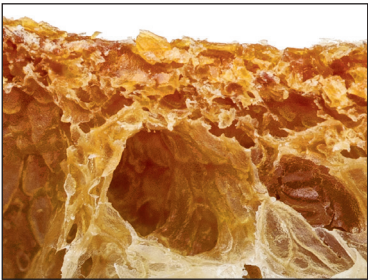


modernist variation

MODERNIST FRENCH LEAN BREAD

This variation improves on the excellent master recipe by adding a few incremental steps. A small amount of fat increases loaf volume (see page 2-317), and polydextrose makes the crust even crispier (see page 2-348). The technique of pulling a vacuum on the dough forces the flour to hydrate more quickly, so the dough requires less mixing time and therefore oxidizes less—which results in a creamier-colored crumb.



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

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		

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

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 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							TIME
PROCEDURE							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					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					5 min / 1½ h
DIVIDE / SHAPE	divide	large boule/ bâtard	sm boule/ bâtard	baguette/ sh baguette	ficelle	roll	0–7 min
		do not divide	500 g	330 g	250 g	50 g	
	preshape	boule/bâtard	boule / bâtard	baguette	ficelle	roll	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	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 3-250					30 s–1 min
BAKE		see French Lean Bread Baking Times and Temperatures, page 32; 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.