

Our Daily Loaf

INGREDIENTS

- 510 grams hard wheat berries, milled
- 340 grams water (room temp or tap is fine)
- 40 grams BOILING water
- 10 grams sea salt
- 12 grams yeast (instant or active dry)
- 10 grams lemon juice (optional)



Prepping Time

1 hour 25 Minutes



Baking Time

45 Minutes



Servings

Makes 12 to 20

DIRECTIONS

ACTIVE DRY YEAST:

If using active dry yeast, place 100 g of the water into a cup, along with the yeast and sugar. Let sit until ADD IN YEAST AND SALT. It should be bubbly and active by then.

If the yeast mixture isn't bubbly by then your yeast isn't good - go get some good yeast! Instant yeast is also known as bread machine yeast. Either one will do.

MIXING:

1. Place a small cup on your scale, and press the ZERO or TARE button.
2. Add 20 g of flour to the cup, and zero out the scale as you did in the last step.
3. Pour 40 g of boiling water into the cup, and quickly mix the two together to form a paste.
4. Place your mixing bowl on your scale, and press ZERO / TARE to zero it out.
5. Add everything EXCEPT the yeast and sea salt to your mixing bowl, and mix or knead for 5-7 minutes
6. Let the dough rest for 20 minutes.

ADD IN YEAST AND SALT

1. Sprinkle the yeast (the cup from step one if using active dry yeast) and salt into the dough, and let it mix/knead until a windowpane consistency has been reached.

This is done by turning off the mixer, and gently and slowly stretching the dough to see if light can be seen through it before breaking. If so, you've reached windowpane, and can move on. If your dough looks tough or dry, you can slowly drizzle water in during the mixing until it is a consistency you like.

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DIRECTIONS

FIRST RISE (AKA Fermentation):

1. Let the dough rise, covered, until doubled. When you press your finger into the dough, it should remain pressed in, and not spring back quickly.

PUNCHING DOWN THE DOUGH

1. Punch down the dough doesn't mean literally punch it, but you can if you like. Gently pull up on one side of the dough, and gently press it into the center of the dough ball. Turn the bowl by a quarter, and repeat until you've done this 4 times. This helps ensure a consistent dough temperature, and a more consistent crumb.
2. Preheat your oven to 420 F.

SHAPING:

1. Spread your dough out into a rectangle shape. Fold the sides into the middle, and gently roll the dough up. Throw it down on the counter a few times, then gently tuck in the bottom on all sides, and place it into your greased or lined 9" x 5" bread pan.

SECOND RISE (AKA Proofing):

1. Let the dough rise until your finger pressed gently into the top does not spring back quickly. It should not deflate (if so, you let it rise too long). It should take approximately half the time it took for the first rise.

BAKING:

1. Place your bread pan gently into the middle of the oven, and close the oven door.
2. Adjust the temperature to 375 F, and set a timer for 35 minutes.
3. Check the temperature of the absolute middle of the dough by sticking it from the side with an instant read thermometer.
4. Remove the bread from the oven when the dough has reached 190 F. For a loaf this size, it can typically take anywhere from 40-55 minutes.

COOLING & STORING

1. GENTLY remove the bread from the pan, and let it cool fully on a rack with air flow all around the loaf. This generally takes 3 hours. If you slice your hot bread early, it may get dense as the crumb is still solidifying while it cools. I don't blame you if you do, but wait for a truly good loaf.
2. Slice your bread with a serrated bread knife
3. Store on the counter in a plastic bag or beeswax wrap for a few days, in the fridge if you have a very hot and humid environment, or slice and freeze the loaf for bread on the fly.