HAND MIXING

PREP

1 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).

MIX

2 Stir the salt in 5% of the water, and set aside. Dissolve the malt syrup and yeast in the remaining water. Add the poolish and levain, and dissolve. Add the flour, and mix to a shaggy mass.

3 Autolyse for 20-30 min.

4 Add the salt mixture and the oil. Mix until homogeneous.

5 Cover with plastic wrap, or transfer to a lightly oiled plastic tub and cover with a lid.

BULK FERMENT

6 Bulk ferment for 4 h, performing 6 folds, one every 30 min after the first hour. Cover and refrigerate the dough during bulk fermentation.

7 Let the dough bulk ferment in the refrigerator 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.

8 Flour your work surface or apply an even layer of oil to it. When the gluten is fully developed, transfer the dough by gently turning the tub onto the work surface. Handling the dough carefully will preserve the CO₂ pockets that have formed inside.