MACHINE MIXING

PREP

1 Toast the bran and germ in an even layer at 175 °C / 350 °F in a home or deck oven. Do not use a forced fan because it will blow the bran and germ off the sheet pan. Toast until aromatic, 5-7 min. Cool completely. Mix with water, and soak for at least 10 min (up to 24 h) before mixing.

MIX

2 Stir the levain into the water to dissolve. Add the flour, vital wheat gluten, and diastatic malt powder. Mix to a shaggy mass.

3 Autolyse 30 min, add the salt, and mix until homogeneous. Transfer the dough to a lightly oiled, thick plastic tub, and cover with a lid.

BULK FERMENT

4 Bulk ferment for 4 h, performing six folds, one every 30 min after the first hour. After the first fold, add the soaked germ and bran. Use a squeeze, pull, and fold-over motion to mix until the bran and germ are fully incorporated into the dough. Cover the dough between folds.

5 Let the dough bulk ferment for 30 min, covered, after the final fold. Perform the windowpane test to assess gluten development (see page 3-89). If the dough has not yet reached full gluten development, perform another fold and let the dough rest for an additional 30 min; repeat the windowpane test.

6 Transfer the dough by gently turning the tub onto a well-floured work surface. Handle the dough carefully to help preserve the CO₂ pockets that have formed inside it.