

Pan Francés, Canillas y Campesinos



These three breads are truly Venezuelan. One of our preferred breads is “pan francés”. For all three types of bread, we will use the same dough, so it does not matter if you make “canillas”, “campesinos” or “pan francés”. Venezuelan baking uses its doughs in many different ways, which means that the same basic dough will be used for many different things. Today we will take advantage of that.

Tools

a normal sized oven (small toast ovens often vary in temperature) • a big bowl • measuring cup • scale (preferably a digital one for accuracy) • a baking tray • a baking brush (not necessary, but makes spreading the grease easier) • 1 or 2 **fresh** towel(s) (it/they will have direct contact with the dough) • razor blade (OR an extremely sharp knife) • rolling pin • grate.

Pan Francés

INGREDIENTS:

flour (type 550)	300 g
water	150 ml
instant yeast (not fresh)	3 g
salt	6 g
sugar	15 g
magarine	12 g

Note: It may seem a little bit extreme to be that exact with the quantities, however, when baking bread you have to be extremely precise, especially with the yeast. The recipe specifically asks for dry instant yeast. Different yeast cultures work differently. For example, dry yeast works faster than fresh yeast, yeast cultures used in beer work slower.

PREPARATION:

Take the large bowl and put the flour in (vulcano shaped). Then add the other dry ingredients. Mix all the ingredients until you have an even mass. Now you can switch to the table or to a big cutting board. The next step might seem like an exaggeration, but it is not. Knead the dough for 15 to 20 minutes.

That time is needed so that the gluten in the flour can do its magic. Then let the dough rest for 10 minutes under the towel. After that, knead the dough for another 5 minutes. Repeat this until the dough is very smooth. It can not be stressed enough. Really take time for this process. Taking a short-cut will yield in a bad consistency.

Now you can divide the dough in pieces of 60 g (scale) and form little balls out of it. Let them rest under the towel for another 10 minutes. Form ovals with the rolling pin. Now there comes a special rolling technique to form the actual baguettes. It is best to see on the live stream, however you basically roll the mass from top to bottom and press the border area with your fingers down. This is important to make a baguette because it will create the typical consistency.

Transfer the baguettes to a greased baking tray. Let the peaces ferment until they double in size. This should take roughly two ours but depends a lot on room temperature and other factors. Make sure that there is no air movement.

Now you have to cut the bread with the razor knife with an angle of 45 ° and a depth of about 0.5 cm.

Bake the breads at 250 ° C for 10 minutes with vapor switched on. Then lower the temperature to 210° C and bake another 10 minutes. Then put them on a grate for cooling down. 10 minutes should be fine. If you do not have one, use the grate of you oven.

Pan Canilla

This bread became popular in the 80s. We use the exact same dough like above.

PREPARATION.

Please look above on how to prepare the mass. Now we take the mass and roll it in a rectangular shape that is approximately 35 cm long. Now use the same folding technique from above (best to see it in the video before). Put the breads on a greased baking tray and leave it covered for 2 h. The temperature and other factors influence this time a lot. The mass should basically double in size.

Then take the razor blade and make 10 to 15 cm long insicions under an angle of 45° C. This time, they should not be diagonal.

Bake it for 10 minutos at 220° C, using vapor for the first 5 minutes. Lower the temperature to 180° C and continue baking for another 10 to 15 minutes. After that, let the bread cool down for about 10 minutes on a grate.

Further notes: We are aware that the recipe does not seem easily accessible at first. But if you follow the steps thoroughly, it really is not complicated.