a deep golden-brown color and the sides are firm to the touch.
- ☐
- Remove from the oven and transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:95.15, Inflammation Score:-4, Nutrition Score:15.132608730508%

Nutrients (% of daily need)

Calories: 731.29kcal (36.56%), Fat: 3.37g (5.18%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 146.92g (48.97%), Net Carbohydrates: 142.04g (51.65%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 11.21mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Selenium: 80.41µg (114.88%), Manganese: 1.6mg (80.22%), Phosphorus: 197.26mg (19.73%), Copper: 0.39mg (19.58%), Fiber: 4.88g (19.52%), Folate: 68.79µg (17.2%), Magnesium: 52.14mg (13.04%), Zinc: 1.76mg (11.74%), Vitamin B1: 0.17mg (11.11%), Vitamin B3: 2.06mg (10.28%), Iron: 1.83mg (10.17%), Vitamin B5: 0.9mg (8.99%), Vitamin B2: 0.12mg (7.31%), Potassium: 204mg (5.83%), Vitamin E: 0.81mg (5.4%), Vitamin B6: 0.08mg (3.8%), Calcium: 34.67mg (3.47%)