



Polish Bread

Ingredients :

Polish :

- 250g ap flour
- 0.3g yeast
- 250g water

Dough :

- 550g ap flour
- 10g salt
- 3g yeast



Preparation time :

Cooking : 50 min – 460°

Type of cooking : Baking

Polish : At 6pm-ish

1. Mix flour, water and yeast
2. Stir until homogeneous
3. Cover with towel overnight

Mix Dough : at 8am or 12-14 hours after polish was made

1. Weigh out 250g of flour into large bowl
2. Mix in salt and yeast
3. Pour water around polish to separate from the bowl
4. Pour polish mixture into flour
5. Stir until mixed
6. Add rest of flour
7. Mix until dough forms

Rising and Proofing :

1. Let dough rest for 30min. Reach around outside of dough and fold in half, continue around ball. Repeat rest/folds 2 more times.
2. Let dough rest for hour after final folding
3. Scrape dough onto lightly floured surface
4. Form into loaf by pulling edges up and in to stretch out other side
5. Put dough into lightly floured bowl seam side up. Put bowl inside plastic bag to proof
6. Preheat dutch oven to 460°F
7. Let dough proof in warm place for 1 hour

