

## **Provençal Fougasse Breads – 3 variations**

**Olive (green or black)**

**Sun-dried tomato, rosemary & garlic**

**Fresh herbs and sea salt**

**Alliance Française DuPage Baking Demonstration**

**Saturday, March 12, 2022 at 11:00 am**

**Presented by Chef Chris Thielman & Karen Thielman**

**Servings: 2 loaves**

**Special equipment: Stand mixer with dough hook, bowl, cling film, parchment paper, 2 cookie sheets or pizza stone, pizza wheel cutter, pastry brush**

### **Ingredients for basic fougasse dough:**

350 grams warm water

500 grams bread flour

10 grams kosher OR a type of sea salt (examples: fleur de sel or Maldon sea salt flakes)

2 Tablespoons olive oil

7 grams (2 teaspoons) instant yeast

**See additional ingredients for the fougasse variations, but all versions will require:**

Cornmeal

Additional olive oil

Vegetable spray

Additional sea salt for garnish

### **Ingredients for filling variations:**

### **Olive (Green or Black)**

100 grams pitted, lightly chopped Picholine green olives or pitted, lightly chopped and rinsed Kalamata or Niçoise black olives

Add to the dough during the last 1 minute of mixing at low speed.

### **Sun-dried tomato, rosemary & garlic**

100 grams chopped sun-dried tomatoes

2 cloves garlic, very finely minced

1 teaspoon freshly chopped rosemary

Add the sun-dried tomatoes, minced garlic and 1 teaspoon of rosemary to the dough during the last 1 minute of mixing at low speed.

1 additional teaspoon freshly chopped rosemary for garnish (1/2 teaspoon for each loaf).

### **Fresh herbs and sea salt**

1 teaspoon freshly chopped rosemary

1 teaspoon freshly chopped thyme

1 teaspoon freshly chopped sage

1 teaspoon freshly chopped oregano

Add 1 teaspoon rosemary, thyme, sage and oregano to the dough during the last 1 minute of mixing at low speed.

1 additional teaspoon freshly chopped rosemary for garnish (1/2 teaspoon for each loaf).

### **Method for basic dough:**

In a stand mixer bowl, add the warm water first, followed by the flour, then the salt, olive oil and yeast. Mix dough on medium speed with a dough hook for 7 minutes.

Add your chosen filling variation and mix for 1 more minute on low speed.

### **Dough-forming and cooking method for all Fougasse varieties:**

Lightly grease a separate bowl with olive oil. Place the dough inside and cover with cling film. Hold for 1 hour at room temperature, then place in fridge overnight.

The next day allow the dough to warm up for two hours until it reaches room temperature.

Remove the dough. Cut the dough in half and shape each half into a rough triangle and allow to rest for 30 minutes on a lightly-floured surface.

After 30 minutes of resting time, roll out the dough to about 8 inches wide by 10 inches tall, with a thickness of  $\frac{3}{4}$  inch.

If you are using two cookie sheets, place sheets of parchment paper on the cookie sheets. Sprinkle cornmeal on the parchment paper.

Place the dough on the cornmeal-sprinkled parchment paper, retaining its shape (one piece of dough per cookie sheet).

If you will be baking the fougasse on a pizza stone in the oven, in order to transfer the dough to the pizza stone more easily, place the parchment paper on the back of the cookie sheet. Sprinkle with cornmeal and place the dough on top, retaining its shape. You will be transferring the dough to the pizza stone AFTER it rises (proofs).

Cut the dough with a pizza wheel to represent a sheath of wheat - one long vertical slice in the center and 4 smaller slices diagonally on each side of the center slice. Spread the resulting holes out slightly so they don't reconnect when the bread bakes.

Cover the cookie sheets with plastic wrap sprayed with vegetable oil, and allow to proof in a warm place for about an hour to an hour and a half.

If using a pizza stone, use this time to pre-heat your pizza stone (at least one hour) on the oven rack one notch up from the center of the oven.

After proofing is completed, garnish the dough following the instructions for each variation.

### **Garnish for Fougasse variations**

#### **Olive (Green or Black)**

Brush with olive oil and a little sea salt.

#### **Sun-dried tomato, rosemary & garlic**

Brush with olive oil, a sprinkle of freshly chopped rosemary (1/2 teaspoon per loaf) and sea salt.

#### **Fresh herbs and sea salt**

Brush with olive oil, a sprinkle of fresh chopped rosemary (1/2 teaspoon per loaf) and sea salt.

If using two cookie sheets, place the cookie sheets on the center rack and the rack one notch up from center.

If using the pizza stone, slide the parchment and dough onto the pre-heated pizza stone.

**Be aware that if you are using cookie sheets, the crust will NOT be the same as it would be with a pizza stone. The pizza stone will give a crispier, crunchier crust.**

Bake at 470° for about 20 to 25 minutes or until a deep golden brown.

#### **Chef Notes:**

If using cookie sheets to bake the fougasse, you may use a silicone baking sheet or parchment paper. Please use only parchment paper for the pizza stone **(do not use a silicone baking sheet on the pizza stone)**.

Be sure to pre-heat your pizza stone for at least an hour in the oven before baking.

This bread will go stale rather quickly, so freeze any uneaten fougasse and refresh in a hot oven at 375° for 5 minutes.