

GENERAL DIRECTIONS							TIME
PROCEDURE							active/inactive
MIX	by hand*	combine ① in a bowl, and mix to a shaggy mass; autolyse 30 min; add ②, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Hand Mixing, page 3-116	5 min/30 min
	by machine*	combine ① in mixer's bowl, and mix on low speed to a shaggy mass; autolyse 20–30 min; add ②, and mix on medium speed to medium gluten development; turn off mixer, add ③, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Machine Mixing options, page 65	37–41 min
BULK FERMENT	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; after the second fold, turn off mixer, add ③; mix with your hands using a squeeze, pull, and fold-over motion; check for full gluten development using the windowpane test				see How to Perform a Four-Edge Fold, page 3-129; see Gluten Development, page 3-89	5 min/4 h
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour), 30 min rest after final fold; check for full gluten development using the windowpane test					5 min/2½ h
DIVIDE/SHAPE	divide	lg boule/bâtard	sm boule/bâtard	roll	miche	see How to Divide Your Dough, page 3-136	0–7 min
		do not divide	500 g	75 g	do not divide		
	preshape	boule/bâtard	boule/bâtard	roll	boule	see shaping boules and bâtards, pages 3-152–155, and rolls, page 3-176	1–7 min
	rest	20 min	20 min	20 min	20 min		20 min
	shape	boule/bâtard	boule/bâtard	roll	boule		1–7 min
FINAL PROOF	13 °C/55 °F	14 h	14 h	n/a	14 h	see Final Proofing Methods, page 3-212; for roll proofing times and temperatures, see previous page	12–16 h
	4 °C/39 °F	12–16 h	12–16 h	n/a	12–16 h		
SCORE		for scoring options, see page 3-230					30 s–1 min
BAKE		see Sourdough Baking Times and Temperatures, page 67					15–55 min
TOTAL TIME		*Choose by hand or machine					by hand 32 min/21¾ h by machine 27 min/20 h 26 min



We add vital wheat gluten because the porridge is a wet ingredient that will loosen the overall structure of the dough when it is mixed in. This amount of gluten will help the dough maintain its integrity through the preparation process and baking.

Be sure to season the porridge with salt per the recipe. The salt in this dough is not enough to season all the components, and without salting the porridge separately, the bread will be bland.

When hand mixing a dough with inclusions, especially a wet inclusion like porridge, 7 or 8 folds might be necessary to reach full gluten development.

Consume within 2–3 d, or freeze for up to 2 mo.