

Here is the YouTube Video this recipe came from: <https://www.youtube.com/watch?v=5mehXzl7yHA>

It's a good idea to watch the video so you see how he's folding the dough. Then you can follow my below recipe. I give you links in the recipe that take you to the exact moment he is doing each part.

FYI I use method 3 in his video. Method 3 can take up to 4 hours until the bread is ready to eat!

Kitchen items you should have:

- 5.5 quart dutch oven or something close to it
- Two 9-12 inch bowls
- Kitchen thermometer
- Plastic wrap or metal cover for your bowl
- Oven mitts

Nice to have items:

- 9 inch proofing basket
- Scissors or a dough scorer (lame)
- Kitchen scale
- Dough scraper
- Cooling rack

Preferment: (POOLISH) Watch this part of the video to see how he does it

<https://youtu.be/5mehXzl7yHA?t=40>

- FLOUR 150g or ROUGHLY 1 C. AP or bread flour
- WATER 150g or ROUGHLY 2/3C. (ROOM TEMP)
- YEAST 1 small pinch
- Mix all ingredients in a container and put a saran wrap top or the like on it.
- let the poolish ripen on them counter 4-24 hours, preferably at least 16.

Dough: <https://youtu.be/5mehXzl7yHA?t=94>

- KOSHER SALT 10g or roughly 1.5 TSP or 0.353 oz
- WATER 280g or 1 1/4C. (98F)
- YEAST 2g or 1/2 TSP or 0.0705 oz
- ALL OF THE POOLISH or starter (300g)
- FLOUR 350g or 2 1/4 C. AP or bread FLOUR
- WHOLE WHEAT FLOUR 50g or ROUGHLY 1/3 C.
- DIASTATIC MALT POWDER - Optional 10g

Recipe: <https://youtu.be/5mehXzl7yHA?t=464>

- Create the poolish the day before you bake the bread. Follow the poolish directions above.
- Combine the Poolish with the new dough. Do this by first adding the poolish to the dough water(280g or 1 1/4C.WATER -98F). Stir it with a spoon until it's mostly dissolved in the water.
- Add in 10g of salt. Stir until it is dissolved in the water.
- Now add in the AP flour (350g) and whole wheat flour (50g) and optional malt powder
- Stir this with a spoon until it gets hard to mix it.
- Wet one hand well and mix the dough by squeezing it. Turn the bowl a little and squeeze again. Repeat for 90 seconds or until you know all the ingredients are completely mixed.

- Cover it with plastic wrap and let sit for **30 minutes**.
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- After 30 minutes uncover the dough. Wet your hand again so the dough doesn't stick.
- Pull the dough up as far as it will go and fold it over. Turn the bowl 45 degrees and repeat this 8-10 times <https://youtu.be/5mehXzl7yHA?t=476> You will notice the dough starts to get strong.
- Pick up the dough and drop it back in the bowl 7 times to start forming it into a ball. Turn 90° every time you do it. <https://youtu.be/5mehXzl7yHA?t=209>
- Cover and wait another **30 minutes**.
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- Repeat the stretching and folding process above.
- Cover dough for **60 minutes**.
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- Put the Dough on a well floured work-surface
- It's a good idea you watch the video to see how he does the next few steps. Here is the link at the right time <https://youtu.be/5mehXzl7yHA?t=475>
- Pull the dough from the outside to the opposite side every 45 degrees. Do this about 6 times.
- Grab opposing sides and cross them over the top. You should be able to do this 3-4 times.
- Flip the loaf over and round it off to create tension. <https://youtu.be/5mehXzl7yHA?t=503>
- Put the loaf seam side up in a clean floured bowl or proofing basket. Leave it uncovered. <https://youtu.be/5mehXzl7yHA?t=536>
- Let it sit for **30-50 minutes**.

***This is a good time to preheat your oven and the dutch oven you are cooking the bread in.**

Test your dough using the poke test. You want to press your index finger into the dough up to the nail. If this leaves an indentation in the dough that fills back in a little the dough is likely ready for baking. The dough should also feel puffy. If the dough does not stay partially indented, let it proof for another 15 minutes.

Baking:

- Preheat your oven AND your dutch oven to 500 degrees for **30-40 minutes**. ***If your oven is big enough try to use a mid level oven rack. If the rack is too low the loaf can burn.**
- Pull the dutch oven out and put it on a heat safe surface.
- Put the loaf in the pre-heated dutch oven. Be careful because it's hot!
- Cut the top with a knife or scissors to score it. You can see him do this in the video. <https://youtu.be/5mehXzl7yHA?t=574>
- Put the top on the dutch oven
- Lower the oven to 485 currently there I know and you do it every time degrees Fahrenheit
- Bake for **18 minutes** covered at 485 degrees.
- Remove the dutch oven top and bake at 485 uncovered for **20-30 minutes**. Be careful because it's easy to under-bake the bread and also burn the bottom. If you pull it out too early you will be missing out on some flavor. Bake it dark.
- Let the bread rest for **15 minutes** before you enjoy!

Summary:

1. 🗣️🗣️ Mix ingredients and let sit for **30 minutes**

2. 🤖🤖 Fold dough
3. 😊😊 Wait **30 minutes** OR put it in the refrigerator for about 12 hours.
4. 🤖🤖 Fold dough
5. Wait **60 min**
6. Final dough work for proofing(this includes two folding techniques)
 - a. Preheat oven 500f
 - b. then wait **30-50 min**
7. Score bread bake for 18 min at 485f
8. Take top off the dutch oven and rotate the bread in the oven.
9. Bake another **20-30** min at 485f