

Branny Baguette

This loaf can be paired with the usual baguette foods, but has much more nutrition and fiber than a regular baguette. It looks a bit different than the usual baguette, but the taste is still awesome.

Ingredients

Two Medium Loaves	Ingredients	One Medium Loaf
5 cups, 700 g	All-purpose flour, 69%	2 ½ cups, 350 g
1 cup, 136 g	Bread flour, 13%	½ cup, 118 g
½ cup, 114 g	Whole wheat flour, 11%	¼ cup, 57 g
1 cup, 64 g	Wheat bran, 6%	½ cup, 32 g
1 ½ Tbsp, 14 g	Yeast, 1%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
3 ½ cups, 830 g	Water, 82%	1 ¾ cups, 415 g

In a large bowl, stir together the flours, wheat bran, yeast and salt. Stir in the water until well mixed then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for about two hours then refrigerate until ready to bake, OR refrigerate immediately and wait at least 12 hours to use dough.

Transfer the dough to a floured surface and divide in half if making two loaves. Fold the dough a few times then shape it into a rectangle, about 8 x 12 inches. Fold the dough from the long (wide) side as if folding a letter for a business envelope. Now, shape the dough into a cylinder while folding the end seams under a bit. For the home oven, the dough should be 14-15 inches long. Transfer the loaf to a peel seam side down or baking sheet covered with parchment and cover the loaves loosely with plastic wrap. Allow to rise at room temperature for 30-45 minutes.

Preheat the oven, baking stone and steam pan to 450 degrees. Uncover the loaves and brush or spray on a thin coating of water onto the loaves. Make three slashes in the loaf nearly parallel to the long axis of the loaf. Slide the baguette(s) onto the baking stone then turn the oven down to 400 degrees. Pour a cup of water into the steam pan and bake for 40 minutes. Remove loaves to a wire rack to cool.