



Bread Recipe from Uschi

Make a 'poolish'

Ingredients:

½ cup lukewarm water
½ tsp. yeast
¾ cup whole wheat flour

Stir for 100 strokes till strands of gluten form, cover and let sit for 2-10 hours on counter or 12-15 hours in the fridge.

Then add:
2.5 cups lukewarm water
½ tsp. yeast
1 Tbsp. honey or molasses
1 Tbsp. salt
5 ¼ – 6 ¼ cups flour or 26 – 31 oz.

Fresh ground flour is dense so needs to be fluffed or weighed.

Preparation:

Knead by hand for 15-17 min to develop gluten, or 12 min with machine. Cover let rise, punch down, cover let rise 30 min and form into 2 loaves. Let rise to 1.5 times in size, bake at 450 for 20 min then 15-20 min at 400°F.

If you spray the loaves with water before going into the oven and again once they have been in oven for 5 minutes, you get a wonderful crusty crust.

