

master recipe

COMPLEAT WHEAT

TOTAL TIME Active 27 min Inactive 20 h 26 min	DDT 24-26°C / 75-78°F	DIFFICULTY Easy: dough handling Moderate: levain maintenance	OVENS ★Deck ★Home Combi Convection	YIELD / SHAPES 1 lg boule/bâtard 2 sm boules/bâtards 13 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Wheat bran	85 g	1¼ cups	17.71
	Wheat germ	14 g	3 Tbsp	2.92
	Water	100 g	½ cup	20.83
②	Water	315 g	1⅓ cups	65.63
	Liquid levain, mature see page 24	195 g	1 cup + 1 Tbsp	40.63
③	Bread flour	480 g	3¼ cups	100
	Vital wheat gluten	18 g	1 Tbsp + 1 tsp	3.75
	Diastatic malt powder*	1 g	½ tsp	0.21
④	Fine salt	12 g	2 tsp	2.5
	Yield	~1.22 kg		

NET CONTENTS		
Ingredients	Weight	%
Flour	577.5 g	96.98
Vital wheat gluten	18 g	3.02
Wheat bran	85 g	14.27
Wheat germ	14 g	2.35
Water	513 g	86.15
Salt	12 g	2.02
Diastatic malt powder	1 g	0.17

Multiply the recipe by two for a miche.

For salt, flours, substitutions, and other notes, see pages x-xiii.

*Diastatic malt powder (DMP) is recommended if you are cold-proofing your dough for more than 12 h. For more about DMP, see page 3-226.

GENERAL DIRECTIONS

		PROCEDURE	NOTES	TIME active / inactive			
PREP	inclusions	toast bran and germ from ① in an even layer at 175°C / 350°F until aromatic, 5-7 min; cool completely; add water; soak at least 10 min before mixing dough		25-27 min			
MIX	by hand*	combine ② in a bowl, and stir to dissolve yeast; add ③, and mix to a shaggy mass; autolyse 30 min; add ④, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Hand Mixing, page 3-116	5 min / 30 min			
	by machine*	combine ② in mixer's bowl, and stir to dissolve yeast; add ③, and mix to a shaggy mass; autolyse 30 min; add ④, and mix on medium speed to medium gluten development; add ①, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Machine Mixing options, page 110	38-41 min			
BULK FERMENT	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; after the first fold, add ①, and mix in using a squeeze, pull, and fold-over motion; check for full gluten development by performing the windowpane test	see Incorporating Inclusions, page 3-123, and Gluten Development, page 3-89	5 min / 4 h			
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour), 30 min rest after final fold; check for full gluten development by performing the windowpane test	see How to Perform a Four-Edge Fold, page 26	5 min / 2½ h			
DIVIDE/SHAPE	divide	1 lg boule/bâtard	sm boule/bâtard	roll	miche	see How to Divide Your Dough, page 27	0-7 min
		do not divide	500 g	75 g	do not divide		
	preshape	boule/bâtard	boule/bâtard	boule	boule	see shaping boules and bâtards, pages 28-29, and rolls, page 34	1-7 min
	rest	20 min	20 min	20 min	20 min		20 min
shape	boule/bâtard	boule/bâtard	roll	boule		1-7 min	
FINAL PROOF	13°C / 55°F	14 h	14 h	n/a**	14 h	see Final Proofing Methods, page 3-212; see Calling Proof, page 3-220	12-16 h
	4°C / 39°F	12-16 h	12-16 h	n/a**	12-16 h		
SCORE		for scoring options, see page 3-230					30 s-1 min
BAKE		see Compleat Wheat Baking Times and Temperatures, page 111					15-55 min
TOTAL TIME		*Choose by hand or machine **Proof rolls at 27°C / 80°F (65% RH) for 1 h 20 min-1 h 40 min or at 21°C / 70°F for 2½-3½ h.					by hand 32 min / 21¼ h by machine 27 min / 20 h 26 min