

## FRENCH BAGUETTES

**Equipment needed** – food processor, large bowl, measuring cups, measuring spoons, measuring jug, 3 baking trays, knives, pastry brush and a small bowl.

### **Ingredients from the Garden** –

- 1 egg yolk

### **Ingredients from the Pantry** –

- 1 cup of water
- 2 ½ cups of bread flour
- 1 tablespoon of white sugar
- 1 teaspoon of salt
- 1 ½ teaspoons of yeast
- 1 tablespoon of water

### **What to do** –

1. Measure out 1 cup of water and place in a jug. Add the sugar and sprinkle over the yeast. Gently whisk then set aside until the mixture becomes foamy.
2. Measure out the flour into the food processor. Add the salt and blitz a couple of times.
3. When the yeast mixture is ready add to the food processor with the flour and mix until a dough is formed.
4. Remove the dough from the food processor and knead on a clean and floured bench.
5. Spray a large bowl with olive oil and place the dough in the oiled bowl. Turn the dough to coat all sides with oil, cover with a clean tea towel and set aside in a warm place for about 30 minutes or until it has doubled in size. The dough is ready if indentations remain when touched.
6. Punch down the dough. On a lightly floured bench, roll the dough out into a large rectangle. Cut the dough into 3 pieces. Roll up each piece of dough tightly starting from the longer side, pushing out any air bubbles as you go.
7. Roll the dough gently back and forth to taper out the ends. Place onto greased baking trays.
8. Using a knife, make deep diagonal slashes on each loaf, every 5 cm. Cover and let rise in a warm place for 30-40 minutes until it doubles in size.
9. Preheat the oven to 190 °C. Mix the egg yolk with 1 tablespoon of water and brush over the tops of the loaves.
10. Bake for 20-25 minutes, or until golden brown.
11. Serve the baguette with the basil butter.

Serves –

- 28 students.