

Brazilian Bread (A.K.A. Pão Francês)



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Description

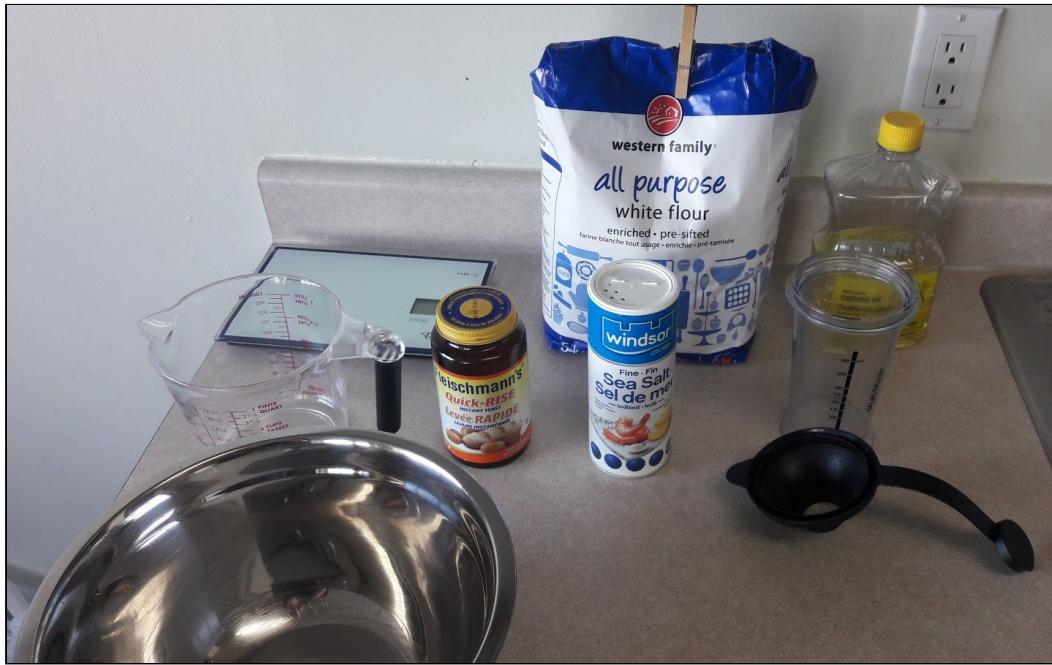
This bread is very common in Brazil (A.K.A. Pão Francês) and if you are missing this guy around the globe, enjoy this recipe and prepare it ASAP.

Recipe

- Salt (2 teaspoons)
- Cold water (300 ml)
- Oil (2 soup spoon)
- Flour (600 g)
- Yeast (10 g)

Used Material

- Bowl
- Scale
- Teaspoon
- Soupspoon
- Cup
- Tray



How to prepare

I'll describe here step by step how to prepare the bread, after this explanation, we will move forward following some screenshots which will help us to understand easily.

- Put the flour on the bowl
- Put the yeast on the bowl
- Put the salt on the bowl
- Put the oil on the on the bowl

