

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 %
• bread flour	3.35 oz	33%
• cold water	3.35 oz	33%
• instant yeast	0.01 oz, <i>slightly less than ¼ tsp</i>	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%
• poolish at peak activity	-	

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>

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