



# RUSTIC BAGUETTE

## *Ingredients*

- |                                    |                                    |
|------------------------------------|------------------------------------|
| ■ 700 g (1.54 lb) Cake Wheat Flour | ■ 64 g (0.14 lb) Sourdough Starter |
| ■ 590g g (1.3 lb) Water            | ■ 13 g (0.029 lb) Salt             |

**MAKES 4 BAGUETTES**

## *Directions*

1. Prepare a *Dry Sourdough Starter* the night before. Mix in **16 g (0.035 lb) of Mature Starter, 32 g (0.07 lb) of cake wheat flour** and **16 g (0.035 lb) of water**.
2. In a large bowl **mix all Cake Wheat Four and only 500 g (1.1 lb) of Water** by hand until all flour has been incorporated into the dough. Cover with a damp cloth and leave to rest for **1 hour** to perform an **autolyse**.
3. Perform **Slap & Folds**. **Lift your dough and slap it down on your work surface before folding the remaining dough over itself**. Continue for **10 minutes** until your dough smooths out. Let it rest for **15 minutes** in a covered bowl and repeat the **slap & fold process one more time**. When done let your dough rest for **30 minutes**.

# Directions Continued

4. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, re-cover the dough & wait an additional *30 minutes* to *repeat this process twice more*. After the *third stretch & fold*, re-cover the bowl and leave the dough to rest for *1 hour*. Then place your *tightly covered bowl* in the fridge overnight.

5. Cut your dough into *4 equal pieces*, shape them into boules and let them rest uncovered for *30 minutes*. Flour the top of your dough, flip it over and then fold both of its sides *lengthwise* over to the *centre*. Begin rolling the *dough into the shape of a baguette* and then place it on a *floured cloth*. Repeat this step with all doughs and *create a ridge with your cloth* to separate them from each other. Cover your doughs with a cloth and let them proof for *2 hours*.

6. Preheat your oven to *260°C (500°F)* & *place a pan of water into the oven floor*. Lift your baguettes with a plank onto a floured baking tray and then insert it into a *middle rack* in your oven(once preheated). Bake for *20 minutes* at *250°C (482°F)* then *remove the water pan* before baking for an additional *15 minutes* at *220°C (428°F)*.

**ENJOY!**