Une Baguette Tradition

“Une baguette tradition” is a type of French baguette that adheres to specific traditional baking methods and ingredients, offering a high-quality and artisanal version of the classic French bread. The term “tradition” signifies that the baguette is made following the strict guidelines established by the French bread decree of 1993, which aims to preserve the authenticity and quality of French bread.

- **Ingredients**:
  - A baguette tradition is made with only the following ingredients:
    - Wheat flour
    - Water
    - Salt
    - Yeast or natural leavening agents
  - It does not contain any additives, preservatives, or improvers, which ensures a pure and natural flavor.
- **Baking Process**:
  - The process of making a baguette tradition involves:
    - **Long Fermentation**: The dough undergoes a long fermentation process, which can take up to 24 hours. This slow fermentation allows for the development of deeper flavors and a more complex aroma.
    - **Hand Shaping**: The dough is often hand-shaped by skilled bakers, contributing to its rustic appearance.
    - **High Temperature Baking**: The baguette is baked at a high temperature, resulting in a crispy and caramelized crust while keeping the interior soft and chewy.
- **Characteristics**:
  - **Crust**: The crust of a baguette tradition is typically golden-brown, thick, and crunchy. It often has a slightly blistered surface due to the high baking temperature.
  - **Crumb**: The interior crumb is creamy and slightly off-white, with irregular holes that indicate a well-fermented dough.
  - **Flavor**: The flavor is rich and nutty, with a slight tang from the long fermentation process. The simplicity of the ingredients allows the natural flavors of the wheat to shine through.
  - **Aroma**: A baguette tradition has a fragrant aroma, combining the scents of freshly baked bread with subtle hints of malt and yeast.
- **How to Enjoy**:
  - A baguette tradition can be enjoyed in various ways:
    - **Freshly Baked**: Best enjoyed when fresh out of the oven, with the crust still warm and crispy.
    - **With Butter and Jam**: Spread with high-quality butter and jam for a simple yet delightful breakfast or snack.
    - **Sandwiches**: Used as the base for traditional French sandwiches, such as jambon-beurre (ham and butter) or fromage (cheese).
    - **Accompanying Meals**: Served alongside meals, particularly soups, stews, and salads, to soak up sauces and add a crunchy texture.
- **Where to Buy**:
  - A baguette tradition can be found at most artisanal bakeries in France. Look for signs that say “baguette tradition” or “baguette de tradition française” to ensure you are getting the

authentic product.
- **Tip**: It is often worth seeking out a reputable bakery known for its quality bread. In Paris, renowned bakeries like Poilâne, Du Pain et des Idées, and Boulangerie Eric Kayser are excellent places to find a top-notch baguette tradition.

Enjoying a baguette tradition is a quintessential French experience, offering a taste of traditional craftsmanship and the rich culinary heritage of France.

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