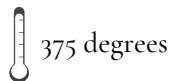
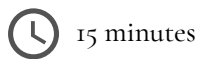
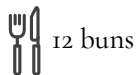




# French Bread



## INGREDIENTS

### Poolish:

1/8tsp yeast  
65g warm water  
60g Hard Red Wheat

### Dough:

395g warm water  
250g Hard Red Wheat  
250g Hard White Wheat  
10g Vital Wheat Gluten (optional)  
1/2 tsp yeast  
10g sea salt

**Wheat berries.** You can substitute 100% of either hard red or hard white wheat. Hard red wheat gives the loaves a chewier texture. For using 100% Hard White use 400g water and for 100% Hard Red use 390g water in the dough.

## DIRECTIONS

1. Mill your HRW for the poolish on the finest setting. Combine the ingredients for the poolish. Cover and let sit in a warm spot until tripled in size, about 4-6 hours.
2. Once the poolish has tripled, Mill your wheat for the dough on the finest setting. Combine in a large bowl; the water, wheat gluten and flour. Allow to autolyse for 30 minutes.
3. Add the yeast, salt and poolish. Combine into a shaggy dough and rest for 30 minutes.
4. Perform one set of stretch and folds, cover and rest for 1 hour and then stretch and fold again.
5. Now we will do more frequent folds. Allow the dough to rise for 1-2 hours, stretching and folding every thirty minutes until the dough has risen 50% in volume. Cover and refrigerate overnight, not exceeding 24 hours.
6. Remove from the refrigerator. The dough should be double its original size. If it has not doubled, allow it to rest in a warm spot until doubled.
7. Gently divide the dough into two pieces. Pat and stretch the dough into a 6 inch square. Roll into a cylinder. Repeat with the other piece of dough. Cover and rest for 20 minutes. Preheat the oven and baking steel to 500 degrees with a cast iron pan on the rack below the steel.
8. Shape the dough. Transfer to a linen cloth, heavily dusted with rice flour, seam side up. Pleat the cloth to separate each loaf. Cover and rest 30-60 minutes until risen 50%. Poke test should spring back slowly and not fully.

1. Roll the loaves gently onto a pizza peel or thin board. Score then transfer the dough very gently into the oven, onto the baking steel. Into the cast iron pan below, pour about a cup of boiling water. Mist the baguettes with water and bake for 10 minutes. Open the door to allow the steam to escape. Reduce to 450 degrees and continue baking until a deep golden brown color, about 10-15 minutes.