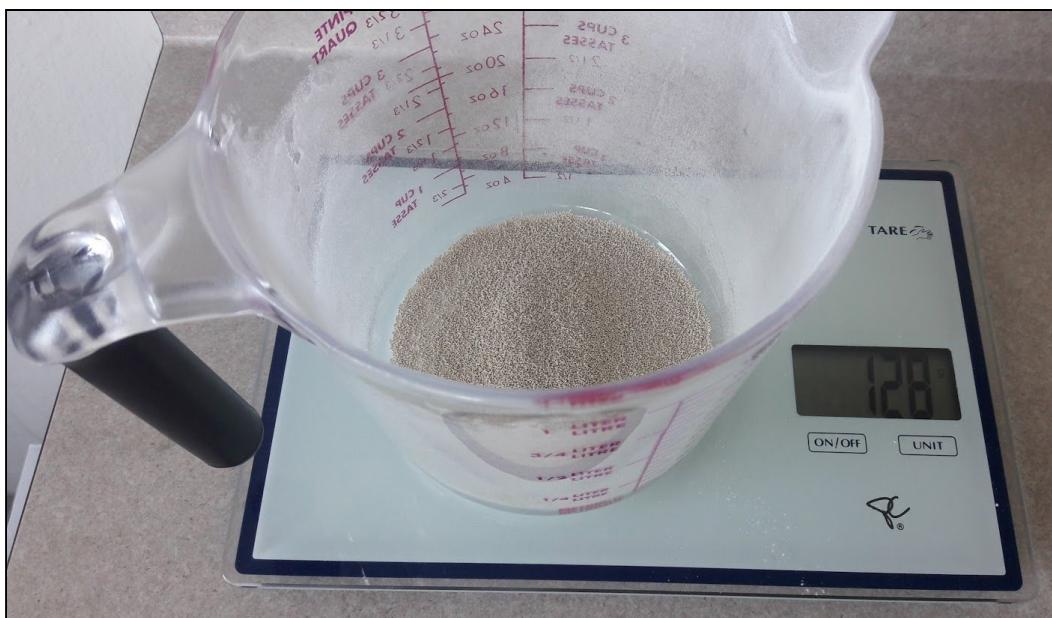
- Mix everything using a spoon
- Put 150 ml of cold water and mix, now using your hand
- Continue mixing and on the sequence add the next 150 ml of cold water
- Mix up to you get the consistent dough
- Cover the bowl to keep the temperature and keep for 30 minutes
- At this moment, open the dough using any rolling pin until the dough be uniform
- Cut the dough in parts of 50 g each one
- Time to open/prepare/roll the bread
- Put the roll on the tray
- Spray water over the rolls
- Cover the rolls using plastic and wait for ~3h. At this moment you can keep the tray inside the oven “just to keep the same temperature during the rest time”
- After the time, remove the tray from the oven
- Turn on the oven and define the temperature to 200C / 390F.
- Inside the oven, add another tray with water, this will be necessary just to create steam while we are baking the bread.
- After oven reaches the temperature, we can continue.
- Use the stylet to cut all bread’s “on the top of each one”
- Spray water over the rolls/bread “at this time bigger than before” and then put inside the oven
- Count ~20/25 minutes. This will vary according to your interest.
- Remove from the oven and enjoy it.

