

TWO WEE BAGUETTES



Sponge ingredients (previous evening)

60g strong white flour
1g dried yeast
60g warm water

155g strong white flour
100g plain flour
2g dried yeast
5g salt
140g warm water

Dough ingredients

Method

Mix the sponge ingredients in a 2 litre bowl, cover and leave overnight at room temp. Next morning add the **strong white flour**, **yeast** and **warm water** to the sponge and mix thoroughly. Now knead the dough for roughly 10 minutes until it is smooth and springy then knead in the **salt**. Clean the bowl, moisten it then put the dough back in, covered, in a warm place for one hour.

Gently divide into two equal pieces (around 258g) Shape each piece into a bloomer then rest it for 30 minutes. Dust lightly with flour and flatten a little into a rectangle. With the long side of the dough piece running left/right fold the edge furthest from you into the middle of the dough and crimp gently with your fingers. Now fold the edge nearest you into the midl and crimp again. Next fold the dough as though you were shutting a book.

To add a bit more structure start at the right hand side of the dough holding the corner furthest away from you between finger and thumb of your left hand. Now twist the dough over your thumb and down to meet the bottom edge of the dough. Go along the dough folding in the top edge like this, following along behind with your other hand to seal the dough. (Easier if you see this done.) Lastly roll the dough gently to the appropriate length. You can rub flour into a clean dry tea towel and lay it on a baking tray then place the shaped baguettes on the towel with ridges of towel between them to help them keep their shape but you then need to remove these delicate things from the cloth before they go in the oven. Alternatively proceed as below.

Let them prove for approximately 50 minutes on a baking tray lined with floured baking parchment. Dust each baguette lightly with white flour, and semolina. Just before the baguettes go in the oven slash the top more or less along the length of the baguette. Make sure the oven has plenty of time to reach 240°C. To give a good crust add a cup of water to a hot baking tray at the bottom of the oven as the baguettes go in then take it out after 5 or 6 minutes.

Bake at 230°C for 20 to 25 minutes. You may need to turn the trays midway through baking if your oven has hotspots.

Multiply up the ingredients to fill the oven with baguettes but remember that you don't need to increase the yeast in line with the other ingredients eg if quadrupling this recipe the yeast would go from 0.5g to 1 to 1.5 g.