

## Olive ladder Bread | Fougasse aux olives, France

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Quantity 2 PC | Loafs  
Author Martin ZGraggen  
Category Baking / Bread  
Time Preparation time 3 hours minutes Cooking time 20 minutes .....  
Difficulty Intermediate | Experienced

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### **Ingredients**

QUANTITY	UNIT	PRODUCE
2.5	GR	Yeast dry (powder)
170	ML	Water lukewarm
260	GR	Flour white, plain, all purpose
15	ML	Olive oil, extra virgin
5	GR	Salt cooking
95	GR	Olive black, pitted, chopped (Kalamata)
15	GR	Buckwheat flour
125	GR	Flour whole wheat

### **TOOLS and Equipment needed:**

-Big mixing bowl, dough scraper, wooden spoon, sharp knife, brush, scale, baking tray / sheet, rack, plastic wrap

### **Mise en place / Pre-Preparation**

#### STEP 1

-Place water in a large bowl, sprinkle in yeast, then stir in 165 GR flour plain. Stir 100 times in same direction, about 1 minute, to develop the gluten. Cover this sponge (pre-dough) with plastic wrap and let rest for 30 minutes, or up to 2 hours.

#### STEP 2

-Stir in olive oil, salt, olives, and buckwheat flour into the sponge. Mix in whole wheat flour and stir well. Dough will be sticky. Add the remaining flour plain, stir as well as you can, turn out dough onto a well-floured work surface. Using floured hands, knead gently until the dough feels smooth, then knead 5 minutes longer.

-Clean the bread bowl, oil it lightly, place dough in the bowl, and roll around to coat with oil. Then cover with plastic wrap and let rise for 2 hours, or until it has almost doubled in volume.

#### STEP 3

-Oil baking tray/sheets. Flatten the dough gently with your hands, then turn out onto a floured work surface. Cut the dough in half, knead each half into a ball and then flatten gently with the palm of your hand. Let stand for 5 minutes to rest. Dust off any extra flour.

#### STEP 4

-Working with one piece of dough at a time, flatten it out with your palms into a rectangle or oval shape (25-30cm long / 10-12cm wide and 1 cm thick. Transfer to a light oiled baking sheet and cover with plastic wrap or damp towel while you are shaping the other dough.

Use a sharp knife or razor blade to make cuts through the bread like fat-runged ladder – pull gently bread / dough apart. Let rise loaves for another 20-30 minutes covered in plastic wrap

#### STEP 5

-Preheat oven to 205C, set a rack in middle of the oven. Lightly brush the bread all over with olive oil and bake for 20 minutes or until golden. Transfer onto a rack to cool down.

### **Watch Video Recipe on my YouTube Channel Enabled Cooking (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed**

[https://www.youtube.com/watch?v=Boo7zZLoPOY&feature=em-upload\\_owner](https://www.youtube.com/watch?v=Boo7zZLoPOY&feature=em-upload_owner)

### **Remarks / Comments:**

-In France (Provence) eaten by itself as a main meal! Goes well with soups (fish soup), Pasta dishes, etc...

Also goes well with olive oil (extra virgin) and balsamic vinegar dip or/and a "Duka" dip. I prefer to eat the brad with some of my favourite cheeses like Swiss Gruyere, Italian Gorgonzola and a French Camembert – A glass of red (Cabernet Sauvignon or Shiraz 2006, Eden Hall, Barossa Valley, S.A.)

Bon Appetite – Chef & Guide Dog User Martin

