












master recipe

COMPLEAT WHEAT

In this recipe, we aimed to achieve the flavor and texture of whole wheat bread without the dense crumb. After much trial and error, this was the winning technique: use bread flour, and then add

toasted and hydrated bran and germ as inclusions. The final dough has the same proportions of bran, germ, and endosperm as whole wheat flour.

TOTAL TIME  Active 27 min Inactive 20 h 26 min	DDT  24–26°C / 75–78°F	DIFFICULTY  Easy: dough handling  Moderate: levain maintenance	OVENS  ★ Deck  ★ Home  Combi  Convection	YIELD / SHAPES  1 lg boule/bâtard  2 sm boules/bâtards  13 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Wheat bran	85 g	1¼ cups	17.71
	Wheat germ	14 g	3 Tbsp	2.92
	Water	100 g	½ cup	20.83
②	Water	315 g	1⅓ cups	65.63
	Liquid levain, mature see page 3-54	195 g	1 cup + 1 Tbsp	40.63
③	Bread flour	480 g	3¾ cups	100
	Vital wheat gluten	18 g	1 Tbsp + 1 tsp	3.75
	Diastatic malt powder*	1 g	½ tsp	0.21
④	Fine salt	12 g	2 tsp	2.5
	Yield	~1.22 kg		

NET CONTENTS

Ingredients	Weight	%
Flour	577.5 g	96.98
Vital wheat gluten	18 g	3.02
Wheat bran	85 g	14.27
Wheat germ	14 g	2.35
Water	513 g	86.15
Salt	12 g	2.02
Diastatic malt powder	1 g	0.17

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

*Diastatic malt powder (DMP) is recommended if you are cold-proofing your dough for more than 12 h. For more about DMP, see page 3-226.

GENERAL DIRECTIONS

Multiply the recipe by two for a miche.

GENERAL DIRECTIONS						Multiply the recipe by two for a miche.	TIME
		PROCEDURE				NOTES	active / inactive
PREP	inclusions	toast bran and germ from ① in an even layer at 175 °C / 350 °F until aromatic, 5–7 min; cool completely; add water; soak at least 10 min before mixing dough					25–27 min
MIX	by hand*	combine ② in a bowl, and stir to dissolve yeast; add ③, and mix to a shaggy mass; autolyse 30 min; add ④, 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 ② in mixer’s bowl, and stir to dissolve yeast; add ③, and mix to a shaggy mass; autolyse 30 min; add ④, and mix on medium speed to medium gluten development; add ①, 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 139	38–41 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 first fold, add ①, and mix in using a squeeze, pull, and fold-over motion; check for full gluten development by performing the windowpane test				see Incorporating Inclusions, page 3-123, and 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 by performing the windowpane test				see How to Perform a Four-Edge Fold, page 3-129	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	boule	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; see Calling Proof, page 3-220	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 Compleat Wheat Baking Times and Temperatures, page 141					15–55 min
TOTAL TIME		*Choose by hand or machine **Proof rolls at 27 °C / 80 °F (65% RH) for 1 h 20 min–1 h 40 min or at 21 °C / 70 °F for 2½–3½ h.					by hand 32 min / 2¼ h by machine 27 min / 20 h 26 min