



# French flatbread – Fougasse

30'  
Hands on

1 hour'  
Hands off

15'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 500 g hard flour, + extra, to roll out dough
- 350 g water
- 10 g yeast
- 1 pinch granulated sugar
- 10 g salt
- 50 g butter, melted

## Διατροφικός πίνακας

Nutrition information per portion

430 Calories (kcal)	9.6 Total Fat (g)	5.6 Saturated Fat (g)	74.0 Total Carbs (g)
21%	14%	28%	28%
1.0 Sugars (g)	10.8 Protein (g)	4.0 Fibre (g)	0.02 Sodium (g)
1%	22%	16%	0%

## Method

- the flour and beat for 8 minutes on medium speed.
- Release the bowl from the mixer. Cover with a kitchen towel and set aside to rest for about 1 ½ hours, until it doubles in size.
- Preheat oven to 230\* C (446\* F) Fan.
- Place the dough onto a clean work surface dusted with flour. Use a straight edged knife to cut the dough into 5 equal pieces. Knead into balls.
- Use a rolling pin to roll out each ball of dough into the shape of a leaf. Dust with more flour if necessary. Top with ingredients of choice. (You can use herbs, olives, sundried tomatoes, etc.)
- Cut a few slices in the dough, by using a small knife. Make a large cut in the middle of the leaf shaped dough, lengthwise. Make 3 small slanted cuts on either side of the large cut. This is the traditional shape of the fougasse to make it look like a stalk of wheat.
- Transfer the flatbreads to 2 very large baking pans lined with parchment paper. Spread them out a little in the pan so they can maintain their shape while they bake.
- Bake for 10-14 minutes.
- Remove from oven and immediately brush the fougasse with some melted butter.

## Tip

When the dough is rolled out into a leaf-like shape; cut a few slices in it with a knife to create a design like a stalk of wheat. This is the traditional shape of a fougasse!!!