

White Bread made with Polish Pre-Ferment

Makes two large loafs or four small loafs



Ingredients.

Polish

500g Strong Bread Flour (SBF) (I use Canadian SBF for long ferments)
500ml Water (25°C)
0.4g Active Dry Yeast (if you don't have a micro scale, then a pinch will do)

Final Dough

500g SRF or Canadian Flour
21g Salt
3g Active Dry Yeast
250ml Water 25°C
50g Honey
All of the Polish

Method.

1. The night before, mix the polish in a large bowl with a wooden spoon . Cover with plastic wrap and let it sit at room temperature for 12 to 14 hours. If your kitchen is really cold, let it sit a bit longer, until tripled in size.
2. Once the polish is ready, in a large tub (add the flour, salt, and yeast and whisk together.
3. Add the water to the polish to loosen it from the sides of the bowl and scrape it into the flour mixture.
4. Add the dry ingredients and honey to the polish and mix to combine.

5. Turn out onto the work top. The dough will be wet and won't have any strength to it. Using the 'Slap and Fold' / "French Knead" technique, Slap and fold for about 10 to 15 mins. Initially the it won't feel like much is happening, but after about 3-5mins the dough will be begin to hold itself together and won't be quite as sticky
6. Keep slap and folding until you have a dough that's a smooth dough that will hold its shape. You will know when you've kneaded enough by doing a "window pane' test - (grab a bit of dough and gently tease between your fingers as if making a thin disc of the dough - if it stretches out with ease without tearing and you get a uniform aqua like window, then that's perfect)
7. Ether:
 - 7a: Place in a bowl, cover and place in the fridge or 24hrs
 - or
 - 7b: Place in a bowl, cover and allow the dough to rise for about 2 to 3 hours, until it has increased in size by about 2 1/2 times, stretching and folding every 30 minutes three times during the first 90 minutes, if you can will further increase the glutens strength and structure
8. Pour the dough out onto a lightly floured surface and divide it in half with a bench knife or dough scraper. Shape each half and place in an oiled loafed tin, and cove. Repeat with the other half. Allow the dough to rise for about an hour or so (longer if its been in the fridge), or until it has doubled in size and passes the 'poke test" - to test, dust the top of dough with a little flour, and poke it gently with your finger ! If it springs back quickly, then its needs more proving, if it doesn't spring back at all, its over-proved, if it springs back some of the way then its about right. *** If you do over-prove it, then reshape and prove again.
9. Pre-heat your oven to 230°C, 30mins before your loafs are ready for baking
10. Bake for 15 mins at 230°C, then 20-25mins at 190°C or until golden brown on top. About 5 mins before complete I like to remove the loafs from the tins and bake for the last mins 'naked' - this helps to give a good crust around the whole loaf