MACHINE MIXING

1. Follow the Machine Mixing options on the next page.

2. Mix the dough to medium gluten development. Cover with plastic wrap, or transfer to a lightly oiled plastic tub and cover with a lid.

BULK FERMENT

3. Bulk ferment for 2½ h, performing 2 four-edge folds, one each after the first and second hours (see page 3-129). Cover the dough between folds. Let the dough bulk ferment for 30 min more, covered, after the final fold.

BULK FERMENT

4. 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 30 min; repeat the windowpane test.

5. 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.

DIVIDE

6. Divide the dough to the desired weight (see page 3-136). Do not divide for large boule or bûton, or for a miche.

PRESHAPE

7. Preshape the dough to a boule (see page 3-153).

8. Rest the dough 20 min.

SHAPE

9. Shape using the Wonton-Shape Method (see page 3-153). You will follow the instructions for step 1 to shape this dough.

10. Turn the boule over, and gently place, seam side down, in a well-floured basket.