



Fougasse

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : **2 LOAVES**

PREPARATION: **15 MINUTES**

COOKING: **45 MINUTES**

TOTAL RISING TIME: **1 h 15**

INGREDIENTS

- 30 ml (2 tbsp) de chia
- 385 g (2 3/4 cups) all-purpose flour "*La Merveilleuse*"
- 3.5 ml (3/4 tsp) salt
- 7.5 ml (1 1/2 tsp) **instant yeast** (Fleischmann or Lallemand)
- 385 g (1 2/3 cups water) **at 45° C (113° F)**
- 30 ml (2 tbsp) oil
- 30 ml (2 tbsp) maple syrup or honey

Greek topping:

- 30 g (1/4 cup) sliced olives, of your choice
- 35 g (1/4 cup) pine nuts
- 45 g (1/3 cup) sun-dried tomatoes, finely chopped
- 60 g (1 small) finely chopped red onion, roasted
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 2.5 ml (1/2 tsp) dried thyme

Pear topping:

- 60 g (1 small) finely chopped red onion, roasted
- 125 ml (1/2 cup) walnuts, finely chopped
- Pear, peeled and diced
- 5 ml (1 tsp) fresh rosemary, finely chopped

PREPARATION

1. Finely grind the chia in a coffee grinder.
2. In a large bowl, combine chia, flour, salt and yeast. Then add water, oil and maple syrup (or honey).
3. Stir the mixture into an electric mixer or a stand mixer with the flat paddle at medium speed for about 2 minutes.
4. Cover the bowl with a damp cloth and let stand for 45 minutes at room temperature. After this rest time, stir the dough well with a wooden spoon. Add 35 g (1/4 cup) La Merveilleuse all-purpose flour and stir well.
5. Place the dough on a floured surface and knead gently until it is less sticky on the outside (a gluten-free dough always stays wetter inside). Unlike a traditional gluten dough, gluten-free dough should be



Learn how to make perfect fougasse with two choices of toppings: Greek or pear.

TIP

* Note : If you want to make two fougasses of the same kind (Greek or pear), simply double the required amount of your chosen filling. Let your imagination run wild... A fougasse can be delicious in many ways!



A



B



C



D

NUTRITION FACTS

handled with delicacy by folding at quarter turns without stretching too tightly.

6. Divide the dough into 2 equal balls (about 450 g), knead lightly again and let rest on the counter for 5 minutes.
7. On a well-floured surface, roll each ball of dough to a rectangle of about 20 cm x 25 cm (8" x 10"). Place the filling in the center and close, forming a bundle. Turn the dough, closed side down and place on a baking sheet lined with parchment paper. Flatten to form a rectangle of about 20 cm x 25 cm (8" x 10").
8. Using a knife, make deep incisions in the dough. Brush with oil and sprinkle with herbs to taste (depending on the filling you choose).
9. Place in the oven on the central grill with the light on by placing a bowl inside the oven containing 500 ml (2 cups) of hot water; this will help create some moisture for cooking. Let rise for 20 minutes.
10. Without removing the fougasses and the bowl of water, turn on the oven to 350° F (180° C).
11. Bake for 45 to 50 minutes, until the fougasses are golden brown. Remove from oven and allow to cool on a wire rack.

Per portion: 290 Calories
1/4 fougasse grecque

Fat: 9 g	14 %
Saturated 1,5 g	
Trans 0,1 g	8 %
Polyunsaturated: 3,5 g	
Omega-6: 1 g	
Omega-3: 2 g	
Monounsaturated: 4 g	
Cholesterol: 40 mg	
Sodium: 470 mg	20 %
Carbohydrate: 48 g	16 %
Fibres: 6 g	24 %
Sugars: 6 g	
Protéines: 7 g	
Vitamin A	25 %
Vitamin C	6 %
Calcium	8 %
Iron	20 %
Magnesium	30 %
Manganese	90 %
Thiamin	30 %