

## Fate Baguettes

### Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the Fate Mix)

2 teaspoon salt

120ml oil or 50ml for the lower fat version

2–3 drops suitable gravy browning

450ml warm water

Extra Fate All-Purpose to shape



### Method

1. Preheat the oven Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a mixing bowl.
3. Add the sachet of yeast and the salt and stir.
4. Measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.
5. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, quickly mix well to get everything blended together.
6. Continue to mix for about 1 minute.
7. Place a piece of cling film onto your scales, and sprinkle it with a little extra Fate All-Purpose
8. Mix. Also, dip your hands in All-Purpose to dust well.
9. Using a large spoon or spatula, take a heaped spoonful of the bread mixture and push it onto the cling film on the scales.
10. For a nice sized baguette, you need around 250g. (You do not have to be too precise, just as long as they are within about 20g of each other).
11. Using the cling film to help you, transfer the mixture into your other (dusted) hand, and gently pass the mixture from one hand to the other, once or twice, until the surface is smooth and a round ball is made. You do not have to press or knead the mixture at all. Dust the work surface with a little Fate All-Purpose mix, and lightly roll the dough into a long sausage shape, the length of your baking tray.
12. Gently roll off the work surface onto the baking tray. Repeat with the remainder of the mixture.
13. Place the baking tray into a large polythene bag and tie the ends up, trapping enough air so that the polythene is lifted well above the dough. Leave in a warm place to prove until double in size.
14. Just before they are ready to go into the oven, dip a knife into water and press down into the surface of the baguette to mark it in the traditional style. Bake for around 35 minutes until golden brown. Transfer to a wire rack to cool.
15. The baguettes freeze very well.