



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

French Demi Baguette · ·

The French Demi Baguette is a classic French bread that is crispy on the outside and soft on the inside. It is perfect for sandwiches, bruschetta, or simply enjoyed with butter. This recipe has been passed down through generations and is a staple in French cuisine.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	All-Purpose Flour
350 ml	Water
7 g	active dry yeast
10 g	Salt

Directions

Step 1

In a large mixing bowl, combine the flour and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, dissolve the yeast in warm water and let it sit for 5 minutes until it becomes frothy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the yeast mixture into the flour mixture and stir until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Kneading

Transfer the dough to a floured surface and knead for 10 minutes until it becomes smooth and elastic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Resting

Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for 1 hour until it doubles in size.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Cutting

Punch down the dough and divide it into 4 equal pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Shaping

Shape each piece into a baguette shape and place them on a greased baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Resting

Cover the baguettes with a damp cloth and let them rise for another 30 minutes.

Prep Time: 30 mins

Cook Time: 0 mins

Step 9

Preheating

Preheat the oven to 450°F (230°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Cutting

Using a sharp knife, make diagonal slashes on the top of each baguette.

Prep Time: 5 mins

Cook Time: 0 mins

Step 11

Baking

Bake the baguettes in the preheated oven for 20 minutes or until they turn golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 12

Cooling

Remove from the oven and let the baguettes cool on a wire rack before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 275 kcal

Fat: 0 g

Protein: 9 g

Carbohydrates: 57 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	57 g	103.64%	114%
Fibers	2 g	5.26%	8%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	195 mg	8.48%	8.48%
Calcium	1 mg	0.1%	0.1%
Iron	12 mg	150%	66.67%
Potassium	80 mg	2.35%	3.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

French

Italian

Middle Eastern

Course

Breads

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com