

MODERNIST FRENCH LEAN BREAD

TOTAL TIME Active 34 min Inactive 5¼ h	DDT 24–26°C/ 75–78°F	DIFFICULTY Easy: mixing Advanced: shaping (baguette)	OVENS ★Deck Combi Convection Home	YIELD / SHAPES 1 lg boule/ bâtard 2 sm boules/ bâtards 3 baguettes 4 ficelles 20 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Bread flour	585 g	4⅓ cups	100
	Fine salt	12 g	2¼ tsp	2.05
	Polydextrose	5.85 g	1 tsp	1
	Vegetable shortening	5.85 g	1½ tsp	1
	Instant dry yeast	4.1 g	1¾ tsp	0.7
②	Water, 43–49°C/110–120°F	430 g	1¾ cups	73.5
	Yield	~1.00 kg		

NET CONTENTS		
Ingredients	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 x–xiii.

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.

GENERAL DIRECTIONS

		PROCEDURE	NOTES					TIME
								active / inactive
MIX	by hand	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	see Hand Mixing, page 3-116					5-7 min
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	see How to Perform a Four-Edge Fold, page 26					5 min / 1½ h
DIVIDE / SHAPE	divide	large boule/ bâtard	sm boule/ bâtard	baguette/ sh baguette	ficelle	roll	see How to Divide Your Dough, page 27	0-7 min
		do not divide	500 g	330 g	250 g	50 g		
	preshape	boule/bâtard	boule/bâtard	baguette	ficelle	roll	see shaping boules, batards, baguettes, ficelles, pages 28–30, and rolls, page 34	1-7 min
	rest	20 min	20 min	20 min	20 min	20 min		20 min
	shape	boule/bâtard	boule/bâtard	baguette	ficelle	roll		1-7 min
FINAL PROOF	27°C/80°F 65% RH	1¼–1½ h	2–2½ h	1–1½ h	45 min–1 h	45 min–1 h	see Final Proofing Methods, page 3-212, and Calling Proof, page 3-220; keep dough covered when proofing at room temperature	45 min–3 h
	21°C/70°F	1½–2 h	2½–3 h	1½–2 h	1–1¼ h	1–1½ h		
SCORE		for scoring options, see page 38					30 s–1 min	
BAKE		see French Lean Bread Baking Times and Temperatures, page 46; crispy crust requires steam					10–55 min	
TOTAL TIME							by hand	34 min / 5¼ h

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.