

Fougasse – French flat bread

Year 5 - Summer Term

Ingredients

133g strong white flour

3g dried yeast

60ml hot water

25ml oil

$\frac{1}{2}$ teaspoon salt

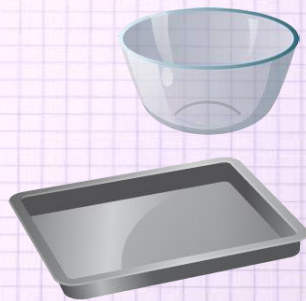
Equipment

Mixing bowl



Table spoon

Baking tray



Weighing scales



Method

- Weigh flour in mixing bowl, add yeast and salt
- Mix them together
- Make a well (hole) in the middle of your mixture
- Measure out the hot water and oil and mix them together.
- Add the hot water and oil to the flour.
- Mix round with your spoon until it becomes too stiff. Then use your hands to bring together into a ball of dough.
- Knead and stretch your dough for 5 minutes.
- Shape into an oval and pat flat to about 2.5cm thick
- Place on a greased baking tray and cover with cling film that has oil on (to stop it sticking).
- Put in a warm place for at least $\frac{1}{2}$ hour, until it has risen.
- Once risen, remove cling film and put in the oven for 15 minutes.
- It will be cooked when it has browned on the top and the base sounds hollow when tapped.

Hints and tips

Cling film

Greaseproof paper

Name label

