Combine all poolish ingredients, and mix to a homogeneous mass. Transfer the poolish to an airtight container and let it ripen at 21–24°C/70–75°F for 12–16 h before mixing it into the dough (see page 3·20).

Stir the salt in 5⁄8 of the water, and set aside. Dissolve the yeast in the remaining water, then add the poolish and the flour; mix to a shaggy mass.

Autolyse 30 min, then add the salt solution, and mix until homogeneous. Transfer the dough to a lightly oiled plastic tub, and give it a four-edge fold (see page 3·129).

Bulk ferment for 3½ h, performing 3 four-edge folds, one every hour after the first hour. Cover the dough between folds. Let the dough bulk ferment for 30 min after the last fold.

Divide the dough to the desired weight (see page 3·136). Do not divide for a large boule or bâtard or for a miche.

Divide the dough as desired (see page 3·156).

Rest the dough for 20 min.