

# SOURDOUGH BAGUETTES

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Yield: 3

## INGREDIENTS

### PREFERMENT

10g	Sourdough Culture, unfed
100g	All Purpose Flour
100g	Water, cold

### DOUGH

270g	Water, tepid
405g	All Purpose Flour
10g	Salt
½ tsp	Yeast, active



## METHOD

### DAY ONE

In a large bowl, combine the preferment ingredients. Mix together until the mixture is combined. Cover and set aside at room temperature overnight.

### DAY TWO

Add the tepid water to the preferment and squeeze the mixture between your fingers to break it up. Mix the preferment into the water vigorously with your fingers until well combined with a thin consistency.

\*\* If you are using instant yeast, bloom the yeast in a small amount of water to activate before using.

In a large bowl, add the flour, salt and yeast and mix together.

Add the water/preferment mixture and mix with a dough whisk or wooden spoon until the mixture is well combined.

Cover the dough with plastic wrap and set aside to rest for 20 minutes.

The dough will now be bulk fermented for 2 & ½ to 3 hours. During the first hour, the dough will be turned 3 times.

After 20 minutes, using wet hands, perform 8-12 bowl folds until the dough resists stretching. Reach into the bowl, grab the underside of a section of dough and gently stretch it upward until you feel resistance. Fold it over the top of the other side of the dough. Rotate the bowl 90 degrees (a quarter turn) and perform the next fold.

Repeat this process two more times and the dough has received one full rotation of folds.

Complete a second rotation of folds to the dough. If the dough resist stretching on the last fold, the folding process is complete. If there is some resistance, perform another rotation of folds. This completes the first turn.

Round the dough by cupping your hand and applying pressure as you bring your hand over the edge of the dough and down the side of the bowl to the bottom, turning the bowl in a circle. This will begin to create tension.

Cover the dough and set aside to rest for 20 minutes.

Perform the second turn to the dough, performing 6-8 bowl folds until the dough resists stretching.

Cover the dough and set aside to rest for 20 minutes.

Perform the third turn to the dough, performing 2-3 bowl folds until the dough resists stretching.

Cover the dough and set aside for 1 & ½ to 2 hours until the dough has tripled in size, with a puffy texture.

Gently release the dough into a clean bowl and weigh.

Lightly flour a clean work surface and gently release the dough onto the surface and divide into 3 equal portions, about 300g.

One at a time, preshape the dough into a tube.

Gently pat the dough to release any bubbles and stretch the dough into a rough round shape. Fold the sides towards the middle, pressing down slightly to seal.

Fold the top edge of the dough one third of the way down and pat to seal. Fold the new top edge one third of the way down and pat to seal. Repeat again folding the new top edge one third of the way down and pat to seal.

Place the dough seam side down and cover with a clean kitchen towel and rest for 30 minutes.

Prepare a baker's couche or clean kitchen towel, dusted with flour.

Working with one piece of dough at a time, flatten the preshaped dough into a rectangle. With the long side facing you and starting with the edge furthest away, fold the dough two-thirds of the way towards you then press gently to seal.

Turn the dough 180 degrees and repeat this process, with the edge furthest away, fold the dough two-thirds of the way towards you then press gently to seal.

Fold the dough in half along the long axis towards yourself and press gently to seal with the palm of your hand.

Starting with the middle of the dough length, with the seam side down, begin to roll the dough back and forth with the palms of your hands.

Working from the centre, with both hands together, roll the dough gently back and forth towards the ends of the dough, evening out the dough. Towards the ends, apply a small amount of pressure to taper the ends under your palms.

Place the shaped dough seam side up onto the prepared couche or towel. Fold the edges of the couche or towel up to support the baguettes.

Cover with a clean kitchen towel and rest at room temperature for 1 hour, until the dough feels light and a small finger impression remains after pressing.

Preheat oven to 475F (246C). Place an oven tray into the bottom of the oven to use as a steam bath during baking.

After proofing, gently roll the baguettes onto a baguette baking tray (Ideal) or parchment paper and refrigerate for 15 minutes.

Remove the baguettes from the fridge and using a lame, score the tops of the baguettes with a few diagonal cuts.

Place the baguettes into the oven and immediately pour 1 cup of warm water into the baking tray to create steam. Quickly close the oven door to trap the steam.

Bake for 25 to 30 minutes until the crust is firm and deep golden brown.

Remove the baguettes from the oven and cool on a wire rack.

Baguettes are best eaten fresh on the day of baking.