

CYRIL HITZ S FRENCH FOUGASSE BREAD

The Recipe

<https://www.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

A small quantity of Olive Oil

A small quantity of Parmesan Cheese

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)

CYRIL HITZ S FRENCH FOUGASSE BREAD

*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

- A small quantity of Olive Oil
- A small quantity of Parmesan Cheese

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), halved 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

Le pointage

CYRIL HITZ S FRENCH FOUGASSE BREAD

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

2ème pointage

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

Abaisse

17. Roll them flat with a rolling pin

18. 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)

19. Cover with plastic wrap to prevent a crust to form

20. Transfer onto a silicone mat sprinkled with corn meal

21. Let the doughs rest for about 10 minutes

Les incisions

22. Using a scraper, cut incisions on the top

23. Then cut incisions on the left side, on a 45 degrees angle

24. Same on the right side

25. Gently pull the fougasse dough along all corners, this opens the incisions

26. Place on a silicone mat

27. Pull the corners

28. Brush with Olive Oil

29. Sprinkle some Parmesan Cheese (Cyril uses sea salt but I prefer this cheese instead)

Baking time

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