



Mediterranean Fougasse bread



Sunny flavours to take in your picnic basket!

Preparation time:
2H25

Cooking time:
The time varies depending on the type of machine and program selected. Thank you for referring to the manual for your machine.
15 m

Rating:
★★★★★ (No Ratings Yet)

Preparation



手工制作

Preparation:

To prepare the Fougasse:

- 1 - In a bowl, mix the flour, salt and oil.
- 2 - Dissolve the yeast in water and pour into the bowl.
- 3 - Combine with a spatula until you have a homogeneous dough and finish working it with a rolling pin.
- 4 - Form a ball with the dough, place it in a bowl and cover with a damp cloth. Leave to ferment for 30 minutes in a warm place.
- 5 - Take the ball, divide into equal parts of about 350g then leave to stand covered over for about 10 minutes. Make triangles 1.5cm thick using a rolling pin. Using a knife, make 6 incisions in the shape of an ear of wheat on each triangle. Place them on a baking sheet and leave to proof, covered, for 1 hour.
- 6 - With a pastry brush, brush your triangles with water to moisten the dough. Bake in an oven preheated to 230°C for 15 minutes.
- 7 - When you take them out of the oven, brush your Fougasse breads with olive oil.

To prepare the accompaniment:

Mash the sardines in a bowl. Stir in the soft cheese and diced peppers. Serve in a bowl with pieces of fougasse bread to dipping into it.

Ingredients	
Soft white cheese:	40 g
Salt:	12 g
Water:	344 ml
Flour (T55):	576 g
Olives:	40 g
Bell pepper:	40 g
Sardines:	40 g
Oil:	11 g
Dry yeast:	11 g