



Fougasse provençale

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
等待时间	1 小时 30 分钟
烘烤的时间：烘烤时间取决于机器	25 分钟
份数	4
电器	Comhair-Steam SE 自 2015 年

Preparation

500 g plain flour

300 ml water

7 g dried yeast

50 ml olive oil

12 g salt

Put the flour, water and yeast in a mixing bowl and mix on the lowest setting for 2 minutes. Add the olive oil and mix for 4 minutes. Add the salt and mix for 4 minutes. Then knead the dough on the highest setting for 5 minutes. Place the dough in a mixing bowl, put it in the cooking space and leave to double in volume.

在 发酵专业烘烤技术 期间为 **32 1 小时**°C

Olive oil

Grease the baking tray with a little olive oil. Place the dough on the baking tray and form into the shape of a leaf with both hands. Drizzle plenty of olive oil over the dough. Make the leaf pattern and holes in the dough.

15 olives, green, pitted

½ sprig of rosemary

Fleur de sel

Halve the olives and pull the rosemary needles from the sprig, then scatter both over the dough. Sprinkle over the fleur de sel. Leave the dough to rest again for 30 minutes.

电器预加热

将发酵桶预加热 **PizzaPlus** 到 **200°C**

Press the olives firmly into the dough again. Put the baking tray into the preheated cooking space. Bake.

放入食物

在 **PizzaPlus** 期间为 **200 25 分钟**°C

Olive oil

Fleur de sel

Brush the baked fougasse with olive oil and sprinkle with fleur de sel.





配件

Lined baking tray

附加信息

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