

# french boule

7-inch ARTISAN BREAD

Recipe for one 7-inch artisan french boule. This printable recipe is a supplement to the video. Watch the video to observe how every step is done as well as its accompanying explanations.

## **Poolish**

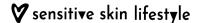
Ingredients:	Weight (ounces)	Baker's %
<ul><li>bread flour</li></ul>	3.35 oz	33%
• cold water	3.35 oz	33%
<ul><li>instant yeast</li></ul>	0.01 oz, slightly less than ¼ tsp	0.14%

#### ~16 HOURS PRIOR TO MAKING BREAD:

- 1. Add cold water into a medium sized bowl.
- 2. Add instant yeast and bread flour.
- 3. Using a spoon, mix to ensure flour is hydrated with no pockets of dry flour inside the poolish.
- 4. Cover bowl with cling wrap.
- 5. Ferment for 12 to 16 hours.

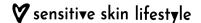
# Dough

Ingredients:	Weight (ounces)	Baker's %
bread flour	6.7 oz	67%
• water, ~86°F/30°C	3.8 oz	38%
• fine salt	1.14 oz	1.4%
instant yeast	0.07 oz	0.7%
<ul> <li>poolish at peak activity</li> </ul>		-



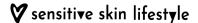
### **BREAD MAKING DAY:**

- 1. Add water into a mixing bowl.
- 2. Add poolish and instant yeast into the water.
- 3. Add bread flour.
- 4. Add salt on top of the flour, minimizing contact with the yeast.
- 5. Using a spoon or stand mixer (dough hook attachment), mix until a wet, lumpy dough is formed. Do not overmix.
- 6. Transfer the wet lumpy dough to the bench.
- 7. Cover the dough with a large bowl. Let it rest for 25 min.
- 8. Glaze a clean, large bowl with extra virgin olive oil.
- 9. Using a wet dough scraper, loosen the dough from the bench.
- 10. Using wet hands, slap and fold a few times to form a smooth dough ball.
- 11. If after 10 slap and folds, the dough still feels wet, sticky, lumpy and easily ripping: STOP. Cover the dough with a bowl. Rest it for 15 mins, then repeat steps 9 and 10.
- 12. Transfer the smooth dough ball into the large oiled bowl.
- 13. Cover. Let it rise for 60 minutes or until the dough has doubled in size.
- 14. Stretch and fold. Turn 90 degrees. Repeat this four times.
- 15. Cover. Let it rise for another 60 minutes or until the dough has doubled in size.
- 16. Transfer dough to the bench, smooth side down.
- 17. Fold the sides over the center.
- 18. Flip the dough ball, smooth side up.



- 19. Using both hands or a dough scraper, pull the dough ball towards you, turn it 90 degrees. Repeat a few times until you shape it into a smooth and seamless dough ball.
- 20. Cover the dough ball with a bowl. Let it rest for 25 mins.
- 21. Repeat steps 18-19.
- 22. Dust bread flour over the banneton basket.

  Banneton alternatives: A round medium sized pot or bowl, 7.5 to 8.5 inches in diameter, lined with a clean dry tea towel.
- 23. Transfer the dough ball into the banneton, smooth side down.
- 24. Cover. Place the banneton into the warmest part of your home. Let it rise for 60 minutes, or until doubled in size.
- 25. Place an oven-safe baking pan into the lower rack of the oven.
- 26. Preheat the oven to 450°F / 230°C.
- 27. Place a 7.5 in x 7.5 in parchment paper on top of the dough in the banneton.
- 28. Place a baking tray on top of the parchment paper.
- 29. Flip both the banneton and the baking tray at the same time so that the banneton is sitting on the baking tray.
- 30. Carefully remove the banneton. Now you will see the risen dough on the parchment lined baking tray.
- 31. Score a cross on the dough as shown in the video.
- 32. Using a spray bottle, generously mist water over the dough.
- 33. Open the preheated oven, carefully add 2 cups of water into the preheated baking pan.
- 34. Place the baking tray with the dough on the middle rack.



- 35. Bake for 10 mins.
- 36. After 10 mins, carefully remove the water filled baking pan from the oven.
- 37. Reduce oven temperature to 425°F / 218°C.
- 38. Bake for another 15 mins or until the bread turns golden brown. \*times may vary by oven.
- 39. Carefully remove the bread from the oven and transfer it to a cooling rack.
- 40. Let the bread cool for at least 2 hours before slicing. DONE.

## Note:

- Homemade bread without preservatives stays fresh at room temperature for about 1.5 days.
- You can freeze this bread. See video for more details:

https://bit.ly/frenchboulebread

Recipe Last Updated: March 28, 2024