

# Twisted Baguettes



## Ingredients list

- 1 tsp sugar
- ½ x 7g sachet dried yeast
- ½ tbs olive oil
- 250g strong white bread flour
- 1 teaspoon salt
- 150ml cold water

## Equipment list

- Glass mixing bowl
- Plastic spoon
- Scissors for yeast
- Measuring jug (300ml cold water)
- Lined baking tray

# Method

- Place the flour in a large bowl. Put the sugar and the salt together at one end of the bowl.
- At the opposite end of the bowl place the yeast. Mix the flour well to combine all the ingredients.
- Pour in the oil and stir with a wooden spoon.
- **Gradually** add the water (150ml) and stir to make a dough.



# Method

- Dust a clean work surface and your hands with flour, then knead the dough, pushing, folding and pulling it with your hands, for about 5 - 7 minutes until it's silky and elastic
- You are going to make 1 baguette – roll it into a sausage that is just shorter than your baking tray



# Method

- We need to leave to prove. (ideally bread will prove for 1- 1 ½ hours, however for this lesson leave to prove until there is 30 minutes of the lesson left)
- The bread should increase in size after proving
- Take your baguette and score four times (about 2 cm deep) in an angle of 35 to 40 degrees diagonally from left to right (***watch video to see how to do this***)