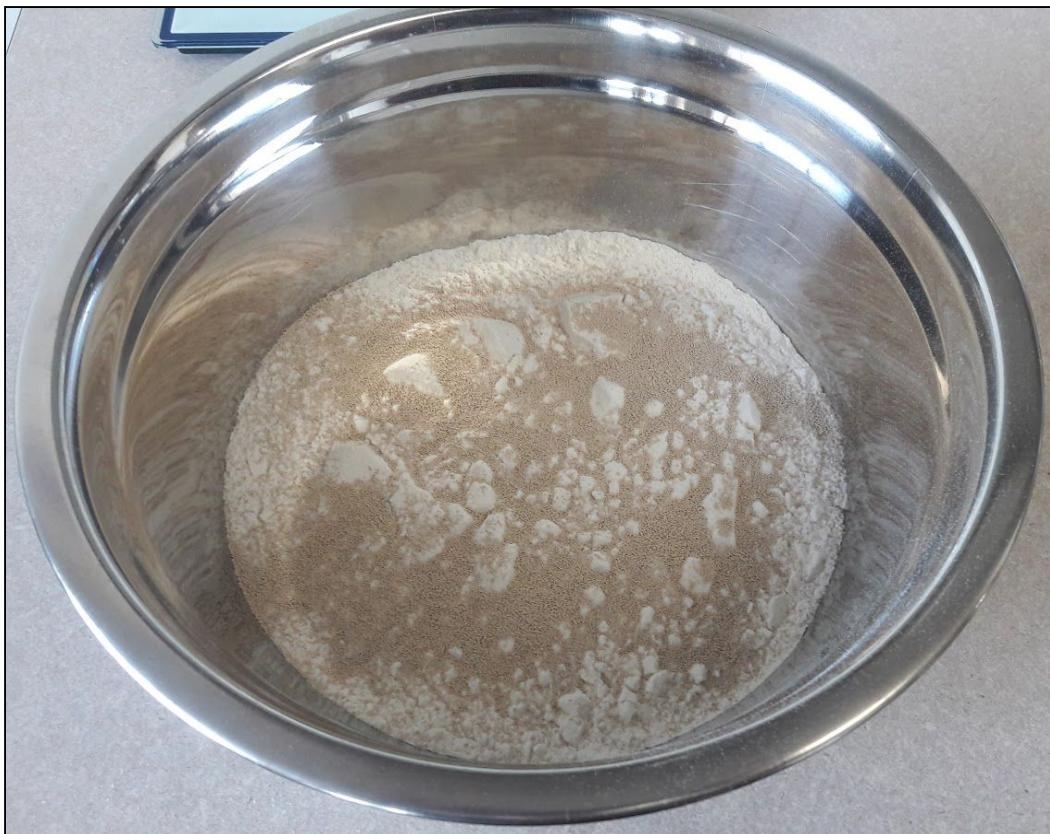
How to prepare - Graphical

Put the flour (600g) on the bowl



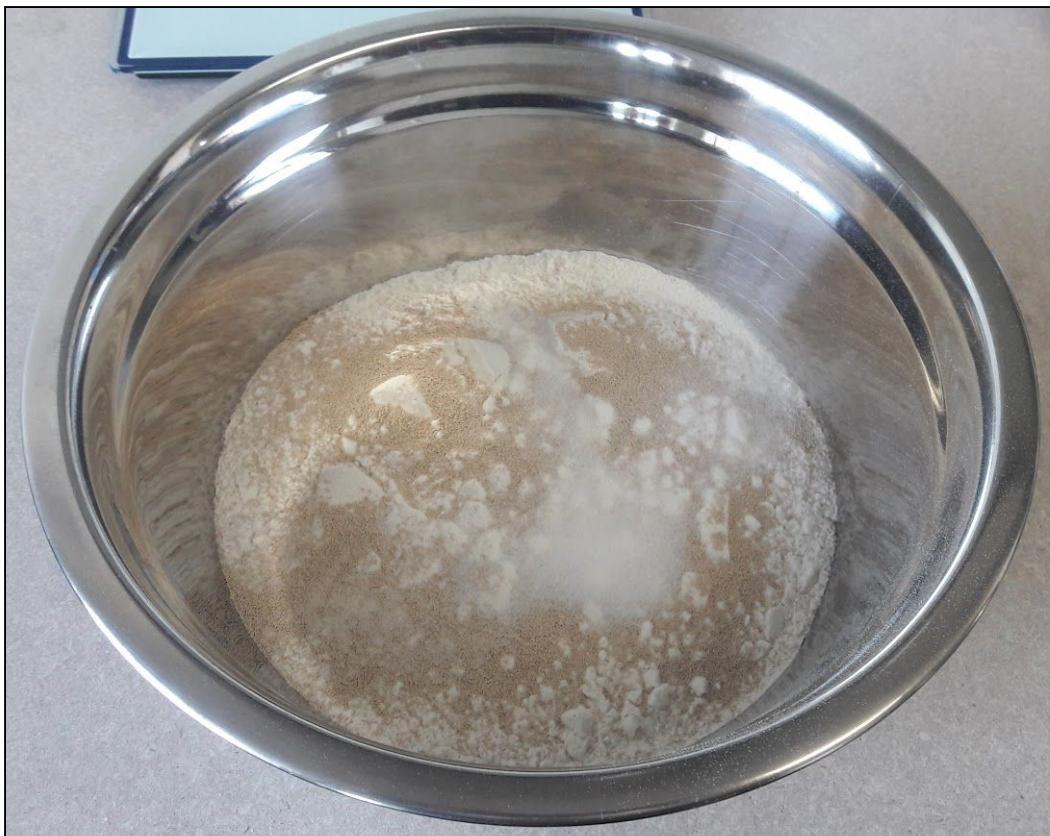
