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## French Bread ♦♦

French bread is a classic bread recipe that originated in France. It is a staple in French cuisine and is known for its crusty exterior and soft interior. French bread is commonly used to make sandwiches or enjoyed on its own. This recipe will guide you through the process of making delicious homemade French bread.

**Recipe Type:** Standard

**Prep Time:** 120 mins

**Cook Time:** 25 mins

**Total Time:** 145 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>375 ml</b>	Water
<b>500 g</b>	Bread Flour
<b>2 tsp</b>	Salt
<b>2 tsp</b>	active dry yeast
<b>25 g</b>	Cornmeal

# Directions

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## Step 1

In a large mixing bowl, dissolve the yeast in warm water and let it sit for 5 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Add the flour and salt to the bowl and mix until a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

Kneading

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

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

Resting

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

**Prep Time:** 60 mins

**Cook Time:** 0 mins

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## Step 5

### Shaping

Punch down the dough and divide it into two equal portions. Shape each portion into a baguette shape.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 6

### Resting

Place the shaped baguettes on a baking sheet sprinkled with cornmeal. Cover and let them rise for 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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## Step 7

### Preheating

Preheat the oven to 450°F (230°C). Score the top of each baguette with a sharp knife.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Baking

Bake the baguettes for 20-25 minutes or until golden brown and crusty.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 9

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 265 kcal

**Fat:** 1 g

**Protein:** 8 g

**Carbohydrates: 54 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	54 g	98.18%	108%
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	1 g	3.57%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	2 mg	153.85%	153.85%
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	390 mg	16.96%	16.96%
Calcium	1 mg	0.1%	0.1%
Iron	18 mg	225%	100%
Potassium	88 mg	2.59%	3.38%
Zinc	4 mg	36.36%	50%
Selenium	35 mcg	63.64%	63.64%

# Recipe Attributes

## Cuisines

French

## Course

Breads

Snacks

## Cultural

Hanukkah

Ramadan

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

## Demographics

Kids Friendly

Teen Friendly

Heart Healthy

## Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Vegetarian Diet

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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