

Basic Bread (a.k.a. French bread) w/Poolish

Makes 2 pounds of dough

Poolish

white flour	193 g	1 ¾ cups (very fluffy flour)
water	193 g	7/8 cup
yeast	pinch	pinch

Dough

white flour	387 g	2 ½ to 3 ½ cups (3 ½ only if it is very fluffy)
poolish	all	all
water	213 g	1 cup
yeast	3 g	¾ tsp
salt	12 g	2 tsp (or lower to 1 ¾ tsp)

Directions:

- mix poolish the night before (it rises for 12-14 hours in 70 degree room)
- mix dough
 - weigh out water separately
 - weigh flour, measure yeast, mix yeast into flour
 - add poolish and most of water; rest of water depends on dough stickiness
 - **do not add salt**
- let it sit 15-30 minutes (this is the autolease)
- add salt
- knead until “done” (strong but flexible, do a window test)*
- cover and let rise until poofy (about 1 hour for 75° dough)
- (optional) punch down and fold; cover and let it rise again
- preheat oven to 500
- (optional) divide into 2 and pre-shape; cover and let them rest until relaxed
- shape
- put onto parchment or couche for proofing; cover or put into covered rack
- let rise somewhere warm until full of gas (about 45 minutes)
- score (cut) dough and steam it by wetting the surface
- quickly put dough in oven and turn temp to 460
- bake 20-25 minutes; DO NOT OPEN OVEN DOOR FOR 15 MINUTES!!!
- test for doneness with thermometer: 190 degrees

*add herbs or grated cheese here; you can also put cheese or chocolate in the center of the baguette by placing it in the middle of a fold during the shaping process.