



# Whisked Italian Bread, Ciabatta Rolls, and English Muffin Loaf

Crusty whole wheat Italian bread, for the best big holes. KitchenAid friendly recipe, follow the video instructions as shown for the Zacme mixer.

Recommended pan: 8.5 x 4.5" Loaf Pan

## Ingredients

- 300 g wheat berries, hard
- 100 g wheat berries, Durum
- 310 g water, cold
- 50 g water, boiling
- 10 g honey
- 10 g yeast
- 10 g sea salt

## Directions

1. Mill the flour
2. Prepare Yudane:
  3. Place a small cup on your scale, adding 25 g of flour to it.
  4. Zero out the scale, and pour 50 g of BOILING water into the bowl.
  5. Quickly mix into a paste, and set aside.
6. Mixing the dough:
  7. Add water, yudane, salt, syrup to your mixing bowl using wire whisks. Top with remaining flour
  8. Mix on low speed until incorporated, using the whisk for the Zacme or KitchenAid mixers or the roller and scraper for Ankarsrum mixers.
  9. Kick up the speed of your mixer to highest setting for about five minutes. The dough will change in consistency from a wet batter to dough that starts to grab on and stretch in the bowl. With whisks, the dough will climb the whisks. The sound will also change. Once this happens, turn it off.
  10. Switch to the dough hook for the Zacme or KitchenAid mixers. Sprinkle in your yeast, and knead the dough by mixer or by hand for about 2 more minutes. Mix on speed 2 for the KitchenAid, and speed 3 or lower for the Zacme.
11. Fermentation (and stretch and folds):
  12. Place your dough into an oiled bowl with room to double in size. I used the mixing bowl
  13. Develop some extra structure in your bread by following the directions in the video. This is a special type of stretch and fold for high hydration dough.
  14. Let the 30 dough rest for 30 minutes or until doubled.
  15. Do another set of stretch and folds.
  16. Shape your dough on the counter, transfer to parchment or silicone bread sling and let rest, dusted with flour and covered with a tea towel for the second rise.
  17. Shaping:
  18. Preheat your oven to 450 F. If using a dutch oven, put it into the oven (not the lid, just the bottom part).
  19. Shape your dough, flour it lightly. Scoring is not recommended. Transfer to parchment or a silicone bread sling.

20. OPEN BAKE: Transfer the bread to the oven, add a tray of boiling water for steam, and spray the loaf before closing the doorDUTCH OVEN: transfer the dough to the dutch oven. I found making a sling of parchment paper worked well. I did this by folding a long sheet of parchment in thirds the long way, and sliding it under the parchment your dough is rising on. Bake with the dutch oven lid on.
21. Bake at 450 F for 25 minutes
22. Lower the oven temp to 425 F. OPEN BAKE: Remove the pan of boiling water. DUTCH OVEN: remove the Dutch oven lid
23. Set timer for 15 minutes or to your preferred time for desired crust.
24. Remove from the oven and cool on a wire rack fully before slicing
25. Store in a paper bag, NOT plastic bags or beeswax - they will soften your crust too much. You can also leave this one on the counter, cut side down, if it'll be eaten fast enough.

#### Notes