

July 12, 2018



(mailto:?) (http://www.facebook.com/modernistcuisine/?fref=ts&ref=send%2F)

French Lean Bread

subject=Check You need just four ingredients to make French lean breads: flour, water, salt, and yeast. Simple, right? That's why we recommend lean breads as a good starting place for new bakers. The baguette is not only a loaf by which many bakers are measured, it is also the quintessential example of French lean bread. Although the word "baguette" has a number of meanings (including a stick or concertmaster's baton), surly its most common meaning is this long, slender loaf. One of its distinctions is the crispy crust achieved by incorporating steam in the baking process.

The master French Lean Bread recipe from *Modernist Bread* is made with commercial yeast rather than wild yeast. We use commercial yeast to make a preferment called a poolish, which imparts a slightly tangy flavor and a nice finished appearance to the bread. The dough is versatile enough to work when formed into boules, bâtards, baguettes, and other shapes. The best examples of French lean breads have a crusty exterior, a light yellow-beige crumb that yields to the teeth, a mild flavor that goes with nearly everything, and an aroma that will make you want to inhale through your nose.

-Adapted from *Modernist Bread*

is the

link:

https://modernistcuisine.com/recipes/french-

lean-

bread/



master recipe

FRENCH LEAN BREAD

TOTAL TIME

Active 27 min
(inactive 5 h 59 min)

DDT

24-26°C /
75-78°F

DIFFICULTY

Easy:
mixing

Advanced:
shaping (baguette)

OVENS

Deck

Combi

Convection

Home

YIELD / SHAPES

1 lg boule/
bâtard

2 sm boules/
bâtards

3 baguettes

4 ficelles

20 rolls

INGREDIENTS		WEIGHT	VOLUME	⚖
For the Poolish				
Bread flour	160 g	1⅓ cups	100	
Water	160 g	⅔ cup	100	
Instant dry yeast	0.16 g	⅓ tsp	0.1	
For the Dough				
① Water	15 g	1 Tbsp	3.09	
Fine salt	12 g	2½ tsp	2.68	
② Water	245 g	1⅓ cups	24.64	
Instant dry yeast	3 g	1½ tsp	0.62	
③ Bread flour	485 g	3½ cups	100	
Poolish	320 g	all from above	65.96	
Yield		1.00 kg		

NET CONTENTS		Weight	⚖
Flour		645 g	100
Water		440 g	68.22
Salt		13 g	2.02
Yeast		3.16 g	0.49

Multiply this recipe by two for a niche.

PROCEDURE		NOTES	TIME					
PREP	perform	mix poolish 12 h before using; ferment in an airtight container	12 h					
MIX	by hand*	stir together ① in a bowl, and on low speed combine ② in a bowl, and stir to dissolve yeast; add ③, and mix to a shaggy mass; autolyse 30 min; add ④, and mix until homogeneous; transfer to a tightly oiled tub or bowl, and cover well with a lid or plastic wrap	5 min / 30 min					
	by machine*	stir together ① in a bowl, and on low speed combine ② in a mixer's bowl, and stir to dissolve yeast; add ③, and mix on low speed to a shaggy mass; autolyse 20–30 min; add ④, and mix on medium speed to medium gluten development; transfer to a tightly oiled tub or bowl, and cover well with a lid or plastic wrap	30–60 min					
BULK FERMEN	by hand*	1½ h total; 3 folds (1 fold every hour after the first hour, 30 min rest after final fold)	5 min / 3½ h					
	by machine*	1½ h total; 2 folds (1 fold just after mixing, a second after 45 min, 45 min rest after final fold)	5 min / 1½ h					
DIVIDE/ SHAPE	divide	1 lg boule/ bâtard	we recommend using a bench knife and a scale	0–7 min				
	do not divide	500 g	250 g	do not divide				
	reshape	boule/bâtard	baguette	roll	boule	1–7 min		
	rest	20 min	20 min	20 min	20 min	20 min		
	shape	boule/bâtard	boule/bâtard	baguette	ficelle	roll	boule	1–7 min
FINAL PROOF	27°C/80°F 65% RH	1½–1½ h	1–1½ h	45 min–1 h	30–45 min	1½–2 h	to check if the dough is properly proofed, gently press the exposed surface of the dough for 2 s; the pressure should leave a small dent in the dough; it will slowly spring back, but the indentation should remain clearly visible after 1–2 s	30 min / 2½ h
	21°C/70°F	1½–2 h	1½–1½ h	1–1½ h	45 min–1 h	45 min–1 h	2–2½ h	
SCORE		score as desired						30 s–1 min
BAKE		see French Lean Bread Baking Times and Temperatures, below; crispy crust requires steam						0–55 min
TOTAL TIME		*Chew by hand or machine						by hand 22 min / 7½ h by machine 27 min / 5½–59 min

