

# **Boule and Demi-Baguette Recipe**

Bread Baking 102 - My Basic Straight Dough (Yeast)

## **Ingredients**

4 cups bread flour  
2 1/4 tsp instant yeast  
1 1/2 tsp fine sea salt  
2 tsp honey  
2 Cups Warm water (105°F-110°F) (plus 1 Tbs for salt)  
Old dough (if you have it)

## **Mixing**

In the bowl of the stand mixer, add the water, honey, and yeast.

Add the old dough, if using, and mix well.

Add the flour.

Add the salt and the tablespoon of water.

Turn the mixer on low until the flour is absorbed into the liquid.

Raise the speed of the mixer. Knead using the dough hook until you hear the slapping sound (as explained in the video).

The dough should be smooth and elastic.

Transfer the dough to a lightly oiled bowl or dough bucket.

## **First Rise & Stretch/Folds**

Give the dough a quick shaping to build strength before proofing.

Allow the dough to rise for 30 minutes, then do the first stretch and fold. Cover.

Let rise another 30 minutes, then stretch and fold again. Cover.

Repeat one more time after 30 minutes, for a total of 3 stretch and folds.

After final stretch and fold, allow dough to rest covered for 60-90 minutes, or until doubled.

## **Pre-Shaping**

Divide dough in half. Lightly dust the work surface with flour.

Follow the pre-shape method from the video (form into simple balls). Cover each dough ball.

## **Final Shaping & Baking**

Preheat oven to 450°F. Heat Dutch oven if using.

Dough Ball #1: Follow shaping technique from video. Place on parchment, score, and transfer to Dutch oven.

Bake 30 min with lid on, then remove lid and bake 15 min. Cool at least 90 minutes.

Dough Ball #2: Divide in half. Shape into baguettes.

Score with lame or sharp knife. Bake on sheet pan or baguette tray.

Bake for 20 minutes. Cool 1 hour.