

## **CHERYL HOLBERT'S FOUGASSE**

(2 scaled at 550g each)

Poolish or Preferment:

200g All Purpose Flour  
Pinch instant or active dry yeast  
200g water

Combine all ingredients well. Let sit overnight (up to 12 hrs) covered at room temperature. The mixture will become well aerated and bubbly.

Dough:

350g water  
All of Poolish  
50g whole wheat or spelt flour  
475g All Purpose Flour  
5g instant or active dry yeast\*  
15g sea salt

\* If using active dry yeast, dissolve in about 50g of the water a let foam for 5-10 minutes before adding to the other ingredients.

Mix ALL of the Poolish with the water, breaking up its doughy consistency to an even, watery mixture. Add the whole wheat or spelt and AP flours, yeast and sea salt to create a shaggy dough. Let rest in the bowl 15-20 minutes for the water to absorb the flour.

Begin dough development by successively scooping and folding the dough over itself from different sides. If it's very sticky and difficult to work with, add more flour, one TBSP at a time, until the dough begins to come together and become somewhat stretchy.

Continue working your dough in the bowl until it becomes somewhat elastic and extensible. This is a relatively "wet" dough, but don't worry if it remains a bit sticky and slack, it will firm up considerably during its "bulk fermentation" or bowl rise.

Once the dough is well integrated and considerably smooth (doesn't need to be perfect!), cover in plastic wrap and let develop for about 2 hours. You will want to fold the dough in the bowl every 30 minutes. To do this, pull a handful of dough from the outer edge, stretch upward and fold into the center. Repeat every quarter turn until you have rounded the bowl once (4 dough folds to the center). Let rest and repeat every 30 minutes.

**YOUR DOUGH IS READY FOR OUR LIVE ZOOM CLASS TIME!**

Turn dough out onto a lightly floured work surface. Cut and scale into 2 pieces, 550g each. You'll likely have a bit of leftover dough, which you can use to make a smaller fougasse or bread sticks.

Form each piece into a round by gently bringing the ends under to form a slightly firm ball. Let "bench rest" 40 minutes, lightly floured and covered in plastic.

Meanwhile preheat a baking stone or heavy oven pan to 450 degrees F. Prepare a ½ sheet pan, small bowl (about ¼ cup) olive oil with pastry brush, parchment paper and optional seed or cheese toppings.

Also have a small bowl of water and pizza cutter ready.

You are all set to shape and bake your fougasse during class!