

## Baguette - Poolish

Ingredients	Grams
Flour	300
Water (21°C)	300
Yeast (dry)	Small pinch
<b>Total:</b>	<b>600</b>

### Method:

<b>Mixing</b>	Blend all ingredients on planetary mixer with paddle for two (2) minutes.
<b>Fermentation</b>	Place in lightly oiled tub and leave at room temperature overnight.

## Baguette - Dough

Ingredients	Grams
Flour	600
Water	324
Salt	18
Yeast (dry)	4
Poolish	600
<b>Total:</b>	<b>1546</b>

### Method:

<b>Mixing</b>	Improved method: <ul style="list-style-type: none"> <li>• 2 minutes, 1st speed.</li> <li>• 4 minutes, 2nd speed.</li> </ul>
<b>Finished dough temperature</b>	26°C
<b>Bulk proof</b>	90 minutes. Turn at 30 minutes, 60 minutes, scale at 90 minutes.
<b>Scale</b>	Divide into four (4) even pieces and pre-shape. <b>Not degassing too much.</b>
<b>Intermediate proof</b>	20 minutes.
<b>Shaping</b>	Shape into baguettes again, <b>not degassing too much</b> , and place on clothed trays for final proof.
<b>Final proof</b>	60 minutes covered.
<b>Bake</b>	Bake at 240°C for 10 minutes, reduce heat to 220°C for 20 minutes opening flue for last 5 minutes of bake.