

TRADITIONAL BAGUETTE

This is a fairly classic American baguette – 40% of the flour goes into a poolish and just 3% of the flour is used in a liquid levain. The majority of the flavor comes from the poolish, and the small percentage of levain brings a slightly more complex flavor from the wheat. The levain also adds some strength and improves definition on the scores.

The formula uses diastatic malted barley flour to balance the high level of fermentation in the formula. When prefermenting this much flour, the yeast has digested most of the sugars before the final mix. The enzyme activity provided by the malt will help extract additional sugars from the starch in the flour, aiding in fermentation activity and coloration of the baguette in the oven.

There is no rule on the number of scores for the baguette. In general an odd number of scores is more appealing than an even number of scores. For the length of the baguette required by the Coupe, 55-60 cm, seven cuts is a number that looks good and shows the skill of the baker.

PREFERMENTS

Poolish & Levain

- May be mixed by hand or in a vertical planetary mixer with the paddle attachment.
- Place all dry ingredients in bowl.
- Adjust the water temperature for a final temperature of 73°F.
- Mix until well blended.
- Cover and ferment at 73°F for approximately 12 hours.

FINAL DOUGH

- In the bowl of a spiral or vertical planetary mixer with hook attachment, place the poolish, levain and bread flour.
- Adjust the water temperature for a final dough temperature of 74°F. While mixing on first speed, add the water (this dough shouldn't be too soft). Mix for 2 minutes to incorporate and hydrate the ingredients.
- Sprinkle the salt, yeast and malt powder over the top of the dough and autolyse for 20 minutes.
- Mix on speed 1 for 2 minutes, adjusting hydration as needed.
- Mix on speed 2 to develop dough with medium gluten development, about 45 seconds.
- Let the dough ferment in a covered container at 74°-75°F.
- Give the dough 1 fold after 1 hour.
- One hour after the fold (2 hour total bulk fermentation), divide the dough into 340g pieces. Preshape rectangles, cover and rest for 20 minutes.

SHAPING & PROOFING

- Shape baguettes and place on linen couche.
- Proof at 74°-75°F for 60-75 minutes.

BAKING

- Transfer loaves to loader or peel.
- Score and bake at 470°F with steam. Open the damper at 18 minutes and bake for a total of 20-22 minutes. ☀



PHOTO: BRIAN WOOD

PROCESS Preferments {poolish & levain}

Mixing	Type of mixer	By hand
First fermentation	Length	12 - 14 hours
	Temperature	73°F

PROCESS Final dough

Mixing	Type of mixer	Spiral
	Mix style	Improved
	1st speed	2 mins
	Autolyse	20 mins
	1st speed	2 mins
	2nd speed	45 secs
	Dough temp	74°F
First fermentation	Length of time	2 hours
	Number of folds	1
	Timing for folds	+1 hr
Make up	Divide	340g
	Preshape	Rectangle
	Resting time	20 mins
	Shape	Baguette
Proof & Bake	Final proof time	60 - 75 mins
	Oven type	Deck
	Steam	Yes
	Total bake	20 - 22 mins
	Oven temperature	470°F
	Damper open	At 18 mins
	Door Open	No

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% of Prefermented Flour: 43

	Total Formula		Poolish		Levain		Final Dough	
	%	Kg	%	Kg	%	Kg	%	Kg
Bread Flour	100.00	5.926	100.00	2.370	100.00	0.178	100.00	3.378
Water	66.00	3.911	100.00	2.370	100.00	0.178	40.35	1.363
Salt	1.90	0.113	-	-	-	-	3.33	0.113
Instant Yeast	0.30	0.018	0.10	0.002	-	-	0.46	0.015
Malt Powder	0.25	0.015	-	-	-	-	0.44	0.015
Liquid Levain Seed	0.30	0.018	-	-	10.00	0.018	-	-
Poolish	-	-	-	-	-	-	140.42	4.743
Levain	-	-	-	-	-	-	11.05	0.373
	168.75	10.000	200.10	4.743	210.00	0.373	296.05	10.000