

Edible French Bread Bowls

Yield: 2 loafs

Ingredients

- 1 tablespoon active dry yeast
- 1 ½ cup warm water (110° and 115°F)
- 4 cups sifted unbleached, all purpose flour
- 1 tablespoon sugar
- 2 teaspoon kosher salt
- Egg wash mixed with water for glazing

Directions

1. Preheat oven to 400 degrees.

2. Dissolve the yeast in the water. Sift the dry ingredients and stir them into the yeast mixture. Work the dough with your hands until all the flour is absorbed. Knead the dough until smooth and elastic, about 5 minutes. Place dough in lightly oil bowl, cover and let rise until doubled in size.

3. Remove dough from the bowl and punch it down. Divide the dough into 8 ounce pieces. Shape each piece into a round ball. Place the loaves on a parchment or Silpat lined sheet pan that has been sprinkled with cornmeal.. Cover and let rise again.

4. Brush top with beaten egg wash. Bake 400 degrees for 35 minutes. At 30 minutes brush loaves with egg wash again.

Recipe Courtesy of Chef Martin Gilligan CEC, MCFE