

# Baguette Au Levain

## Ingredients – makes 3 baguettes

- 250g sourdough starter
- 375g strong white bread flour
- 8g salt
- 175-225ml tepid water
- Olive oil for kneading



## Method

1. Put the flour, starter and salt into a large mixing bowl. Add 175ml of water and begin mixing with your hands, adding more water if you need to, until you have formed a soft, rough dough and picked up all the flour from the sides of the bowl.
2. Coat the work surface with a little olive oil, then tip the dough onto it and begin to knead. Keep kneading for 5-10 minutes. Work through the initial wet stage until the dough starts to form a soft, smooth skin.
3. When your dough feels smooth and silky, put it into a lightly oiled bowl and cover with a tea towel. Leave to rise at 22-24°C (no cooler than 15°C and no warmer than 25°C) for 5 hours, or until at least doubled in size.
4. Lightly dust the silicone baguette trays, or, cover 2 trays with cloths and dust them heavily with flour.
5. Tip the risen dough onto a lightly floured surface and fold it inwards repeatedly until all the air is knocked out and the dough is smooth. Divide it into 2-3 pieces, each weighing approx. 300g. Shape each piece into a sausage by flattening the dough out slightly and folding the sides into the middle. Then roll up – the top should be smooth with a join running along the length of the base.
6. Then, beginning in the middle, roll out each sausage with your hands. Don't force it out by pressing heavily. Concentrate on the backwards and forwards movement and gently use the weight of your arms to roll out the dough to the length of your oven trays.
7. Put the baguettes, seam side down on the baguette tray or floured cloths, and dust with more flour. Put each tray inside a clean plastic bag and leave to prove at 22-24°C for 12 hours, or until the dough is doubled in size and springs back when lightly prodded with your finger.
8. When the dough is ready, heat your oven to 210°C (190°C Fan) and put a roasting tray on the bottom shelf to heat up. Line 2 baking trays with baking parchment or silicone paper.
9. Carefully transfer the baguettes to the prepared baking trays (you should be able to fit three on a tray). Make three long cuts diagonally along the length of each baguette. You may need to bake your breads in batches.
10. Fill the roasting tray with hot water and put the baguettes into the oven. Bake for 25 minutes until golden brown. Cool on a wire rack.

## TIMINGS

Para	Name	Duration	Start	Finish
1-2	Mix ingredients	00h:25m	11:45	12:10
3	First Prove	06h:00m	12:10	18:10
5	Create Baguettes	00h:25m	18:10	18:35
6	2nd Prove	12h:00m	18:35	06:35
8-10	Bake	00h:25m	06:35	07:00