

Forkish Saturday 75% Whole Wheat Bread

Rating (01-10): 08

Hours to prepare: 09

Leaven type: Dry Yeast

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

Bread Volume: Makes two 985g boule loaves

of Times Baked: 5

Last Time Baked: February 11, 2020



Special Notes:

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

Next time, when moving the dough ball into the dutch oven, consider using this technique to avoid having the dough ball land too close to one of the sides of the dutch oven:

- Put protective gloves on
- Invert the banneton
- Support the dough ball from the underside with both hands
- Position it over the center of the dutch oven
- Gently (but carefully – that dutch oven is HOT!) lower it into the dutch oven

Special Tools:

- Dutch Oven combo cooker

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Whole Wheat Flour	750g
White Bread Flour	250g
Water (90°- 95°F)	800g
Dry Yeast	3g
Salt	22g

Directions – Baking Day:

Get up early and start the baking!

AUTOLYSE

1. Combine the 1,000g of flour (75% whole wheat flour & 25% white bread flour) with the 800g 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 salt and 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 about 5 minutes to continually integrate ingredients, alternating between 5-6 pincer cuts and then 4-5 folds to work the dough
5. Cover the dough rising container for the Bulk Fermentation process at room temperature (approximately 5 hours)

FOLD

6. 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')
7. After about another ½ hour into the 'rise', perform a 2nd 'turn'
8. After about another ½ hour into the 'rise', perform a 3rd & final 'turn'

DIVIDE

9. Once the dough has approximately tripled in size (in approximately 5 hours), 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
11. Using a dough knife, cut the dough into two equal pieces
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 25 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