

Poolish White Bread

*Time: 5 min then overnight then 4 * 45 min rise then 30 min rise + 30 min preheat + 25 min baking*

<i>Ingredients</i>	2 loaves	2Large loaves
Water <i>cold</i>	3 cups	4 cups
Yeast, active dry, instant	½ teaspoons	2/3 teaspoons
Bread flour	4 cups	5 1/3 cups
Bread flour	≤ 3 cups	≤ 4 cups
Sugar or honey	2 Tablespoons	2 2/3 Tablespoons
Salt	2 teaspoons	2 2/3 teaspoons

Poolish: *(French name for this method, not a typo)*

- In the evening combine 3 *cups* cold filtered **water**,
½ *teaspoon* **yeast** and 4 *cups* **flour** stir thoroughly.
- Cover container and place on top shelf in refrigerator overnight.

Bread:

- The following morning combine ≤ 3 cups **flour**, 2 teaspoons **salt**
and 2 tablespoons **sugar**. Dump on top of the poolish.
- Then using a fork or the handle of a wooden spoon, attempt to
incorporate the dry ingredients into the poolish.
- Turn dough mass out onto a well-floured surface, use some of the
dry flour to clean the bits off the bowl.

- Knead most of the remaining flour into the mass approximately **5 minutes**.
- Continue kneading the dough for an additional **15 minutes**, use some of the flour to dust the work surface as required.

Do not attempt to incorporate large amounts of extra flour during this stage.

- The dough will be wetter than normal; it will stick to your hands. You may need a bench scraper to pull the wet dough up from the work surface.

If your dough is very sticky, you could add slightly more flour or keep your hands wet while handling it.

Once you have worked it for a while it should come together and be a little easier to handle

- 1 Shape the dough into a ball and return to the bowl, cover the bowl and set in a warm place for **45 minutes**.
- 2 When 45 minutes have passed, remove the dough from bowl, and **knead 10 or 12 times**.
Shape the dough into a ball and return to the bowl, cover the bowl and set in a warm place for another **45 minutes**.
- 3, 4 Repeat the previous step twice for **a total of four 45 minute raises**.

- Remove dough from bowl, shape into **2 loaves**.
Loosely cover and return bread to the warm place for an additional **30 minutes**.
- After the final 30 minute raise start preheating the oven to **450°F**.

Place a pan of **boiling water** in the bottom of oven.

If baking the bread loaves in Dutch ovens, cast iron frying pans or on a pizza stone place the pots or stone in the cold oven before the preheat begins.

- Place bread on middle rack and bake for **≈25 minutes**.
Mist bread and oven with water, repeat in ten or fifteen minutes.
- Remove the bread from the oven when the internal temperature reaches 203°F – 206°F.

The internal temperature will affect the amount of moisture in the end product.

The thickness and crispiness of the crust is a matter of personal preference. Adjust the cooking time to suit your taste.

- Cool on wire rack before slicing.

Note: You can use less flour for making Baguettes or reduce it even more for Ciabatta bread.