

Forkish 50% Whole Wheat Bread w/Biga

Rating (01-10): 08

Hours to prepare: 18

Leaven type: Dry Yeast

Recipe Source: 'Flour, Water, Salt, Yeast' – by Ken Forkish

Bread Volume: Makes two 800g boule loaves

of Times Baked: 6

Last Time Baked: April 16, 2021



Special Notes:

Although this bread requires an overnight rise, it is an easy bread to make and tastes very good.

The next time I bake this bread, spend more time carefully shaping the dough and, if I try stencils again, go light on the flour.

In order to minimize damage to the dough when transferring it to the oven, take the following precautions:

(1) use more cornmeal on the pizza peel to facilitate easier movement to baking stone

(2) cover round banneton with an oiled (or heavily cornmealed) silicone baking mat; invert onto a pizza peel; & then slide dough off of silicone mat into dutch oven

Special Tools:

- Dutch Oven combo cooker

Ingredients:

BIGA

<u>INGREDIENT</u>	<u>QUANTITY</u>
White Bread Flour	500g
Water (80°F)	340g
Dry Yeast	0.4g (scant 1/8 tsp)

FINAL DOUGH

<u>INGREDIENT</u>	<u>QUANTITY</u>
Whole Wheat Flour	500g
Water (100°F)	460g
Dry Yeast	3g (3/4 tsp)
Salt	22g
Biga	840g

Directions – The Night Before Baking:

Prepare the Biga

1. Place 500g White Bread Flour in a large bowl
2. Place 340g of water (80°F) in a small bowl

3. Place 0.4g (scant 1/8 tsp) dry yeast in a small bowl
4. Move about 3 TBSP of the water to the yeast; let rest for 2-3 minutes; & then mix until most of the yeast is dissolved
5. Pour the yeast mixture into the flour; pour small amount of water into yeast container to capture final amount of yeast; & add to flour
6. Pour all remaining water into flour
7. Mix flour, water, yeast mixture by hand until all ingredients are thoroughly integrated (use both pincer & fold methods)
8. Cover and leave out overnight at semi-cool temperature (65-70°F)

Directions – Baking Day:

Confirm that the Biga is ready to use (should be fully mature in about 12-14 hours after mixing). Biga should be slightly domed, about triple original volume, and contain lots of gas bubbles.

MIX FINAL DOUGH

1. Place 500g Whole Wheat Flour into a large dough rising container
2. Incorporate 22g salt and 3g (3/4 tsp) yeast, mixing thoroughly
3. Pour in 460g of 100°F water
4. Mix by hand until incorporated
5. Add the Biga
6. Mix by hand using both the pincer and fold techniques, wetting hands 3-4 times to prevent sticking

FOLD

7. Allow dough to rise for 3-4 hours
8. After the first 10 minutes of the rise, perform a 'turn' (grab underside of dough, stretch it up, and fold it over top of the rest of the dough 4-5 times during a single 'turn')
9. After about another 25 minutes into the rise, perform a 2nd 'turn'
10. After about another 25 minutes into the rise, perform a 3rd 'turn'
11. After about another 25 minutes into the rise, perform a 4th & final 'turn'
12. Let dough rise another 1-1/2 to 2-1/2 hours to complete the 3-4 hour rise, until it has approximately tripled in size

DIVIDE

13. Once the dough has approximately tripled in size (in approximately 3-4 hours), carefully move the dough to a lightly floured surface
14. Dust a small amount of flour down the center of the dough where you will split it in half
15. Using a dough knife, cut the dough into two equal pieces
16. Lightly flour the top of each dough chunk

SHAPE

17. Create a neat package with each dough chunk:
 - a. Fold the third of the dough closest to you up & over the middle third of the round

- b. Stretch out the dough horizontally to your right & fold the right third over the center
 - c. Stretch the dough to your left & fold this third over the previous fold
 - d. Stretch out the third of the dough furthest from you & fold this flap toward you over the previous folds, and anchor it in place with your fingers
 - e. Roll the package over so that the smooth underside of the loaf is now on top and all seams are on the bottom
 - f. Cup hands around the dough & pull towards you, rounding it against the work surface to tighten the tension
18. Cover and let both shaped loaves rest for 2-3 minutes
 19. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
 20. Liberally apply rice flour mixture to two bannetons
 21. Using bench knife, move each dough round into the banneton so that the SEAM SIDE is down

PROOF

22. Cover and start Final Rise at room temperature for about 1 hour (if room temperature is higher than 70°F, this might only take 50 minutes – use the finger dent test to confirm readiness)

PREHEAT

23. About 45 minutes before baking, place the dutch oven combo cooker in the oven and pre-heat to 475°F
24. About 20 minutes before placing Loaf#1 in oven, place Loaf#2 in refrigerator

BAKE

25. Prepare loaf for baking
 - a. Dust the surface of the dough with rice flour
 - b. Remove dutch oven combo cooker from oven
 - c. Inverting the basket, carefully turn the dough into the shallow piece of the dutch oven combo cooker (SEAM SIDE will now be up)
26. Lower oven temperature to 430°F
27. Bake for 20 minutes and then remove dutch oven cover
28. Continue to bake until crust is a deeply caramelized color (~18-20 minutes)
29. Remove bread from oven and from dutch oven combo cooker; return dutch oven combo cooker to oven & heat for 5 minutes
30. Remove Loaf#2 from refrigerator
31. Repeat Steps 25-27 for Loaf#2