


YOUR DAILY BREAD INSPIRED BY JEFF HERTZBERG AND ZOË FRANÇOIS


This recipe is our take on the recipe developed by Jeff Hertzberg and Zoë François for *The New Artisan Bread in Five Minutes a Day*. Their approach is to make one extralarge batch of dough and bake about 500 g of it daily for up to 14 days. After our own positive

experiments, we took steps to strengthen the gluten network, create a crispier crust, and modify the proofing process. The ascorbic acid dramatically reduces oxidation, which can be an issue for dough held this long (see page 2-334).


TOTAL TIME


Active 9 min
Inactive 28 h 57 min


DDT



24-26°C /
75-78°F


DIFFICULTY



Easy:
mixing

Ovens



★Home

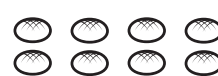

★Deck




Combi


Convection

YIELD / SHAPES


4 lg boules/bâtards


8 sm boules/bâtards

INGREDIENTS	WEIGHT	VOLUME		NET CONTENTS		
Bread flour	2.23 kg	16¾ cups	100	Ingredients	Weight	
Water, room temperature	1.65 kg	7¼ cups	73.99	Flour	2.23 kg	100
Vital wheat gluten	67 g	½ cup	3	Water	1.65 kg	73.99
Fine salt	61 g	3 Tbsp + 1½ tsp	2.74	Vital wheat gluten	67 g	3
Polydextrose	23 g	1 Tbsp + 2¾ tsp	1.03	Salt	61 g	2.74
Ascorbic acid	5 g	1½ tsp	0.22	Polydextrose	23 g	1.03
Instant dry yeast	25 g	3 Tbsp	1.12	Ascorbic acid	5 g	0.22
Yield	~4.06 kg			Yeast	25 g	1.12

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

GENERAL DIRECTIONS

GENERAL DIRECTIONS				TIME
		PROCEDURE	NOTES	active/inactive
MIX	by hand*	combine all ingredients in a bowl, and mix to a shaggy mass; transfer to a lightly oiled tub, and cover with a lid		5 min
	by machine*	combine all ingredients in mixer’s bowl, and mix on low speed to a shaggy mass; transfer to a lightly oiled tub, and cover with a lid		2 min
BULK FERMENT		24 h; no folds; cover, and proof at room temperature for 1 h; uncover, cover the surface directly with plastic wrap, cover, then refrigerate for 23 h or until you are ready to bake		5 min/24 h
DIVIDE / SHAPE	divide	lg boule/bâtard	sm boule/bâtard	1 min
		do not divide	500 g	
	shape	boule/bâtard	boule/bâtard	1–2 min
FINAL PROOF**	27 °C / 80 °F 65% RH	3 h	2 h	2–4 h
	21 °C / 70 °F	4–5 h	3–4 h	
SCORE		for scoring options, see page 3:230		
BAKE		see French Lean Bread Baking Times and Temperatures, page 32		
TOTAL TIME	<i>*Choose by hand or machine</i> <i>**Proofing time (not cold-proofing time) might increase on a daily basis, especially toward the end of the 14-day period.</i>			by hand 14 min/28 h 55 min by machine 9 min/28 h 57 min

We learned that if a piece of dough made with commercial yeast is over-proofed, simply reshaping it can revive it (see Dough CPR, page 3-224). This is also true for this type of dough. Since it is leavened with commercial yeast which is incredibly resilient, the dough can be reshaped into a tight boule or bâtard to degas it—and it will continue to proof very well, even through day 14.

The yield of this recipe is 4 kg. If you want a 500 g loaf of bread every day for 14 days, you will have to make 7 kg of dough. That means you must determine if there’s room in your refrigerator to hold this much dough. With a 4 kg yield, you can make eight 500 g loaves or four 1 kg loaves. And yes, you can make a loaf on the day after making this dough and up to 14 days later. The key questions to consider are how much dough you want to make and how frequently you’ll need a whole loaf of freshly baked bread.

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