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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.