



"Serving Suggestion"

FOUGASSE

Ingredients	KG
First stage	
NATURE'S GOLD Regeneratively Sourced Bakers Bread Flour	16.000
Salt	0.416
Sugar	4.688
Yeast	0.416
Water	2.352
Second stage	
Egg	2.064
Rind & juice of 1 orange	
Orange flour water	0.688
Light olive oil	0.960
Candied orange peel	0.960
Total	28.544

MIXER TIMINGS

	Slow	Medium to fast
Spiral	2-3	6-8
Dough temperature	27°C (80°F.)	

1. First stage: Mix flour, salt and sugar together. Cream yeast and water to a smooth liquid and add to the dry ingredients, this will product a thick batter.
2. Leave to stand for 10 minutes
3. Second stage: Mix egg with orange rind & juice, flour water and olive oil. Add to batter and work in the flour fully to form a soft but not sticky dough.
4. Knead for 10 minutes
5. Cover with a damp cloth and leave to rise (double in size)
6. Knock back and knead in the candied orange peel
7. Divide into 8 and roll out to form an oval shape. Cut 8/9 slits in a herringbone design
8. Cover with a damp cloth and leave to rise until doubled in size
9. Bush the dough with oil and bake until golden

TEMPERATURE AND TIMES

Proving temperature	40°C (104°F.)
Proving time	45-50 minutes
Bake temperature	200°C (392°F.)
Bake time	20 minutes or according to unit size