

No-Knead French Baguette with Overnight Polish

This is another no-knead bread recipe with a twist. The rustic baguette is airy with all size of air pocket in its crumb. The bread is soft and slightly chewy with a crunchy crust. It is perfect for you everyday sandwich.



This is such a simple recipe for no-knead bread. Just be aware that a little planning is necessary for this recipe since it requires an overnight fermentation.

The addition of an extra step of making polish the night before is so worth it, it sure adds an extra deep flavor to the bread. Another nice thing...since the polish is a pre-fermented dough the fermentation time of the final dough is much shorter, therefore in a fairly warm day, if you start the process early in the morning you might even have the bread ready for lunch.

This recipe calls for 80% hydration, meaning that the dough is pretty wet since for every 100g flour 80g water is added.

Ingredients:

Poolish

- 100 g water
- 100 g bread flour
- 1 pinch yeast

Bread Dough

- 150 g bread flour
- 100 g water
- 2 g yeast
- 3 g salt

Method:



Polish

The night before baking the bread, in a medium bowl place all the ingredients listed under polish.

Mix using a Danish whisk or a fork. Make sure mixture is evenly combined. Scrap the walls of the bowl and cover.

Place the mixture over the counter in a warm place of the kitchen.





Bread Dough

The polish should be all bubbly with a fresh fermentation smell. Add the water and mix gently using the Danish whisk or a fork to incorporate the water into the polish. Add the flour, yeast and salt, mixing all together. The dough will be soft and sticky.

Use a “stretch and fold” method: using a wet hand or Danish whisk, scrape a section of the dough (approximately $\frac{1}{4}$), lift and stretch it, then fold into the center of the bowl. Repeat

4 rounds around the bowl, being each round a complete circle of 4 "stretch and fold".

Cover the dough and let it rest in a warm place of the kitchen for 30 minutes. Repeat 4 rounds of "stretch and fold" and let it rest 45 minutes in between.

After the last round of "stretch and fold" let the dough rest for 45 minutes to 1 hour.

Preheat oven to 475F with a pan of water on the lower rack.

Gently remove the dough from the bowl over a floured surface and split the dough into approximately 2 portions.

Fold the dough over itself and roll as you push out until elongated in the form of baguette. Repeat with the other dough.

Place the baguettes on the baking couch. Dust the top of the baguette with flour and gently cover the baguettes with a plastic film.

Leave to rest for approximately 1 hour or until almost double from its original size.

Transfer the baguette on to a cookie sheet lined with parchment paper lightly dusted with cornmeal.

Spray the baguettes generously with water. Using a sharp scissor cut the bread making diagonal marks of approximately 45 degree, make sure to tuck in the tips.

Let it bake for 5 minutes and repeat the water spray. Another 5 minutes in the oven and spray again with water. Turn the pan around and turn the oven down to 425F so the baguettes bake evenly. Let it bake for another 10 minutes or until the crust turns brown.







I hope you enjoy this simple method to make your everyday baguette...for more bread recipes, please check [HERE](#).



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