

# Baguette

Cuisine: **French**

Food category: **Pastry**



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## Program steps

Preheating: **225 °C**

1	Hot air	100 %	Termination by time	00:05 hh:mm	210 °C	100 %	
2	Combination	30 %	Termination by time	00:16 hh:mm	170 °C	100 %	

## Ingredients - number of portions - 3

Name	Value	Unit
mouka pšeničná hladká	315	g
dried baker's yeast	8	g
salt	16	g
water	180	g
vegetable oil	10	g
yeast-polish	0	g
mouka pšeničná hladká	180	g
water	180	g
dried baker's yeast	3	g

## Nutrition and allergens

Allergens: 1, gluten

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	642.4 kJ
Carbohydrate	126.4 g
Fat	5.2 g
Protein	18.6 g
Water	141.5 g

## Directions

1. First, we prepare the starter (poolish). In a bowl, mix a pinch of instant yeast with warm water, flour, and knead into a smooth dough. Cover the mixture with plastic wrap and let it rest for 12–16 hours at room temperature. During this time, the starter will double in volume, create a large number of bubbles on the surface, and become liquid and sticky.
2. After 12–16 hours, in a larger bowl, mix instant yeast, flour, salt, warm water, and the prepared poolish (starter). Using a mixer, knead a smooth dough (about 5–10 minutes), which may feel slightly sticky. Transfer the dough to an oiled plastic container, cover it with a lid or plastic wrap, and let it rest for 45 minutes at room temperature. After 45 minutes, grasp the risen dough with damp hands, stretch it, and fold it over to the left, right, down, and up.
3. Cover the folded dough with a lid, let it rest for another 45 minutes, and repeat the folding once more. Again, cover with a lid and let the dough rise for the last 30 minutes. Turn the risen dough out onto a floured surface and divide it into 3 equal parts, from which we will shape balls. Cover them with a cloth and let them rest for 10 minutes.
4. Then shape each ball into a rectangle, from which we will form a baguette. In the final phase, we shape the baguette by rolling from the center outward with our fingers. Place the baguettes seam side up on a floured linen cloth. Create folds between the individual baguettes. Cover the baguettes with a cloth and let them rise for 1½ – 2 hours. Score the baguettes in several places with a razor about 5 mm deep. Slightly tilt the razor.

5. Bake on the specified program. After baking, let the baguettes cool on a wire rack.

## Recommended accessories



Perforated aluminium  
sheet, teflon coated