

Take and Eat

A Family Baking Activity: Patience Baguettes

This baguette recipe has two main parts, which need to be done 8-10 hours apart to give the dough time to rise. The first part takes about 25 minutes. The second part takes 40 minutes, which includes baking time.

Ingredients:

- About 7 cups of bread flour (also known as baker's flour), which is different than regular flour, because it contains more protein and gluten,
- 2 teaspoons of table salt,
- 3/4 teaspoon of yeast (Fleischmann's Traditional Active Dry Yeast),
- Water.

Equipment

- Oven,
- Oven mitts,
- Parchment paper,
- Baking sheets,
- Measuring cups,
- A (liquid) measuring cup,
- A wood spoon,
- A spatula.

Part 1: Making the Dough



1) Prepare 3 cups of water at room temperature and set it aside. The water should feel pleasantly warm to the touch.



2) Add 6.75 cups of bread flour into a large bowl.



3) Add 2 tsp of salt and stir together.



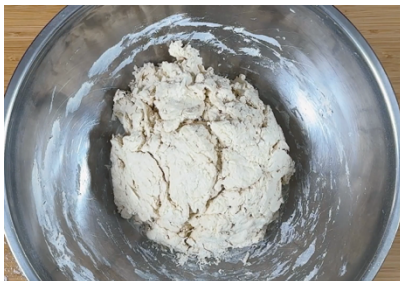
4) Add 3/4 tsp of yeast and stir together.



5) Add the 3 cups of room temperature water to the mixture.



6) Use your wood spoon to stir everything together. At first, it will look like you have added too much water but keep going.



7) After two and a half minutes of stirring, the dough will form into a ball. Be sure to stir in the flour that tends to hide under the ball of dough.



8) Cover the bowl with a tea towel and let it rise for 8 to 10 hours. Keep the dough at room temperature.

Reflection Questions about Patience:

While you wait for the dough to rise, you are invited as a family to share about these reflection questions:

- 1) What is something in your life that you need to be patient about and why is it important to you?
- 2) What is something you could do (perhaps with the assistance of your family) to wait more gracefully?

Part 2: Baking the Dough



1) After 8-10 hours, the dough will have risen. To save time, start pre-heating your oven at 480 deg F.



2) Get a baking tray or a pizza dish and sprinkle some flour on it to prevent the dough from sticking to the tray. This will also make clean up easier later. (You can use a tabletop, if you don't have a tray.)



3) Use a spatula to gently coax the dough out of the bowl and onto the tray by scraping along the sides of the dough. Avoid compressing the dough to preserve the air bubbles inside.



4) Sprinkle some flour onto the dough, because this will make it easier to cut.



5) Use your spatula to shape the dough into a rectangle.



6) Get a baking tray and put some parchment paper on it.



7) Cut the dough into four equal pieces. Sprinkle on more flour if you find that your knife is sticking to the dough.



8) Pick up one of the four pieces, flip it over to let the excess flour fall off.



9) Stretch out the dough so that it is almost as long as the baking tray, and then place it on the tray.



10) Put two pieces on each tray.



11) Once you have your baguettes on your trays, put them in the oven at 480 deg F for approximately 25 minutes. The oven is very hot, so please put them in with caution and while using oven mitts. Your baguettes should have a golden crust to them when they are done.



12) Reflection Question: To whom could we give one of our baguettes? Consider using a piece of parchment paper as wrapping paper to make a gift of your baguette for someone special.



13) When your timer has gone off, or you think your baguettes are done, remove them from the oven. Be sure to use caution and oven mitts. At 480 deg F, the oven is extremely hot. Let the baguettes rest for at least 5 minutes before tasting.



14) Enjoy your baguettes with butter.



15) Another option is dipping your baguettes into a little olive oil with balsamic vinegar.

Lastly, you are invited to share a family prayer, or words of thanksgiving, for the time you have spent together while making your baguettes.

Thank you for sharing in Take and Eat!

Acknowledgements: This recipe is a modified version of the YouTube video “The 5-minute Baguette” by Voila - Voila!