



If you are planning to cook along with us during the class, below is a list of all mise en place (prep) that should be completed before your class. Unless otherwise stated in the list below, we will be prepping your ingredients with you during your class, incorporating knife skills and tips and tricks. You can also choose to prep ingredients prior to your class if you would like a slower more relaxed pace, and time to take notes.

Mise En Place: this is a culinary term which means to have your ingredients and equipment ready before your cooking begins:

- Have your recipe printed and/or nearby for reference. We recommend reading through your recipe before the start of the class.
- Gather, measure and wash (as necessary) all ingredients listed.
- Gather all equipment listed.

FOUGASSE (makes 6 Fougasse)

500g all purpose flour, unbleached flour recommended

400ml warm water (110-115 F for active dry yeast, blood temp for fresh), or as needed to make a wet dough

4-5 g (1 1/2 tsp) active dry yeast, or 10 g fresh

1 tbsp kosher salt

Olive oil, for oiling your bowl during rising time

Optional flavourings: 2-3 tbsp fresh herbs, chopped (thyme, sage, rosemary); 6 roughly chopped olives; 2 roughly chopped sundried tomatoes; 4 chopped anchovies; 2 tbsp caramelized onion; black pepper.

- Place a pizza stone (or upturned sheet pan) in the top half of your oven and preheat to 450 F. If you don't have a spray bottle of water, place a cast iron pan on a lower shelf.
- Bloom the yeast in 150 ml of the warm water - sprinkle the yeast onto the warm water, allow to hydrate for a minute or so, then mix and set aside until starting to bubble or cream.
- In a large bowl, combine the flour and salt, then add the bloomed yeast and enough water to form a wet dough. *If using a standing mixer, use the paddle attachment.*
- Transfer the dough onto your working surface. Begin to knead the dough, stretching it and folding it over onto itself, slapping it gently on the counter each time. Use a plastic or metal bench scraper to fold the dough. **At this point you can add any additional flavourings to your dough. If using a stand mixer, switch to the dough hook.*
- Keep working the dough, slapping it against the counter top and folding it over, until it comes cleanly away from the work surface and is not sticky. *If using a stand mixer, knead at a medium speed for about 3 minutes.*
- Form the dough into a ball then place it in a lightly oiled bowl and cover the bowl with plastic wrap.
- Rest the dough for at about 1 1/4 hours, until doubled in size.
- Gently turn your dough out onto a generously floured surface, being careful not to deflate it: your dough should spread out to form a square on your work surface.
- Generously flour the top of the dough, cover with a clean tea towel and rest for five minutes.
- Using a bench scraper, divide the dough into two rectangles, then cut each rectangle into three roughly rectangular pieces.
- Make 1 large lengthways cut in the center of each piece of dough, making sure you cut right through to the work surface but not through to the corners.
- Make 3 smaller diagonal cuts on each side of the central one. Gently open out the holes with your fingers and shake off the excess flour.
- Lift onto a lightly floured pizza peel then spritz the inside of your oven with water (or add ice cubes into the cast iron pan) before sliding the fougasse onto the hot baking stone or tray in your oven.
- Bake for 10 to 12 minutes until golden brown.
- **Variations - add any combination of optional flavourings to your dough.*

EQUIPMENT

instant read thermometer (optional but recommended for testing water temperature)

pizza stone (optional but recommended for a good crust), or upturned sheet pan

spritzer bottle of water (optional), or cast iron pan

metal or plastic bench scraper for kneading by hand, or a kitchen aid mixer, with paddle and dough hook attachments

bowls and plastic wrap

cooling rack (optional)