

BREADS AND SWEET DOUGHS No.D 004 00
FRENCH BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	37 g	6 g	2 g	0 mg	328 mg	8 mg

Ingredient

YEAST,ACTIVE,DRY
WATER,WARM
WATER,COLD
SUGAR,GRANULATED
SALT
FLOUR,WHEAT,BREAD
SHORTENING

Weight

2 oz
12-1/2 oz
4-5/8 lbs
2-2/3 oz
3 oz
10-7/8 lbs
2-3/4 oz

Measure

1/4 cup 1 tbsp
1-1/2 cup
2 qts 3/4 cup
1/4 cup 2-1/3 tbsp
1/4 cup 1 tbsp
2 gal 1 qts
1/4 cup 2-1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid; add yeast solution; mix at medium speed 5 minutes.
- 4 Add shortening; continue mixing at medium speed 3 minutes. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover and set in warm place, 80 F. for 2-1/4 hours or until double in bulk.
- 6 PUNCH: Fold sides into center and turn completely over. Let rest 15 minutes.
- 7 MAKE-UP: Scale into 12-19 ounce pieces; shape each piece into a smooth ball; let rest 10 minutes. Form each piece into a rope, 1-1/4 inches in diameter and 18 inches long. Place 3 loaves on each cornmeal dusted pan. Use 1/8 cup cornmeal per pan.
- 8 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.
- 9 Brush top of each loaf with Cornstarch Wash, Recipe No. D 040 00 or Egg White Wash, Recipe No. D 017 01. Cut 6 diagonal slashes, 1/4-inch deep, on top of each loaf.
BAKE: 30 minutes at 425 F. or until done.
When cool, cut 17 one-inch thick slices per loaf.