

SKILL LEVEL



PREP
30
MINS

PROVE TIME
90-120
MINS

BAKE TIME
25-35
MINS

MAKES
4

IN THE KIT

Bag 1: 300g strong white bread flour

Bag 2: 300g strong white bread flour

Bag 3: 10g caster sugar, 10g salt

Bag 4: 10g yeast

Bag 5: 50g polenta

Flour for dusting: 50g strong white bread flour

YOU WILL NEED

Oil for greasing

365ml water (350ml + 15ml)

1 medium egg white

2 x baking trays

STORAGE

Once cooled, store in an airtight container in a cool, dry place. Alternatively, store in the freezer for up to 3 months.

INGREDIENTS

Strong white bread flour (**wheat** flour, calcium carbonate, niacin, iron, thiamin), polenta (maize), coarser sugar, salt (salt, anti-caking agent (sodium ferrocyanide)), yeast (yeast, emulsifier (sorbitan monostearate)).

Nutritional info	Per 100g (as sold)
Energy kJ/kcal	1413kJ/338kcal
Fat	1.4g
of which saturates	0g
Carbohydrate	67g
of which sugars	2.6g
Protein	13g
Salt	1.4g

Allergens:

For allergens see ingredients in **bold**.

May contain: **milk, soya, tree nuts, sulphites**, and other cereals containing **gluten**.

Best before:

See sticker.

Suitable for vegetarians.

SHARE YOUR EXPERIENCE WITH US...



@bakedincakes



Baked In Ltd.
Office 112, Slington House,
Rankine Road, Basingstoke,
Hampshire, RG24 8PH



705g



Pan de Agua





1. Lightly grease a large bowl and leave to one side. In a clean large bowl (not the greased bowl), add the strong white flour (**bags 1 and 2**), caster sugar and salt (**bag 3**), and yeast (**bag 4**). Mix until combined.

2. Gradually add 350ml of lukewarm water (if you have a thermometer this is about 40°C). If the water is too warm, the dough will not rise. Mix to a dough. You may not need all the water but if the dough is too crumbly, add more water, 1 tsp (5ml) at a time.

5. Once proved, lightly dust a clean surface with the **flour for dusting** and tip the dough out, sprinkling some more **flour for dusting** over the top. Split the dough into 4 roughly equal pieces. Roll each piece into a baguette shape, roughly 25cm long. Place 2 loaves on each of the prepared trays, leaving some space between them.

6. Use a sharp knife to make 4 diagonal scores on the top of each loaf, 2cm wide and ½ cm deep. In a small bowl, beat the egg white and 1 tbsp (15ml) of water with a fork until slightly frothy. Brush the egg mixture over the top of the loaves. Leave to rest whilst completing the next step.



3. Lightly dust a clean surface with some **flour for dusting**, reserving some for later, and tip the dough out. Knead the dough for 8-10 minutes until it is smooth and elastic.

4. Put the dough into the greased bowl from **step 1** and cover with cling film or a damp tea towel. Leave to prove in a warm place for 90-120 minutes or until at least doubled in size. Sprinkle the polenta (**bag 5**) over two baking trays, and leave to one side.

7. Place a baking tray at the bottom of a cold oven and fill with 200ml of boiling water. Quickly close the oven door to trap the steam and leave for 5 minutes.

8. Place the loaves in the oven and turn the oven on to 200°C/180°C Fan/Gas Mark 6. Bake for 25-35 minutes or until the loaves are golden brown and sound hollow when tapped on the base. Leave to cool on a wire rack for at least 15 minutes before slicing.

SERVING SUGGESTION:

Make your own Tripletas, a Puerto Rican sandwich with marinated steak, shredded pork, ham, fries, mayo, ketchup and a little salad.



FOR MORE INFO:

bakedin.co.uk/pan-de-agua