



Palmer Brown

Simple Baguettes

Foolproof! Barely any work, great results. Start around 8pm the night before and will be ready by around 7am next day. You should use a scale for this. 1ml water = 1g water.

🕒 Prep: 8min Cook: 25min

Ingredients

4 servings

950g bread flour

16g salt

2g yeast

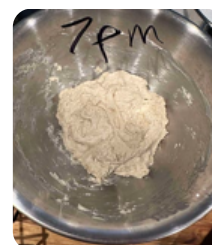
730ml water

Instructions

Night before

Step 1

Mix all ingredients together in a bowl. Before adding yeast, mix the salt a little to prevent it killing the yeast. Dough will be wet and shaggy!



Step 2

After 20 mins rise, do a quick lift and fold. Let rest fully for 8 to 10 hours. This is what it'll look like in the morning.





Next day, 1 and a half hours before serving

Step 3

Sprinkle a generous amount of flour onto the work surface. Using a dough scraper, scrape out the dough onto the floured work surface and dust more flour on top of the dough. Do not push on the dough at all! You want those air pockets. You might need to add a bit of flour as you work.

Step 4

Cut the dough into 4 pieces. Take each piece and gently (do not press in!) shape into roughly baguette shaped logs. Transfer to a baking rack with parchment paper on it.

Baking Rack



Step 5

Preheat the oven to 480F and throw a cast iron pan in. Let dough rise for 45 mins.

Oven Preheat, 480°F

Cast Iron Skillet



Step 6

Throw some ice cubes in the cast iron pan and transfer the baguettes to the oven. Bake for 25-30 minutes.

Oven Heat, 480°F, 25min



Step 7

Crucially, let the bread rest 5-10 minutes on a wire rack before serving. It needs to finish baking inside. If you cut too early, it will hang on your knife and cut unevenly. Patience pays here the most!

Baking Rack





Nutrition per serving

Health Score 6.3/10 Medium

Percent Daily Values based on a 2,000 calorie diet.

Calories	43%	857.66kcal	Total Fat	6%	3.95g	Carbs	66%	172.35g
Sugars	1%	0.74g	Protein	57%	28.49g	Sodium	78%	1555.22mg
Fiber	21%	5.74g	Saturated Fat	3%	0.57g	Monounsaturated Fat		0.34g
Polyunsaturated Fat		1.73g	Calcium	5%	36.68mg	Magnesium	16%	59.62mg
Potassium	7%	240.82mg	Iron	75%	10.5mg	Zinc	21%	2.07mg
Phosphorus	33%	232.06mg	Vitamin A	0%	1.43mcg	Vitamin C	0%	0mg
Thiamin B1	176%	1.93mg	Riboflavin B2	87%	1.22mg	Niacin B3	112%	17.99mg
Vitamin B6	7%	0.1mg	Folic Acid B9	344%	687.92mcg	Vitamin B12	0%	0mcg
Vitamin E	8%	0.95mg	Vitamin K	1%	0.71mcg			

Rating

1 Save · 0 Notes

My notes

What would I change next time?