Put the yeast (10g) on the bowl





Put the salt (2 teaspoons) on the bowl

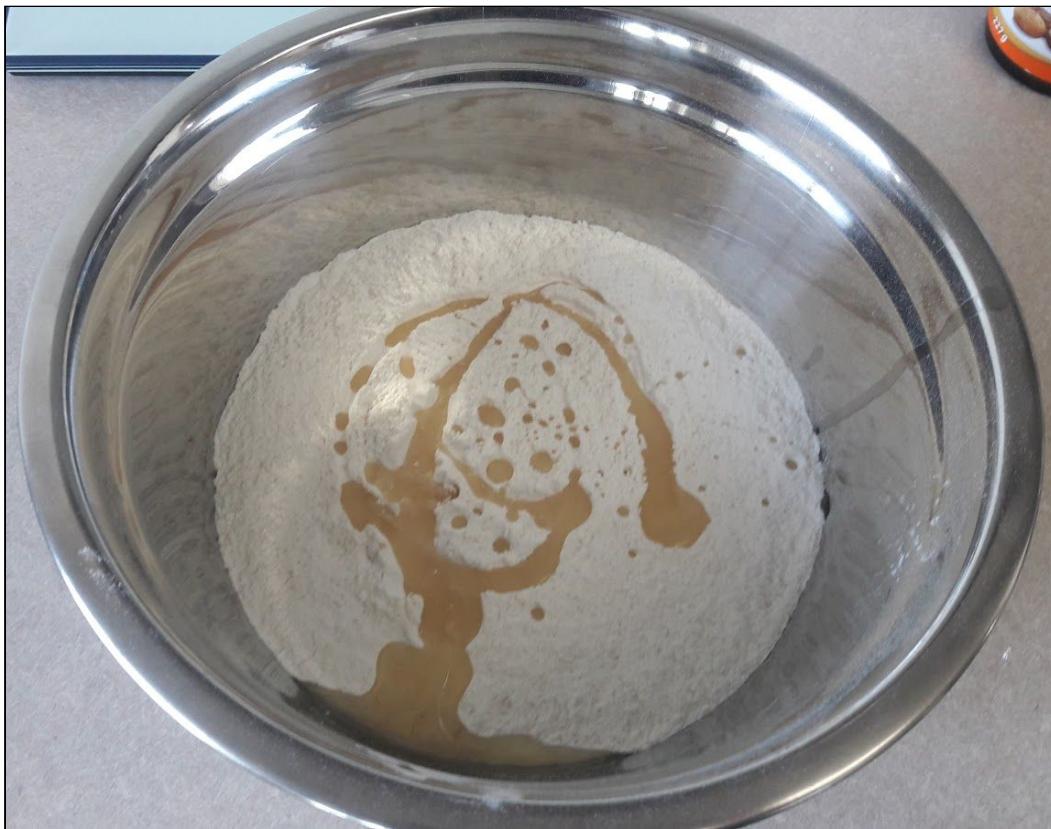
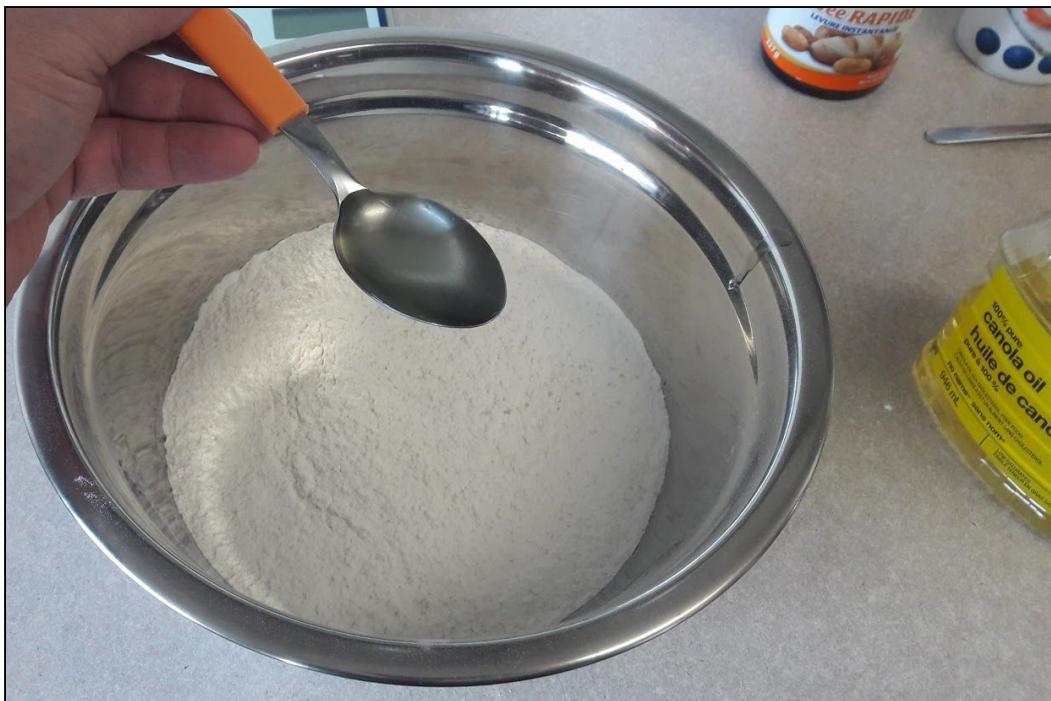




