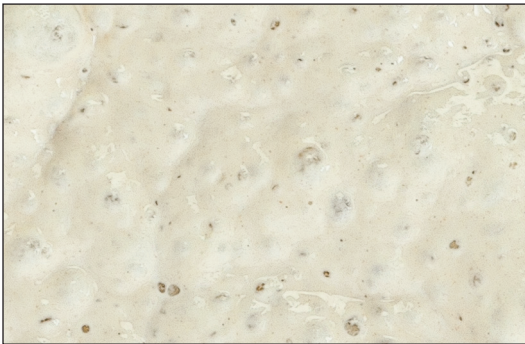


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HAND MIXING

PREP MIX



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).



2 Stir the salt in 5% 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.



3 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



4 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.



5 Transfer the dough by gently turning it out of the tub onto a well-floured work surface. Handle the dough carefully to help preserve the CO₂ pockets that have formed inside it.

DIVIDE PRESHAPE



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



7 Preshape the dough as desired (see page 3-156).

8 Rest the dough for 20 min.