



SKILL LEVEL



PREP  
**40**  
MINS



BAKE TIME  
**20-25**  
MINS



MAKES  
**2**



PROVE TIME  
**80-120**  
MINS

### IN THE KIT

**Bag 1:** 250g strong white flour, 10g salt

**Bag 2:** 250g strong white flour

**Bag 3:** 2 tsp yeast

**Bag 4:** 5g dried rosemary

**Bag 5:** 10g caster sugar

**Bag 6:** 5g coarse sea salt

**Flour for dusting:** 100g strong white flour

2 x A4 baking paper

### YOU WILL NEED

350ml water

Olive oil (for brushing and greasing)

10g unsalted butter

1 small red onion

2 x baking trays

### STORAGE

Once cooled, store in an airtight container or in a freezer for up to 3 months.



### VIDEO

Bakedin.co.uk/  
caramelised-onion-fougasse

## INGREDIENTS

Strong white bread flour (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), salt (salt, anti-caking agent: sodium ferrocyanide), caster sugar, yeast (yeast, emulsifier: sorbitan monostearate), coarse sea salt, rosemary.

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1461kJ/345kcal
Fat	1.5g
of which saturates	0.1g
Carbohydrates	66g
of which sugars	3g
Protein	15g
Salt	1.6g

Allergens: For allergens see ingredients in **bold**.

May contain: **milk, soya & nuts**.

Best before: see sticker.

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or



BakedIn Ltd, Office 112,  
Slington House, Rankine Road,  
Basingstoke, Hampshire, RG24 8PH



610g



# Caramelised Onion Fougasse





**1.** Lightly grease a large bowl with oil and set aside. Measure 350ml of lukewarm water (if you have a thermometer this is about 40°C), if the water is too hot, the dough will not rise. To make the dough, in a clean large bowl (not the greased bowl), add the strong white flour and salt (**bag 1**), strong white flour (**bag 2**), yeast (**bag 3**), and dried rosemary (**bag 4**). Mix to combine.



**2.** Gradually add the water (you may not need all of it) and mix together until a soft dough forms. Tip out onto a lightly floured surface (**flour for dusting**), and knead for 8-10 minutes until the dough is smooth and elastic. Put the dough into the greased bowl (from **step 1**), cover with cling film or a damp tea towel, and leave to prove in a warm place for 60-90 minutes, or until doubled in size.



**3.** Whilst the dough is proving, prepare the caramelised onion. Peel and finely slice the red onion. In a small pan, on a high heat, melt 10g of butter. Add the onion and reduce the temperature to a low/medium heat and cook for 5-7 minutes until softened. Add the caster sugar (**bag 5**) and cook for a further 5 minutes. Once caramelised, the onion should be soft and glossy. Transfer to a clean bowl and leave to one side to cool.



**4.** Once the dough has risen, leave the dough in the bowl, add the caramelised onion, and push it down into the dough. Liberally dust a surface with flour (**flour for dusting**), and tip out the dough. Lightly knead the dough to fully incorporate the onion and then divide the dough evenly in two.



**5.** Put a portion of dough onto each of the pieces of provided baking paper. To shape a fougasse, stretch and flatten a piece of dough into a leaf shape, roughly 15cm wide and 25cm long, to the thickness of 2-3cm. One end should be slightly pointed and the other more rounded.



**6.** Put the fougasse on a chopping board, and use a pizza cutter or a sharp knife, to make one long cut down the centre of the dough, leaving a 2cm gap at each end of the dough. Then, on either side of the central cut, make 3 cuts at a slight angle, in a leaf pattern. Using floured hands, gently stretch the holes to help open up the design, to the size of the baking paper.



**7.** Shape the other fougasse with the remaining dough. Transfer each fougasse (still on the baking paper) to a baking tray. Dust lightly with flour (**flour for dusting**) and cover loosely with cling film or a damp tea towel. Leave to prove in a warm place for a further 20-30 minutes until slightly puffed up. Preheat the oven to 220°C/200°C Fan/Gas mark 7.



**8.** Once proved, brush the tops of the fougasse with olive oil and very lightly sprinkle with some of the salt (**bag 6**), to taste. Bake in the oven for 20-25 minutes, or until golden brown. When baked, the base of the fougasse should sound hollow when tapped. As soon as they come out of the oven brush with more olive oil.

