

Rustic White Bread

Ingredients

Yeast Culture

- 300 g Room Temperature Water
- 9 g Active Dry Yeast
- 4 g Sugar or Honey

Final Mix

- 360 g Bread Flour
- 10 g Kosher Salt

Ingredients List

- 360 g Bread Flour
- 300 g Room Temperature Water
- 10 g Salt
- 9 g Active Dry Yeast
- 4 g Sugar or Honey

Process - Direct Method

- 1) Combine Yeast Culture ingredients, stir until yeast is dissolved.
- 2) Place mixture in a room temperature area (70-80 degrees) for 15 minutes.
- 3) Add flour and mix until the flour is incorporated and it starts to form a single mass.
- 4) Add salt and mix until the dough forms a single mass in the center of the bowl. Taste for salt and adjust as necessary. The dough should taste a little saltier than your final product.
- 5) Move dough to bench and knead 30 times. Use very light flour to prevent sticking.
- 6) Lightly oil your clean fermentation container (Olive Oil, butter, spray oil etc). Place dough in bowl to coat one side and the flip.
- 7) Cover the bowl and allow the dough to ferment in a warm (room temperature) area for 1 hour.
- 8) Degas, fold in half, replace in bowl, cover, and let ferment for another hour.
- 9) Divide dough as desired and form piece(s) into boule(s).
- 10) Place in final proof area for final rise. Let rise to 50% springback. This can be in a proofing basket, on a floured towel, or on a sheetpan on top of corn meal. Keep in a humid warm area. Visit www.bakelikeachef.com/proofing for ideas.
- 11) Score the top with a razor or sharp knife.
- 12) Bake at 425 until done. 30 minutes or 200 deg internal temperature. Adding steam for the first 3 minutes.