

TRADE SECRETS

FRENCH BAGUETTE



MAKE & BAKE

Earn your crust



Starting the day with a freshly baked baguette is one of the joys of visiting France, where the local boulangerie will have them ready to take home warm from early in the morning.

Baking a traditional French baguette takes practice but it is worth the effort for the crack of the crisp outer shell, and the light texture of the crumb.

Award-winning baker and TAFE SA lecturer Paul Triglau shares his secrets for making a perfect baguette.

WANT TO KNOW MORE?

TAFE SA offers a variety of short courses including baking classes. Themes include gluten-free breads and pastries, French Viennoiserie breakfast pastries, working with sourdoughs and iconic breads of Europe.

To find out more about TAFE SA's baking and other short courses being held at Regency Campus and the Adelaide Central Market as part of the Regency Gastronomic Adventures program, contact 8348 4662 or book online at eventopia.co/RGA.

YOUR HOW-TO GUIDE



STEP 8 Using a spray bottle filled with water, give the inside of your oven a decent spray so that there is steam in the oven. Place the tray in the oven and once again give a bit of a spray with water, hitting the top of the oven and not the loaves directly.

STEP 9 Bake for about 23 minutes until brown and crispy.

FRENCH BAGUETTE

A traditional French baguette uses the addition of a "poolish" to make the dough easier to work with and give a more open interior. It is made 12 hours before the final dough

makes 3 loaves

POOLISH

- 250g bread flour
- 250ml water
- Pinch yeast (less than 1g)

FINAL DOUGH

- 550g flour
- 15g salt
- 3g yeast
- 285ml water, at 28C

Method FOR POOLISH

STEP 1 For poolish, mix through by hand until smooth, then cover with cling film for 12 hours.

STEP 2 Add all the other ingredients to the poolish and

mix together by hand (or in a small mixer like a kitchen aid) for about 10 minutes until the dough is smooth. Rest in a lightly oiled (or floured) bowl covered with cling film for 45 minutes at room temperature. Lift and fold dough and rest for a further 45 minutes.

STEP 3 Gently flip the dough out of the tub.

STEP 4 Cut pieces out at 360-380g. Gently give these pieces a pre-shape by making them into a loose cylinder. (This pre-shape is designed to make it easier to roll into a baguette). Cover and rest for 20 minutes to allow the dough to relax. Pre-heat your oven to 220C.

STEP 5 Take the pre-shaped dough and on a lightly floured surface, place the good side down. Using gentle pressure with one hand lightly flatten the piece into an oblong shape. You should now have a piece of long sausage shape of dough that runs lengthwise "east to west".

STEP 6 Fold one third of the dough piece towards you so that

it rests on itself and using the heel of your hand gently pat out the air. Fold this thicker part over again so it meets the bottom edge and flatten out any air. Now start at the top of the dough and roll up as tightly as possible until you get to the bottom. If necessary, work your way all the way across the dough from right to left. You should now have a sausage shape. Roll the dough back and forth to create extra length to the baguette. The baguette should be at least 40cm long. Place the dough on a baking tray. The seam that you created earlier must be on the tray so that the smooth side of the baguette is facing up.

STEP 7 Cover the loaves and place them in a warm environment to rise for about 45 minutes. Take a sharp serrated knife and cut diagonal lines across the surface of the baguette, slightly overlapping the cuts. Alternatively cut a long line across the entire length of the baguette.



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