

# French Baguette

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## Ingredients (for 2 large or 4 small baguettes):

- 290ml warm water
- 200ml **Sno-Pro**
- 1 dried yeast sachet (supplied with **Loprofin Mix**)
- Pinch of salt
- 3g sugar
- 9g psyllium husks
- 500g **Loprofin Mix**, plus extra for dusting
- 4 tbsp olive oil



**Oven temperature:** 220°C/425°F/Gas mark 7



**Equipment:** Greased baking tray, measuring jug and a bowl



## Method:

1. Place the water, Sno-Pro, yeast, salt, sugar and psyllium husks in a bowl, stir and allow to stand for 10 minutes until the mixture thickens.
2. Add the Loprofin Mix and olive oil to a bowl, add the thickened mixture to the bowl and beat for 2–3 minutes.
3. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
4. Dust your work surface liberally with Loprofin Mix.
5. Divide the mixture into 2 pieces and roll each piece into a sausage shape (approximately 10 inches long) and flatten each piece to create the baguette.
6. Leave the dough to rise again for 30 minutes.
7. Cut 4 diagonal lines across the top of the bread, brush with olive oil and leave to rest for another 10 minutes.
8. Bake in a preheated oven for 20–25 minutes or until golden brown.



**Suitable for freezing**