

## Forkish Overnight White Bread

**Rating (01-10):** 08

**Hours to prepare:** 14

**Leaven type:** Dry Yeast

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

**Bread Volume:** Makes two 900g boule loaves

**# of Times Baked:** 1

**Last Time Baked:** July 27, 2018



## Special Notes:

Although it requires a significant amount of time to rise, this is an easy bread to make.

1. This particular dough is a very wet dough and challenging to manage. It was difficult to manipulate; difficult to get out of the banetons; and difficult to slide off of the pizza peel. Consider introducing a modest amount of flour during the folding processes.

## Special Tools:

- Dutch Oven combo cooker

## Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
White Flour	1,000g
Water (90°- 95°F)	780g
Dry Yeast	0.8g (scant ¼ tsp)
Salt	22g

## Directions – Evening Before Baking:

Starting in the early evening if you desire to bake in the early morning – you'll bake about 12-14 hours after the evening prep.

### AUTOLYSE

1. Combine the 1,000g of flour with the 780g of 90°- 95°F water in a large dough rising container and mix by hand until fully incorporated
2. Cover and let rest for 20-30 minutes

### MIX

3. Sprinkle the 22g of salt and 0.8g of yeast evenly over the top of the dough and incorporate by hand, wetting your hands periodically to keep the dough from sticking to your hands
4. Take a few minutes to continually integrate ingredients, alternating between 5-6 pincer cuts and then 4-5 folds to work the dough
5. Cover the dough for a few minutes and then fold the dough a few times
6. Cover the dough and start the Bulk Fermentation process
7. Over the next 1-1/2 hours of the 'rise', perform 3 more 'turns' (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')

8. Following the 3<sup>rd</sup> turn, cover the dough and let it rise overnight at room temperature

## Directions – Baking Day:

Get up early and start the baking!

### DIVIDE

9. Once the dough has approximately doubled or tripled in size (in approximately 12-14 hours after mixing), carefully move the dough to a lightly floured surface
10. Dust a small amount of flour down the center of the dough where you will split it in half (or in thirds, if making 3 loaves)
11. Using a dough knife, cut the dough into 2 or 3 equal chunks
12. Lightly flour the top of each dough chunk

### SHAPE

13. 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
14. Cover and let both shaped loaves rest for 2-3 minutes
15. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
16. Liberally apply rice flour mixture to two bannetons
17. Using bench knife, move each dough round into the banneton so that the SEAM SIDE is down

### PROOF

18. Cover and start Final Rise at room temperature for about 1-1/4 hour (if room temperature is higher than 70°F, this might only take 1 hour – use the finger dent test to confirm readiness)

### PREHEAT

19. About 45 minutes before baking, place the dutch oven combo cooker in the oven and pre-heat to 475°F

20. About 20 minutes before placing Loaf#1 in oven, place Loaf#2 in refrigerator

#### BAKE

21. 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)

22. Bake for 20 minutes and then remove dutch oven cover

23. Continue to bake until crust is a deeply caramelized color (~15 minutes)

24. Remove bread from oven and from dutch oven combo cooker; return dutch oven combo cooker to oven & heat for 5 minutes

25. Remove Loaf#2 from refrigerator

26. Repeat Steps 20-23 for Loaf#2