

Fransız Baget

Geleneksel Fransız baget tarifi - sadece 5 malzeme ile çıtır kabuk ve yumuşak iç dokusu. Uzun fermantasyon ile lezzet katlar.

660	40	700	2	Hard
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Fransız Baget

Malzemeler

- 60 g flour
- 160 g water
- 1 tsp yeast
- 1 tsp salt

Yapılış

- Make the starter**

Combine 60g bread flour, 60g water, and 1 tsp active dry yeast in a large mixing bowl. Stir until no dry flour remains. Cover tightly with plastic wrap and let ferment at room temperature for 8-12 hours until doubled in size and bubbly.
- Mix the dough**

Add the remaining 160g bread flour, 100g water, and 1 tsp salt to the fermented starter. Mix with your hands until a shaggy, sticky dough forms and no dry flour remains, about 2-3 minutes. Cover with plastic wrap and let rest for 30 minutes.
- Develop the dough**

Wet your hands to prevent sticking. Grab one edge of the dough, stretch it up about 12 inches, then fold it over onto itself. Rotate the bowl 90 degrees and repeat on all four sides. Cover and rest for 30 minutes. Repeat this stretch-and-fold process 3 more times at 30-minute intervals.
- Bulk fermentation**

Cover the dough and let it rise at room temperature for 2-3 hours until nearly doubled in size. The dough should feel jiggly and show visible bubbles on the surface.
- Preheat oven**

Place a cast iron pan on the bottom oven rack and a pizza stone or inverted baking sheet on the middle rack. Preheat oven to 482°F (250°C) for at least 1 hour. Line a pizza peel or inverted baking sheet with parchment paper.
- Shape the baguettes**

Turn the dough onto a lightly floured surface and divide into 2 equal pieces (about 305g each). Shape each piece into a rough rectangle. Fold the top edge down about 1 inch and seal with your fingertips. Continue folding and sealing to create a tight cylinder. Roll each cylinder under your palms to form 14-inch long baguettes.
- Final rise**

Place baguettes seam-side up on a floured kitchen towel, creating pleats between them for support. Cover with another towel and let rise

for 45-60 minutes until increased by 50% and springs back slowly when gently poked.

8

Score and bake

Carefully transfer baguettes seam-side down onto parchment paper. Using a sharp knife or razor blade, make 3-4 diagonal slashes about 1/4 inch deep across each baguette. Slide the parchment onto the hot pizza stone. Immediately pour 1 cup of ice cubes into the cast iron pan to create steam. Reduce oven temperature to 464°F (240°C) and bake for 25-30 minutes until deep golden brown and hollow-sounding when tapped. Cool completely on a wire rack before slicing, at least 1 hour.

puçlar?

Hamur için mutlaka ılık su (45°C) kullanın - çok sıcak su maya aktivitesini bozabilir.

Hamura fazla un eklemeyin - yapışkan kıvam bagetin havadar yapışı için gereklidir.

Katlama işlemlerini düzenli aralıklarla yapın - bu gluten ağırlığının gelişmesi için kritiktir.

Fırın taşı veya çelik tepsi kullanarak daha çıtır kabuk elde edin.

Puanlama için çok keskin bir bıçak kullanın ve kararlı, hızlı hareketlerle kesin.

Buhar için buz küplerini fırına ekmeği koyar koymaz atın - gecikmeden buhar oluşturulmalıdır.

Ekmeği dilimlemeden önce mutlaka tamamen soğumasını bekleyin - bu lezzet gelişimi için önemlidir.

İlk denemede mükemmel olmasa endişe etmeyin - baget yapımı pratik gerektirir.