


PAIN DE MIE


This is France’s traditional sandwich loaf for slicing, used for everything from the bistro staple croque monsieur to cocktail party canapés. *Mie* is French for the crumb of the bread, and the name indicates that the fine, snow-white crumb is the showcase, while

the crust is of less import. The American equivalent is the Pullman loaf, which—like this recipe—is baked in a fully enclosed loaf pan (see page 3-167) to create a perfectly rectangular loaf.


TOTAL TIME

  
Active 7 min  
Inactive 5 h 57 min


DDT


  
24-26°C /  
75-78°F


DIFFICULTY

  
Easy:  
mixing, shaping


Ovens

★Convection

★Combi

Home

YIELD / SHAPE

  
1 lg loaf

INGREDIENTS	WEIGHT	VOLUME	%
① Water	360 g	1½ cups	64.29
Instant dry osmotolerant yeast	5 g	2 tsp	0.89
② Bread flour	560 g	4 cups	100
Butter, softened	35 g	3 Tbsp	6.25
Sugar	25 g	2 Tbsp + 1 tsp	4.46
Fine salt	10 g	1¾ tsp	1.79
Malt syrup	2 g	¼ tsp	0.36
Yield	~1.00 kg		

For salt, flours, substitutions, and other notes, see pages viii–xi.

NET CONTENTS		
Ingredients	Weight	%
Flour	560 g	100
Water	367 g	65.54
Fat	28 g	5
Sugar	26 g	4.64
Salt	10 g	1.79
Yeast	5 g	0.89

Consume within 1-2 d, or freeze for up to 2 mo.

Baking the loaf while venting will set the outside of the loaf so that it will retain its shape and not collapse.

GENERAL DIRECTIONS				TIME
		PROCEDURE	NOTES	active/inactive
MIX	by machine	combine ① in mixer’s bowl, and stir to dissolve yeast; add ②, and mix on medium speed to full gluten development; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Machine Mixing options, page 291, and Gluten Development, page 3-89	10–17 min
BULK FERMENT		1½ h total; 1 fold after 45 min, 45 min rest after fold	prepare a traditional Pullman loaf pan (33 cm long by 10 cm wide by 10 cm deep / 13 in long by 4 in wide by 4 in deep) with a lid; see Folding, page 3-128	5 min / 1½ h
SHAPE	shape	oblong bâtard	see How to Preshape and Shape a Bâtard, page 3-154	1–2 min
FINAL PROOF	27 °C / 80 °F 65% RH	1½–2 h	place in a prepared loaf pan, and proof with pan lid off; see Final Proofing Methods, page 3-212, and Calling Proof, page 3-220	1½–3 h
	21 °C / 70 °F	2½–3 h		
BAKE		convection (full fan speed) or combi (medium fan speed): bake for 30–35 min at 185 °C / 365 °F; home: bake for ¾–1 h at 200 °C / 390 °F; remove the lid, and invert the loaf onto a sheet tray lined with a wire rack; bake for 10 min more, vented; cool	cover the pan with the lid before baking	40 min–1 h 10 min
TOTAL TIME				by machine 7 min / 5 h 57 min

