Baguette

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. Any prep work to be done before class is highlighted in yellow.

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- ☐ *Unbleached All-Purpose Flour: 462g (about 4 cups), plus more for dusting work surface*
- ☐ *Water: 327g (1 ⅛ cups)*
- ☐ *Instant or active dry yeast: 1.5g (½ teaspoon)+ a pinch*
- ☐ *Salt: 10g (1 ½ teaspoons)*

Important *Please make the Poolish 12-15 hours before the class begins. See baguette recipe for ingredients and directions.*

EQUIPMENT

- ☐ *Scale (preferred) or measuring cup set*
- ☐ *Measuring spoons*
- ☐ *Mixing bowl*
- ☐ *Plastic bowl scraper*
- ☐ *Metal bench knife*
- ☐ *Bowl cover (plastic wrap or silicone)*
- ☐ *Tea towel (or couche)*
- ☐ *Sheet pan or pizza peel*
- ☐ *Sharp paring knife (or lame)*
- ☐ *Parchment paper*
- ☐ *Thermometer*
- ☐ *Pizza stone or steel*
- ☐ **Cast iron skillet or heavy metal pan, preferred*

NOTE:

Adding water to a cast iron skillet or metal pan in a blazing hot oven can cause warping and rusting. It's wise to designate a cast iron skillet specifically for baking bread, accepting the possibility of warping or rust. Look for affordable cast iron skillets at garage sales or thrift shops, where you might discover ones in less-than-perfect condition. Avoid using glass, ceramic, or glazed Dutch ovens for this purpose.

Baguettes

YIELD: 3 DEMI-BAGUETTES

INGREDIENTS - POOLISH

- ☐ *138g (1 cup+ 2 tablespoons) King Arthur Unbleached All-Purpose Flour*
- ☐ *138g (½ cup + 1 tablespoon) cool water*
- ☐ *pinch yeast*

INGREDIENTS - FINAL DOUGH

- ☐ *324g (2 ⅔ cups) King Arthur Unbleached All-Purpose Flour*
- ☐ *189g (¾ cup+ 2 teaspoons) water*
- ☐ *½ teaspoon yeast*
- ☐ *10g (1 ½ teaspoons) salt*

DIRECTIONS

POOLISH

1. The night before you're ready to bake, combine the flour, water, and pinch of yeast in a medium bowl and mix until blended. Cover the bowl tightly and let the poolish ferment for approximately 12-15 hours at room temperature. When it's ripe, the poolish should be very bubbly and fragrant.

FINAL DOUGH

1. When the poolish is ripe, combine it with the final dough ingredients. Stir until the mixture forms a cohesive mass. The dough should be somewhat sticky, so you may need to add a bit more water.
2. Let the dough rise for 60-90 minutes, folding every 10 minutes for the first half hour (3 folds total). The dough temperature should be about 78°.
3. Divide the dough into 3 pieces and gently pre-form rounds. Let rest, covered for 20 minutes.
4. Shape pre-shaped rounds into baguettes. Place the shaped bread, seam side down on a couche or a lightly floured tea towel and let it proof, covered, about 30 to 40 minutes, or until it has almost doubled in bulk.
5. While the loaves are proofing, preheat your oven and baking stone to 500°F.
6. Place the risen loaves on parchment paper, then place the loaves and parchment paper on a peel. Score the loaves. Slide the baguettes and parchment onto the preheated stone.
7. Fill the oven with steam. Bake for 25-30 minutes or until the crust is well-caramelized, and the sides are firm.
8. Baguettes are best enjoyed same day. If necessary, store at room temperature in a plastic bag. Freeze for longer storage.

All Steamed Up

When it comes to baking beautiful, artisan-style breads at home there are a few things we need to set up to produce the best results. We need a good, hot, well-preheated oven, a baking stone/steel or some other hearth, and a means of introducing steam into the oven.

Preheating your oven with the baking stone in for the better part of an hour ensures that once the bread is in the oven, it will rise quickly and fully. The baking stone will retain plenty of heat for quick transfer to the dough. When using a baking steel, the preheating time may be slightly reduced. The rapid increase in dough temperature is a critical part of pushing the bread up during the first few minutes of the bake. Ovens that haven't been substantially preheated or lack a baking stone, or some other hearth, will result in flatter bread.

The second thing we need to make the best possible bread is steam. Flushing the oven with steam right after the bread is loaded keeps the bread moist and results in better volume, color, and crumb structure.

There are several ways to do this effectively. An old, dedicated, cast-iron pan placed in the bottom of the oven while preheating is an effective tool for steam. Immediately after loading the bread, slide the cast iron pan out of the oven far enough to carefully pour about one cup of boiling water into the preheated pan. Make sure to stay out of the way of the quickly rising steam. Close the oven, and let the bread bake in the freshly steamed oven until it's time to check for doneness. When pouring the water into the pan, it's a good idea to place a cookie sheet or other covering over the window of your open oven door. This ensures that no boiling water bouncing out of the pan damages your oven window.

Alternately, a cast-iron or ceramic Dutch oven may be preheated for the better part of an hour. Round loaves can be placed in the preheated pan, covered with the lid, and placed back in the hot oven. This method uses naturally generated steam from the baking bread by trapping it in the closed Dutch oven. No additional water or steam is required. When using this method, carefully remove the Dutch oven lid about 15 minutes into the bake. This will release excess steam and expose the loaf to the oven so it can take on color for the remainder of the bake.

If neither of these methods is available, a metal bowl may be placed over round loaves for about 15 minutes. This will also retain steam naturally emitted from the baking bread but may be less effective than either of the methods outlined above.

Controlling Dough Temperature

Understanding the importance of dough temperature and knowing how to control it is important to good bread baking. Yeast are living organisms and thrive in dough given the right conditions. They like a steady, warm environment with plenty of food. The flour provides food, but it's up to the baker to produce a dough that is hospitable to good fermentation. A dough at 60° will ferment much slower than an 80° dough. To accurately follow recipe timelines, we need to mix dough that will be warm enough to make the yeast comfortable and active. At home, this usually means making dough that is around 78° after mixing is complete. The easiest way to control the temperature is to use the right temperature water for our mix.

To calculate Desired Dough Temperature, we use an easy formula. Professional bakers, who work on tight timelines, use this formula to control their doughs and stay on schedule, and it can be a valuable tool for baking at home.To calculate water temperature for our mix, we need to know a few things: The temperature of the air, the temperature of the flour, the temperature of our preferment (if there is one), and the amount of heat (we will call this "friction") we're going to generate during the mix (this applies only if mixing in a stand mixer. When mixing dough by hand, our number for friction is 0). A digital probe thermometer is needed.

STEP 1

Multiply the dough temperature we want (78°) by the number of variables we have (air, flour, preferment, friction).

- 78 x 4 = 312

STEP 2

Use thermometer to take the temperatures of the variables.

- Air: 70
- Flour: 67
- Preferment: 69
- Friction: 0

STEP 3

Subtract the value of each variable from the value in step 1.

- 312 - 70 - 67 - 69 - 0 = 106

That is the whole Desired Dough Temperature calculation. If we pull 106° water from our tap, we will produce a dough near 78°, and can more reliably follow our recipe timeline.

NOTE

When mixing without a preferment, we will only have three variables. That means, multiply 78 x 3. Also, when using a mixer, the value for friction will generally be about 26. One test batch is all you need to determine the exact friction of your mixer.