

SMALL BAGUETTE

Presented by Chef Lars Kronmark at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	7.1 Kilograms		Directions
	Weight	Measure	
Bread flour	3.5 kg.		Method Straight Dough 1. Dough: Combine all ingredients in a 20 quart Hobart with a dough hook. 2. Mix for 4 minutes in first speed and 6 to 7 minutes in second. 3. Bulk ferment for one hour at 85°F. 4. Divide into 100 gram pieces and pre-shape into a cylinder. 5. After a 20 minute bench rest shape into a baguette at 100 gram each. 6. Proof at 85°F for about 45 minutes. Small loaves should double in size. 7. Bake at 440°F until done, about 20 to 25 minutes.
Rice flour	230 g.		
Water	2.68 kg.		
Vegetable shortening	600 g.		
Salt	80 g.		
Instant yeast	25 g.		

Recipe Notes:

Nutrition analysis uses palm oil shortening.

Nutrition Information (per baguette, approximately 70 per recipe)

Calories: 265/Protein: 6 g/Carbohydrate: 39 g/Fiber: 1 g

Saturated fat: 4 g/Polyunsaturated fat: 1 g/Monounsaturated fat: 3.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 460 mg/Potassium: 55 mg