



FOUGASSES / BAGUETTES

Using an overnight sponge mixture

Made the **evening before**, takes 2 minutes. This long cool fermentation with just a small amount of yeast helps to develop flavour.

In a bowl big enough to hold all the ingredients and allow for the dough to double in size mix then cover and leave somewhere coolish but not cold till morning. The water you add next day may need to be quite warm to make up for the temperature of the sponge.

Overnight sponge for two wee baguettes and a fougasse

125g strong white flour (Optionally replace 30g white with 30g dark rye flour)

1g dried yeast

125g cool water

Remaining ingredients to make dough for 1 fougasse and 2 baguettes

260g strong white flour (180g for baguettes, 85g for fougasse)

2g dried yeast (1g for baguettes, 0.5+ for fougasse)

7g salt (3g for baguettes, 4g for fougasse)

140g warm water (90g for baguettes, 45g for fougasse)

plus the overnight sponge

Amount of dough to use

215g for one fougasse

423g for two wee baguettes