MODERNIST FRENCH LEAN BREAD

This variation improves on the excellent master recipe by adding a few incremental steps. A small amount of fat increases loaf volume (see page 2-317), and polydextrose makes the crust even crisper (see page 2-348). The technique of pulling a vacuum on the dough forces the flour to hydrate more quickly, so the dough requires less mixing time and therefore oxidizes less—which results in a creamier-colored crumb.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
<th>Volume</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread flour</td>
<td>585 g</td>
<td>4½ cups</td>
<td></td>
</tr>
<tr>
<td>Fine salt</td>
<td>12 g</td>
<td>2¼ tsp</td>
<td></td>
</tr>
<tr>
<td>Polydextrose</td>
<td>5.85 g</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Vegetable shortening</td>
<td>5.85 g</td>
<td>1½ tsp</td>
<td></td>
</tr>
<tr>
<td>Instant dry yeast</td>
<td>4.1 g</td>
<td>1⅓ tsp</td>
<td></td>
</tr>
<tr>
<td>Water, 43–49 °C/110–120 °F</td>
<td>430 g</td>
<td>1¾ cups</td>
<td></td>
</tr>
<tr>
<td>Yield</td>
<td>~1.00 kg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**GENERAL DIRECTIONS**

**MIX**

Combine ① in a bowl; add ②, and mix to a shaggy mass; place the dough in a vacuum chamber, and pull a vacuum for 30 s; check for full gluten development using the windowpane test.

**DDT**

24–26 °C/75–78 °F

**DIFFICULTY**

Easy: mixing, shaping (baguette)

**OVENS**

*Deck*  *Combi*  *Convection*  *Home*

**TOTAL TIME**

Active 34 min

Inactive 5½ h

**BULK FERMENT**

1½ h total; 2 folds (1 fold just after mixing, a second after 45 min), 45 min rest after final fold; keep covered throughout

**DIVIDE / SHAPE**

Divide

Large boule/bâton

Small boule/bâton

Baguette/sh baguette

Ficelle

Roll

Do not divide

500 g

330 g

250 g

50 g

Preshape

Boule/bâton

Boule/bâton

Baguette

Ficelle

Roll

Rest

20 min

20 min

20 min

20 min

20 min

Shape

Boule/bâton

Boule/bâton

Baguette

Ficelle

Roll

**FINAL PROOF**

27 °C/80 °F

65% RH

1⅓–1½ h

2–2½ h

1–1½ h

45 min–1 h

45 min–1 h

21 °C/70 °F

1½–2 h

2½–3 h

1½–2 h

1–1½ h

1–1½ h

**SCORE**

For scoring options, see page 3-250

**BAKE**

See French Lean Bread Baking Times and Temperatures, page 32; crispy crust requires steam

**TOTAL TIME**

By hand

34 min

5¾ h

**YIELD / SHAPES**

1 lg boule/bâton

2 sm boules/bâters

3 baguettes

4 ficelles

20 rolls

**NET CONTENTS**

**Graines**

**Weight**

Flour

585 g

100

Water

430 g

73.5

Salt

12 g

2.05

Polydextrose

5.85 g

1

Fat

5.85 g

1

Yeast

4.1 g

0.7

For salt, flours, substitutions, and other notes, see pages viii–xi.

For a step-by-step guide to vacuum sealing, see How to Perform an Autolyse (and Mix) by Pulling a Vacuum on the Dough, page 3-108.

Because the vacuum chamber cools the dough (as opposed to the friction factor from a mixer that heats the dough), the initial water temperature for the hydration must be higher than the desired dough temperature. We recommend an initial water temperature between 43 °C and 49 °C/110 °F and 120 °F.

Consume within 1 d, or freeze for up to 2 mo.