

Snack-Sized Fougasse

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Makes 12 scones | Prep time: 10 min | Cooking time: 15 min



Snack-Sized Fougasse

THIS BREAD IS GREAT FOR PICNICS, DIPPING AND SHARING,
AND IT'S VERY SIMPLE TO MAKE.

INGREDIENTS

500g strong white flour

7g sachet active dried yeast

1 tsp salt

350ml water

2 tbsp ground polenta

150g cubes of smoked cheese

METHOD

1. In a mixing bowl, blend the salt into the flour with your hands, then make a well in the middle. Add the yeast and half of the water.
2. Using your hands, start mixing together to form a smooth dough whilst adding the remaining water a little at a time. Knead on a clean work top for 10 minutes. Place the dough back into the bowl, cover and leave to prove for 1 hour.
3. Scoop the dough out onto a clean work surface, add the cubes of cheese and repeat the kneading process for 1 minute.
4. Divide the dough into 8 equal portions and dust with a little ground polenta and roll them into oval shapes approximately 2-3cm thick.
5. Transfer the rolled out bread on to a baking tray and, using a knife, make a slice down the middle, leaving a 2cm border of uncut dough at the top and the bottom. Then make another couple of slices on either side of the main cut down the middle. Open out the cuts.
6. Pre-heat the oven to 220°C and bake the fougasses for 12 -15 minutes.

NUTRITIONAL ANALYSIS PER FOUGASSE (APPROXIMATE)

280kcal | 11.6g protein | 49g carbohydrate of which 0.9g sugars | 5.6g fat of which 3g saturates | 2.4g dietary fibre | 486mg sodium equivalent to 1.2g salt | 216mg calcium | 285mg phosphorus | 0.2µg vitamin B₁₂