

## Alternatives

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## Flavors

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## Fun Facts

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## Techniques

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## Our Take

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# HAND MIXING

## MIX



**1** Combine the levain with the water, and add the **flour, bran, and diastatic malt powder**. Use one hand to mix to a shaggy mass (keep your other hand clean). For larger yields (4 kg and greater), use both hands to mix more quickly.

**2** Autolyse 30 min, add the salt, and mix until homogeneous.

## BULK FERMENT

**3** Cover with plastic wrap, or transfer to a lightly oiled plastic tub and cover with a lid.

**4** Bulk ferment for 4 h, performing 6 four-edge folds, one every 30 min after the first hour (see page 3:129). Cover the dough between folds.

**5** Let the dough bulk ferment for 30 min, covered, after the final fold. Perform the windowpane test to assess gluten development (see page 3:89). If the dough has not yet reached full gluten development, perform another fold and let the dough rest for 30 min; repeat the windowpane test.

**6** Transfer the dough by gently turning the tub onto a well-floured work surface. Handle the dough carefully to help preserve the CO<sub>2</sub> pockets that have formed inside it.

## DIVIDE



**7** Divide the dough to the desired weight (see page 3:136). Do not divide for a large boule or bâtard or for a miche.

## PRESHAPE



**8** Preshape the dough as desired (see pages 3:152–155).

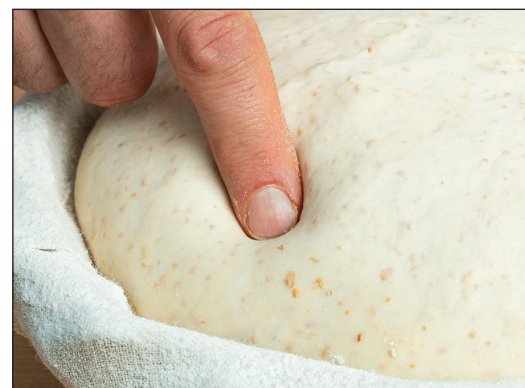
**9** Rest the dough 20 min.

## SHAPE



**10** Shape the dough as desired (see pages 3:152–155).

## FINAL PROOF



**11** Transfer the dough to your preferred proofing setup (see page 58).

**12** Proof the dough following the times and temperatures in the General Directions table for the Sourdough master recipe on page 63. Test for proof using the fingertip test (see page 3:223).