


MODERNIST FARMER’S BREAD

This recipe is almost the same as the Farmer’s Bread master recipe (see page 353), aside from the addition of two key ingredients. Vital wheat gluten improves the strength of the dough, making it firmer and easier to shape. And because rye flour absorbs a great deal of


water and doesn’t release much of it during baking and cooling, rye bread crust is often soft. Adding polydextrose improves the crispiness of the crust.

TOTAL TIME




Active 11 min
Inactive 20 h 25 min

DDT




24–26 °C /
75–78 °F

DIFFICULTY




Easy:
mixing




Moderate:
mise en place


Ovens




★Deck



★Home




Combi




Convection

YIELD / SHAPES



1 lg boule/
bâtard



2 sm boules/
bâtards

INGREDIENTS	WEIGHT	VOLUME	%
① Water	335 g	1½ cups	67
Liquid rye levain, mature see page 3-54	150 g	½ cup + 1 Tbsp	30
Liquid levain, mature see page 3-54	100 g	⅓ cup + 1 Tbsp	20
② High-gluten bread flour	400 g	3 cups	80
Dark rye flour	100 g	¾ cup	20
Vital wheat gluten	18 g	2 Tbsp	3.6
Polydextrose	6 g	2 tsp	1.2
③ Fine salt	12.5 g	2 tsp	2.5
Yield	~1.00 kg		

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

Follow the instructions in the Farmer’s Bread master recipe General Directions table on page 353.

NET CONTENTS		
Ingredients	Weight	%
High-gluten bread flour	450 g	73.05
Dark rye flour	166 g	26.95
Vital wheat gluten	18 g	2.92
Water	468 g	75.97
Salt	12.5 g	2.03
Polydextrose	6 g	0.97

Multiply the recipe by two for a miche.

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

