

Pain Rustique

Wholemeal

Poolish (12 -18 hours)

250g Strong Flour
250g Water
0.5g Fresh Yeast (0.3g Instant Yeast)

Dough

500g Poolish
250g Strong Wholemeal
105g Water
5.6g Salt
8 g Yeast (5g Instant Yeast)

White

Poolish (12 -18 hours)

250g Strong Flour
250g Water
0.5g Fresh Yeast (0.3g Instant Yeast)

Dough

500g Poolish
250g Strong Flour
85g Water
5.6g Salt
8 g Yeast (5g Instant Yeast)

1. **Poolish:** Mix the yeast and water, add the flour, and mix until smooth. Cover and stand 12-16 hours @21°C
2. **Dough:** mix all the ingredients together. Knead until the dough starts to develop and becomes less sticky, (about 5 minutes) dough temp 24°C.
3. Prove for 70 minutes, fold at 25 minutes and 50 minutes.
4. Pre-shape the bread by folding and joining up the seams, leave to rest for 5-8 minutes.
5. Shape into a long loaf, dust with flour and prove for a final 20-25 minutes.
6. Slash the dough 2cm deep along the length of the loaf.
7. Bake with steam at 220°C for 5 minutes, reducing to 180°C for a further 15minutes.
8. Place on a cooling rack to rest for 20 minutes