

Tartine Country Bread

Rating (01-10): 08

Hours to prepare: 40

Leaven type: Sourdough Starter

Recipe Source: 'Tartine Bread' (Author: Chad Robertson) – p.45

Bread Volume: Makes two 985g boule loaves

of Times Baked: 16

Last Time Baked: February 8, 2018



Special Notes:

When I baked this bread in April-2015, I made one major & successful change. I typically do all mixing, fermentation, shaping, proofing, and baking on the same day. This time, I did the mixing, fermentation, and shaping one day - but after about 45 minutes of proofing, I retarded the proofing by placing it in the refrigerator overnight - then the next morning, I took it out the frig, let it come to room temperature while proofing for another hour and baking. I often overproof my dough - the procedure I did this time around didn't result in overproofing and I experienced a very nice amount of oven spring.

Other things to remember when baking this particular bread:

- Use a generous amount of the 50-50 rice flour/whole wheat flour mix when coating the proofing container (e.g., banneton)
- When performing the final shaping, make the dough surface tension much tighter (without ripping the dough).
- Don't bake too long

An alternative approach to baking this bread is to combine the steps outlined in the 'Day Before Baking' and 'Baking Day' into one day. Instead of performing a delayed fermentation overnight in the refrigerator, just let it ferment for 3-4 hours, but make sure you don't overproof (check the Proofing Dough hint).

Special Tools:

- Dutch Oven combo cooker
- Sharp lame, Exacto knife, or serated blade

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Water (80°F)	700g + 50g	75
Leaven	200g	20
Total Flour	1,000g	100
-- White Flour	-- 900g	-- 90
-- Whole Wheat Flour	-- 100g	-- 10
Salt	20g	2

Also, refer to ingredients listed below for creating the leaven.

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Two Nights Before Baking:

Two nights before planning to bake, prepare the leaven by mixing together the following ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Water (78°F)	200g
Mature Starter	1 TBSP
White Flour	100g
Whole Wheat Flour	100g

Cover and let rise overnight at a cool room temperature (65°F).

Directions – Day Before Baking:

Sometime in the late morning or early afternoon, start preparing:

1. Confirm that the leaven is ready by dropping a spoonful of the leaven into a bowl of moderate room temperature water
 - a. if it floats, it's ready
 - b. if it doesn't float, it isn't ready and should be given more time to ferment in a warm environment
2. Pour 700g of 80°F water into a large mixing bowl
3. Add 200g of leaven and stir to disperse
4. Add 1,000g of flour (900g of white flour & 100g of whole wheat flour) and mix thoroughly by hand
5. Let the dough rest of 25-40 minutes
6. Mix 50g of 80°F water with 20g of salt, and then add to the dough, mixing thoroughly by hand
7. Fold dough on top of itself and transfer to a clear container and cover to start the Bulk Fermentation process, maintaining the dough between 78°-82°F for 3-4 hours, and performing a turn every 30 minutes (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. After the first 2 hours of Bulk Fermentation, turn the dough more gently to avoid pressing gas out
9. Look for signs that the dough is properly developed
 - a. Dough feels aerated and softer
 - b. Dough becomes more cohesive and releases from the sides of the bowl during turns
 - c. The ridges left by a turn will hold their shape for a few minutes
 - d. There will be a 20-30% increase in volume
 - e. More air bubbles will form along the sides of the container
10. Once the dough is developed, pull it onto an unfloured work surface and lightly flour the surface of the dough
11. Use a bench knife to cut the dough into 2 equal pieces and flip each piece so the floured side is down
12. Fold the cut side of the dough onto itself so that the flour on the surface of the dough is sealed on the outside of the loaf
13. Using hand and bench knife, work each piece of dough into a round shape, developing a taut, smooth outer surface with as few movements as possible
14. Allow shaped loaves to rest (Bench Rest), covered for 20-30 minutes
15. Lightly flour the top surface of the dough rounds and, using the bench knife, maintain round shape & flip each over so floured side is on work surface
16. Create a neat package
 - 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
17. Let the shaped loaf rest a 1-2 minutes
18. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
19. Liberally apply rice flour mixture to containers being used for Final Rise (directly on banneton and on a towel that will line a bowl)
20. Using bench knife, move each dough round into the banneton or bowl so that the smooth side is down
21. Cover each container and start Final Rise in a 75°-80°F environment for about 15 minutes
22. Transfer proofing containers to refrigerator and perform a delayed fermentation overnight in the refrigerator

Directions – Baking Day:

After the dough has proofed for at least 12 hours, but not more than 24 hours, take the following steps:

1. Pull one of the proofed loaves out of the refrigerator and bring the dough to room temperature and at the same time extend the proofing for about 30 minutes
2. Place the dutch oven combo cooker in the oven and pre-heat to 500°F, while continuing the proofing for another 30 minutes
3. Pull the second proofed loaf out of the refrigerator, bring to room temperature, and allow proofing to continue
4. Prepare Loaf#1 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
 - d. Score the dough with a sharp lame
 - i. make sure surface is very taught when doing final shaping
 - ii. ensure blade is very sharp
 - iii. dry the dough surface (try using a fan)
 - iv. gently support dough at opposite direction of slash with opposite hand
 - v. cut at angle ~1/4" deep using a confident, smooth, quick motion
 - e. Cover and return to the oven
5. Immediately reduce temperature to 430° and bake for 20 minutes
6. After 20 minutes of baking, remove cover
7. Continue to bake until crust is a deeply caramelized color (~23 minutes)
8. Remove bread from oven and from dutch oven combo cooker; return dutch oven combo cooker to oven; and raise temperature of oven the 500°F
9. Once oven reaches 500°F, repeat Steps 4-7 for Loaf#2