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 Poolish starter
1. We start with the Poolish, or bread starter
2. One important note is to avoid tap water : the chemicals in tap water can "kill" the poolish
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 poolish has hundreds of bubbles !

The Bread
11. Add to the poolish 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
16. When I don't have Rosemary, I substitute with fresh Thyme

Kneading
Knead with a bread machine or with a stand mixer (like a Kitchen Aid appliance), using the hook (or manually)
17. Knead until you get a nice elastic dough

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Proofing

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

2nd proofing

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

Abaisse

21. Roll them flat with a rolling pin
22. 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)
23. Cover with plastic wrap to prevent a crust to form
24. Transfer onto a silicone mat sprinkled with corn meal
25. Let the doughs rest for about 10 minutes

Les incisions

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

Baking time

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