

CYRIL HITZ S FRENCH FOUGASSE BREAD

The Recipe

<https://cuisinedaubery.com/recipe/french-fougasse/>

Chef Hitz reveals how to make this delicious Provence Bread, a treat to the eyes and palate !

Chef: Cyril Hitz

Preparation Time: 30 Minutes

Cooking Time: 15 Minutes

Ready in: 2 H 20 Min

Yield: 2 Fougasses

Skill: Easy Level

Cuisine: French Cuisine

Courses: Bread, Main Dish,

Ingredients

For 2 fougasse breads

*The Poolish Starter

1 Cup Flour (150 grams) Bread Flour

2/3 Cup Water (150 grams)

1 teaspoon Dry Yeast (2 grams)

*The Bread

3 Cups Flour (450 grams)

1 Cup Water (220 grams)

1 teaspoon Dry Yeast (3 grams)

2 teaspoons Salt (12 grams)

1 Cup Black Olives (150 grams)

0.1 oz Rosemary (3 grams)

*Toppings

1/4 Cup Olive Oil (60 grams)

1/2 Cup Parmesan Cheese (40 grams)

For 1 fougasse

*The Poolish Starter

1/2 Cup Flour (75 grams) Bread Flour

1/3 Cup Water (75 grams)

1/2 teaspoon Dry Yeast (1 gram)

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*The Bread

- 1 1/2 Cup Flour (225 grams)
- 1/2 Cup Water (110 grams)
- 1/2 teaspoon Dry Yeast (1.5 grams)
- 1 teaspoon Salt (6 grams)
- 1/2 Cup Black Olives (75 grams)
- 0.05 oz Rosemary (1.5 grams)

*Toppings

- 2 Tablespoons Olive Oil (30 grams)
- 3 Tablespoons Parmesan Cheese (20 grams)

Steps

The Polish starter

1. We start with the Polish, or bread starter
2. One important note is to avoid tap water : the chemicals in tap water can "kill" the polish
3. I use filtered water from my fridge dispenser, but you may use bottle purified water or better, a pure water like "Evian" or "Volvic", brands that I can find at my local "Ralph's" supermarkets in the States.
4. For the Flour, take a Bread Flour
5. Mix together the Flour (1 Cup or 150 g), the Water (2/3 Cup or 150 g) and the Dry Yeast (1 teaspoon or 2 g)
6. You may use simply a spatula or like me, use a bread machine
7. Cover with plastic wrap
8. Make a small cut to let the air go through so to let the dough breathe
9. Allow to ferment at room temperature overnight
10. Next day, you will notice the polish has hundreds of bubbles !

The Bread

11. Add to the polish the Water (1 Cup or 220 g) then the Dry Yeast (1 teaspoon or 3 g)
12. Add the Flour (3 Cups or 450 g)
13. Add in the Salt (2 teaspoons or 12 g)
14. Add the Black Olives (1 Cup or 150 g), pitted and chopped
15. Then finally add the Rosemary (0.1 oz or 3 g), chopped fresh

Kneading

Knead with a bread machine or with a stand mixer (like a Kitchen Aid appliance), using the hook (or manually)

16. Knead until you get a nice elastic dough

Proofing

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17. Place dough in an oiled container and let ferment for about 2 hours, covered with plastic wrap
18. Divide dough in two and start shaping into rectangles

2nd proofing

19. Cover with a wet towel and let it proof for about 30 minutes

Abaisse

20. Roll them flat with a rolling pin
21. You should obtain 2 rectangles, of dimensions 7.87" (or 7 7/8" or 20 cm) by 14.17" (or 14 11/64" or 36 cm)
22. Cover with plastic wrap to prevent a crust to form
23. Transfer onto a silicone mat sprinkled with corn meal
24. Let the doughs rest for about 10 minutes

Les incisions

25. Using a scraper, cut incisions on the top
26. Then cut incisions on the left side, on a 45 degrees angle
27. Same on the right side
28. Gently pull the fougasse dough along all corners, this opens the incisions
29. Place on a silicone mat
30. Pull the corners
31. Brush with Olive Oil
32. Sprinkle some Parmesan Cheese (Cyril uses sea salt but I prefer this cheese instead)

Baking time

33. Bake in preheated oven at 440 F / 225 C for about 15/20 minutes