

THREE SPELT BAGUETTES



Sponge ingredients (*previous day*)

250g light spelt flour
1g dried yeast
250g warm water

Dough ingredients

250g light spelt flour
10g salt
80g warm water

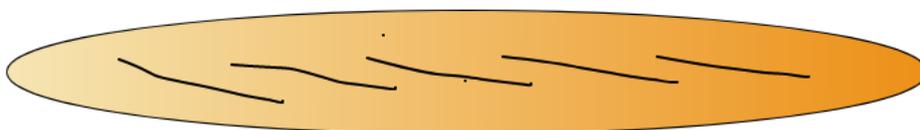
Method

Mix the sponge ingredients in a large bowl, cover and leave overnight at room temp. Next morning add the remaining flour, warm water and salt but no more yeast to the sponge and mix thoroughly. Now knead the dough for 10 minutes until it is smooth and springy. Clean the bowl then put the dough back in, covered, in a warm place for one hour.

Gently divide into three pieces around 280g. Shape each into a ball then rest them for 30 minutes. Dust lightly with flour and flatten a little into a rectangle. With the long side of the dough piece running left/right fold the edge furthest from you into the middle of the dough and crimp gently with your fingers. Now fold the edge nearest you into the middle and crimp again then fold the dough as though you were shutting a book. To add a bit more structure start at the right hand side of the dough holding the corner furthest away from you between finger and thumb of your left hand. Now twist the dough over your thumb and down to meet the bottom edge of the dough. Carry on along the dough folding in the top edge, following along behind with your other hand to seal the dough. Lastly roll the dough out gently to fit your tray/oven (35cms for me). Rub flour into a clean dry tea towel and lay it on a baking tray then place the shaped baguettes on the towel with ridges of towel between them to help them keep their shape. Cover the baguettes with the trailing half of the dish towel.

Prove for 40 minutes before moving them to a baking tray lined with floured baking parchment. Make sure the oven has had plenty of time to reach 240°C. Dust the baguettes lightly with white flour or semolina then just before they go in the oven slash the top more or less along the length of the baguette, overlapping each cut by 2 or 3cms as in the sketch. To give a good crust add a cup of water to a hot baking tray at the bottom of the oven as the baguettes go in then take it out after 5 or 6 minutes. Bake at 230°C for 20 to 25 minutes. Turn the trays after 15 mins if your oven has hotspots.

Multiply up the ingredients to make more baguettes but remember that you don't need to increase the yeast in line with the other ingredients eg if quadrupling this recipe the yeast would go from 0.5g to between 1 to 1.5 g. For epis, make 10 scissor cuts at approx 5cms intervals along the dough at 45°, 3/4 depth of dough. Twist first cut to left, next to right etc. Spelt dough loses its gas easily so go gently and don't over prove.



updated 20/2/2021