A Loaf for Learning

1 loaf @ approx. 840g

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Feel free to add up to 20% in variations such as seeds, nuts or dried fruit. This dough can be proofed in a well oiled pan or a dusted basket.

|  |  |  |
| --- | --- | --- |
| Percentage | Weight | Ingredient  |
| 50% | 203g | Bread Flour |
| 50% | 203g | Whole Wheat Flour  |
| 80% | 325g | Water \* around 78F |
| 25% | 102g | Starter  |
| 2% | 8g | Salt  |
| 207% | 841g | Total  |

Starter 102g

|  |  |  |
| --- | --- | --- |
| 100% | 45g | Bread Flour  |
| 100% | 45g | Water |
| 25% | 12g | Starter |
| 225% | 102g | Total |

**Method**

* Starter

The night before, at 9:00pm, mix together 45g of water, 45g of bread flour and 12g of active starter in a medium container that can expand. Cover and ferment around 70 degrees.

* Mixing

The following morning, at 9:00am, combine 203g bread flour, 203g whole wheat flour, 325g water, 102g starter and 8g salt. Mix by hand until the flour and water are completely incorporated and you can no longer feel the salt. Do a four-quarter turn in the bowl, gathering the dough into a ball. Cover and rest 30 minutes.

* Folding

Thirty minutes after mixing, gently turn your dough onto the table and slap and fold three or four times. Return to the container and cover. Repeat this activity in another 30 minutes and then again one hour later.

* Shaping

Dust your basket with flour or oil your baking tin. Set aside.

Turn the dough out onto the table top. Gently pat into a rectangle. Fold the bottom of the rectangle up and over itself ¾ of the way up the dough leaving a lip at the top. Cross the sides over the middle. Roll the dough into the lip at the top to create a tight cylinder. Pinch the ends. Place seam side up in a basket or seam side down in an oiled loaf pan.

* Proofing

Let rise 2-3 hours at room temperature. Cover with a cloth or shower cap and refrigerate overnight.

* Baking

Preheat the oven to 500. Place the dutch oven in the preheating oven.

Flip your chilled loaf onto a sheet of parchment paper and score before lowering into the dutch oven and replacing the lid.

If you are using a loaf, simply load the loaf into the oven and use a spray bottle full of water to spray the sides and bottom of the oven - being careful not to spray the light.

Bake 15 minutes. After 15 minutes remove the lid, and turn the temperature down to 450F for another 15-20 minutes.

The loaf is done when it is deeply colored and sounds hollow.

* Eating

Cool an hour before slicing

* Storage

Keeps 2-3 days in a cloth or paper bag. Slice and freeze and then toast to revive.

**Timeline**

|  |  |
| --- | --- |
| 9:00 PM | Feed Starter |
| 9:00 AM | Mix |
| 9:30 AM | Fold |
| 10:00 AM | Fold |
| 10:00 AM | Fold |
| 12:00 PM | Shape |
| 3:00 PM  | Refrigerate  |
| 8:00 AM | Bake  |