

Boule & Demi-Baguette

Bread Baking 102 – Basic Straight Dough (Yeast)

Ingredients

Ingredient	Volume	Grams
Bread Flour	4 cups	560–600 g
Instant Yeast	2¼ tsp	7 g
Fine Sea Salt	1½ tsp	9 g
Honey	2 tsp	14 g
Warm Water (105–110°F)	2 cups	480 g
Extra Water for Salt	1 Tbsp	15 g
Old Dough (optional)	as desired	—

Flour weight can vary depending on how it is measured. The gram range reflects typical cup measurements used in home kitchens.

Mixing

- In the bowl of a stand mixer add the warm water, honey, and yeast.
- Add the old dough (if using) and mix well.
- Add the flour.
- Add the salt along with the tablespoon of water.
- Mix on low until the flour is fully absorbed.
- Increase speed and knead with the dough hook until the dough becomes smooth, elastic, and begins making the characteristic slapping sound described in the video.
- Transfer dough to a lightly oiled bowl or dough bucket.

First Rise & Stretch and Folds

- Give the dough a quick shaping to build strength before proofing.
- Allow dough to rise for 30 minutes, then perform the first stretch and fold. Cover.
- Let rise another 30 minutes and repeat the stretch and fold. Cover.
- Repeat once more after 30 minutes for a total of three stretch and folds.
- After the final fold allow dough to rest covered for 60–90 minutes or until doubled.

Pre-Shaping

- Divide dough in half and lightly flour the work surface.
- Pre-shape each portion into simple balls as shown in the video and cover.

Final Shaping & Baking

- Preheat oven to 450°F (232°C). Heat Dutch oven if using.
- Dough Ball #1: Shape as shown in the video, place on parchment, score, and transfer to Dutch oven.
- Bake 30 minutes with lid on, then remove lid and bake 15 minutes more. Cool at least 90 minutes.
- Dough Ball #2: Divide in half and shape into baguettes.
- Score with a lame or sharp knife and bake on sheet pan or baguette tray.
- Bake for 20 minutes and cool for about 1 hour.