

GOURMET FISHING

Season III - Episode V



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French Baguettes



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Grocery List

Baguettes

- Unbleached Flour
- Dry Activated Yeast
- Warm Water
- Light Agave Nectar or Honey
- Fine Salt
- Canola Oil
- Cornmeal
- Ice



Baguette Ingredients

French Baguettes



2-4 Loaves

- | | |
|--|---|
| 3 1/2-4 cups unbleached flour, plus more for dusting | 2 tsp fine salt |
| 1 1/2 Tbs Dry Activated Yeast, or about 2 envelopes | Canola, vegetable or olive oil, greasing the bowl |
| 1 1/2 cup very warm Water | Cornmeal for dusting |
| 2 Tbs Light Agave Nectar or Honey | 1/2 cup of ice |

In a large 4 cup measuring cup or bowl, add a 1/2 cup of very warm water. Next add the Agave Nectar and stir in until dissolved. Next add the yeast and stir until combined. Let stand in a



Yeast During Activation

warm place for 5-10 minutes. The yeast should begin to activate and start foaming. The yeast will foam and rise.

In a mixer bowl add 3 1/2 cups of flour and the salt. Mix the two well to disperse the salt throughout. Install the Dough hook, turn the mixer on low and then slowly add the yeast mixture. Slowly add 1 cup of

warm to the flour yeast mix. The mix should come together in a ball. While the ball is moving around the mixer bowl with sticking. If the ball is sticking to the walls add a little extra flour until. The ball does not stick.

Turn the dough ball on a floured surface. Knead the dough for 2-6 minutes. Knead away from you, turn and knead away from you again. Continually for 2-6 minutes. At the 2 minute mark, press your finger into the dough. If the print springs back, the dough does not need anymore kneading. If not, continue to knead and check the springiness of the dough.



Mixing the Dough

After kneading, add oil to a glass or metal bowl and add the dough. Roll the dough around to coat. Place a dish towel on top and place in a warm place. If your oven has a bread proof mode use it. Let the dough rise for about 25 minutes or when it's doubled in size.

French Baguettes

Punch the dough down and turn it back out on a floured surface. Cut it in half. Place one half back into the bowl and cover with the towel while you work with the other half. Spread the dough into a thin rectangle. Take the top edge and roll it back onto the flat dough surface; about 1/4 inch. Repeat for the lower edge. Then the upper and then lower until the dough is about 14" long and about 2" wide. Seal the seams with your fingers and stretch as you go. Next using the same method, roll the ends back on themselves; 1/2".

Add the cornmeal to a baking pan in a thin layer. Flip the seam side down on the pan. Do the same with the other dough piece. With a sharp knife or razor. Make a 1/2" or so deep diagonal cut on the top of the dough loaf. Cover the dough with the dish towel and place in a warm place to rise for a second time; another 25 per so minutes and/or doubled size.

Preheat your oven to 450F. Place the two rack in the oven. One on the middle position and the second just underneath. Place a small baking pan on the second rack while the oven is preheating to get hot.

After the dough has risen the second time, place the loafs in the oven and then add the 1/2 cup of ice in the hot pan which will instantly begin to steam. Close the oven, and bake for 15 minutes. The ice will create steam which in turn will create a nice crust on the banquettes.

Note: Careful not to drop ice on the glass door. The shock may crack the glass.



Gourmet Fishing



We catch fish, and then, We cook our catch...



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