Mix everything



Put the oil (2 soup spoon) on the on the bowl



Mix everything using a spoon



Put (150 ml) of cold water and mix, now using your hand





Continue mixing and on the sequence add the next (150 ml) of cold water





Mix up to you get the consistent dough



Cover the bowl to keep the temperature and keep for 30 minutes



Great, now you will see the dough bigger than before

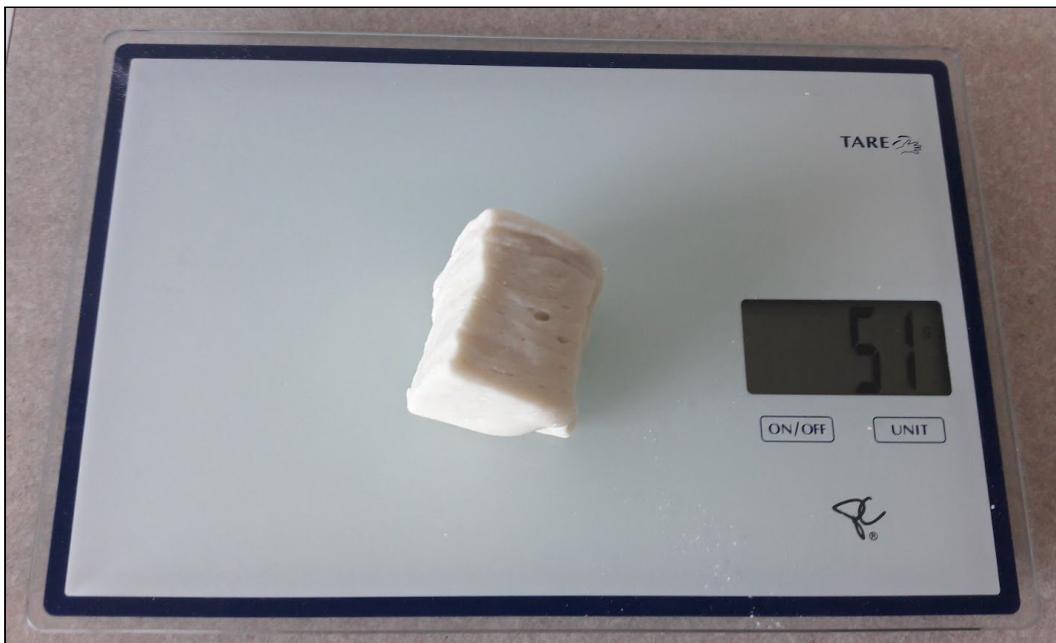


At this moment, open the dough using any rolling pin until the dough be uniform





Cut the dough in parts of (50g) each one





Time to open/prepare/roll the bread







ATTENTION

If you would like to keep the bread in your freezer this is the moment, just put inside the Ziploc and put into the freezer. You can keep up to 3 months. Will looks like as below. The freezer will stop the yeast reaction. If you don't want to do this, just skip and go to the next step. :-)



Note. After removing from freezer, will be necessary wait the bread unfreeze + the time to the yeast act on the dough (~4h/5h).

Put the roll on the tray



Spray water over the rolls



Cover the rolls using plastic and wait for ~3h. At this moment you can keep the tray inside the oven “just to keep the same temperature during the rest time”



After the time, remove the tray from the oven





Turn on the oven and define the temperature to 200C / 390F.



Inside the oven, add another tray with water, this will be necessary just to create steam while we are baking the bread.



After oven reaches the temperature, we can continue.



Use the stylet to cut all bread's "on the top of each one"





Spray water over the rolls/bread “at this time bigger than before” and then put inside the oven

ATTENTION

Really put water at this time, this will define the skin of your bread.



Count ~20/25 minutes. This will vary according to your interest.



Remove from the oven and enjoy it.



