

Pain Viennois (Polish Style Baguettes)

The polish technique for making baguettes was brought from Vienna to Paris in the 1800's. The longer ferment produces a bread with a bit more flavor than a baguette made without a pre-ferment and less acidity than levain breads.

Polish

Two Loaves	Ingredient	One Loaf
2 ½ cups, 568 g	All-purpose flour, 48%	1 ¼ cups, 284 g
1 ½ cups, 356 g	Water, room temperature, 30%	¾ cup, 178 g
1/8 tsp, .4 g	Yeast, 0.3%	1/16 tsp, 0.2 g

The night before baking, mix the polish ingredients together in a large bowl and cover. Allow to ferment at room temperature for 8-12 hours (closer to 8 for a warm kitchen, 12 for a cool kitchen).

Final dough

Two Loaves	Ingredient	One Loaf
4 ¼ cups, 595 g	All-purpose flour, 50%	2 cups plus 2 Tbsp, 298 g
¼ cup, 32 g	Whole wheat flour, 3%	2 Tbsp, 16 g
2 tsp, 6 g	Yeast, 0.5%	1 tsp, 3 g
1 Tbsp, 14 g	Kosher salt, 1%	½ Tbsp, 7 g
1 cup plus 2 Tbsp, 267 g	Water, room temperature, 22%	½ cup plus 1 Tbsp, 133 g

The next day, add the final dough ingredients to the polish and stir with a large spoon until well blended. Cover and allow to rise at room temperature for 2 hours then refrigerate until ready to use OR refrigerate immediately and wait at least 12 hours to use.

To shape the loaves, divide the dough into two equal parts (for large 4-5" diameter baguettes) or three equal parts (for 3-4" diameter baguettes). Place each portion on a floured surface and knead a few times to eliminate surface stickiness. Pat or roll out each portion into a 6 by 10" or so rectangle then fold the dough into thirds, folding in from the shorter sides. Stretch and roll the dough into a log shape about 12" long, folding the ends together a bit as you roll. Place each baguette on lightly floured parchment paper that has been placed on a cutting board or baking sheet, cover and allow to rise for 30-45 minutes at room temperature. Meanwhile, preheat the oven, baking stone and steam bath tray to 450 degrees.

Slide the loaves and parchment paper onto the baking stone, pour hot water in the steam bath tray and turn the oven down to 400 degrees. For large loaves bake 45 minutes, 35-40 minutes for smaller loaves. Remove from oven and cool on a wire rack.