French Lean Bread Baking Times and Temperatures									
Shape	Weight	Type of oven	Steam	Baking temperature	Initial baking time (min)	Vent time (min)	Total bake time (min)		
large boule / bâtard	1 kg	home using cast-iron combination cooker	n/a	245°C / 470°F	45 (lid on)	10 (lid off)	55		
		home using a baking stone and lid*	n/a	245°C / 470°F	30 (lid on)	10 (lid off)	40		
		combi	every minute for the first 3 min of the bake	245°C / 470°F, lowest fan speed	15	10	25		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	20	15	35		
		deck	after closing the oven door	245°C / 470°F	20	10	30		
		home using cast-iron combination cooker	n/a	245°C / 470°F	30 (lid on)	10 (lid off)	40		
small boule / bâtard	500 g	home using a baking stone and lid*	n/a	245°C / 470°F	25 (lid on)	10 (lid off)	35		
		combi	before loading and after loading, plus 1 burst every minute for the first 3 min of the bake	245°C / 470°F, lowest fan speed	15	10	25		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	20	15	35		
		deck	after closing the oven door	245°C / 470°F	20	10	30		
		home using cast-iron combination cooker (short baguette)	n/a	n/a	n/a	n/a	n/a		
		home using baking stone and lid (short baguette)	n/a	245°C / 470°F	15 (lid on)	10 (lid off)	25		
baguette (includes short baguette)	350 g	combi	1 burst every minute for the first 2 min of the bake	245°C / 470°F, lowest fan speed	10	5	15		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	20	5	25		
		deck	after closing the oven door	245°C / 470°F	15	10	25		
		home using cast-iron combination cooker	n/a	n/a	n/a	n/a	n/a		
		home using baking stone and lid	n/a	245°C / 470°F	15 (lid on)	10 (lid off)	25		
		combi	1 burst every minute for the first 2 min of the bake	245°C / 470°F, lowest fan speed	10	5	15		
ficelle	250 g	connection	after closing the oven door	245°C / 470°F, lowest fan speed	20	5	25		
		deck	after closing the oven door	245°C / 470°F	10	5	15		
		home using cast-iron combination cooker	n/a	n/a	n/a	n/a	n/a		
		home using baking stone and lid	n/a	245°C / 470°F	15 (lid on)	10 (lid off)	25		
		combi	1 burst every minute for the first 2 min of the bake	245°C / 470°F, lowest fan speed	10	5	15		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	20	5	25		
roll	50 g	deck	after closing the oven door	245°C / 470°F	10	5	15		
		home using cast-iron combination cooker	not recommended	n/a	n/a	n/a	n/a		
		home using baking stone and lid	n/a	245°C / 470°F	10 (lid on)	5 (lid off)	15		
		combi	before loading and after loading, plus 1 burst every minute for the first 2 min of the bake	245°C / 470°F, lowest fan speed	10	5	15		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	10	5	15		
		deck	after closing the oven door	245°C / 470°F	10	5	15		
miche	2 kg	home	not recommended (too large)	n/a	n/a	n/a	n/a		
		combi	1 burst every minute for the first 5 min of the bake; a bâtard is recommended because of the space constraints of this oven	245°C / 470°F, lowest fan speed	20	10	30		
		connection	after closing the oven door	245°C / 470°F, lowest fan speed	30	15	45		
		deck	after closing the oven door	245°C / 470°F	30	10	40		
		home	not recommended (too large)	n/a	n/a	n/a	n/a		
		combi	1 burst every minute for the first 5 min of the bake; a bâtard is recommended because of the space constraints of this oven	245°C / 470°F, lowest fan speed	20	10	30		

*Lid must be large enough so that the bread will not expand into it during baking.

Tips and Substitutions

- Most home ovens are too small for baking a baguette or epi. Our remedy for this situation is simply to roll out the dough to a shorter length, approximately 30 cm / 12 in. For the same reason, we do not recommend baking a miche-sized loaf (2 kg) in a home oven.
- For breads that are baked with a lid in a home oven, remove the lid during venting.
- If mixing by hand and your dough starts to get too bubbly and gassy during bulk fermentation and the gluten has not yet fully developed after the final fold, refrigerate the dough in its tub for the remainder of the bulk fermentation. As the dough cools, fermentation will slow down.
- Alternatively, you can cold-proof the dough in the refrigerator (4 °C / 40 °F). For 50–250 g pieces, cold-proof for 2 h. For 350–500 g pieces, cold-proof for 2½–3 h. For 1–2 kg doughs, cold-proof for 3½–4 h (or longer if desired).
- Your proofing setup could include a wooden board lined with a lightly floured couche or the back of a sheet pan lined with a floured kitchen towel, a floured banneton, or lightly floured linen-lined wicker baskets. If you're proofing at room temperature, place the dough in an enclosed environment, such as a plastic tub with a lid or a clean cardboard box. Alternatively, try our method for using a clean plastic bag to prevent the skin of the dough from drying out. If you're using a proofer, leave the dough uncovered and set the relative humidity to 65%.



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