

# PAIN AU BELLE

[ BEAUTIFUL BREAD ]



## BREAD STATS

Total Dough Weight: **1,775 grams**

Makes: **2 loaves @ 880 grams / 3 loaves @ 590 grams**

Hydration: **70 %** Skill Level: **Moderate**

Refer to the Sourdough Process and corresponding videos for detailed explanation of each step.

### STEP 1 - Prepare Levain

Combine water, flour and 10% sourdough seed.

Prepare 6 to 12 hours in advance; time and temperature dependent.

### STEP 2 - Mise en Place

Gather ingredients, baking tools and proofing bucket.

### STEP 3 - Mix the Final Dough

Add the water/milk to your proofing bucket. Remove and reserve 25 grams of the liquid to add with the salt in about 30 minutes (after the autolyse).

Add the levain, then the flour. Mix until all the flour is hydrated - NO dry bits.

WAIT - REST - AUTOLYSE -> 30 minutes to 2 hours

*Watch video - 1.1 The Master Mix*

### STEP 4 - Bulk Fermentation > 3 to 4 Turns/Folds over 4 to 5 hours

The time from the Mix to the Divide and Shape. The dough is developed with a series of TURNS/FOLDS. First - add the salt after the autolyse - 30 minutes and up to 2 hours, then 1st TURN - 1 hour later, 2nd TURN - 1 to 1.5 hours later, 3rd TURN 1.5 to 2 hours later. Then, move on to Delayed Fermentation #1 or continue to Divide and Shape.

Refer to the Sourdough Process document and corresponding videos for detailed explanation of Bulk Fermentation.

Timeline Example:

Mix - 8:00 am

Autolyse - 8:30 am

1st Turn - 9:30 am (1 hour later)

2nd Turn - 11:00 am (1.5 hours after 1st Turn)

3rd Turn - 12:30 pm (1.5 hours after 2nd Turn)

### LEVAIN PREP

WEIGHT	INGREDIENTS	BAKER'S %
135 grams	organic bread flour	100%
135 grams	water	100%
27 grams	sourdough starter (Your PET)	10%

### FINAL DOUGH

WEIGHT	INGREDIENTS	BAKER'S %
900 grams	organic bread flour	100%
495 grams	water (warm / 75 - 80°F)	55%
90 grams	milk (*VEGAN, sub 80 g of water for milk)	10%
270 grams	levain	30%
20 grams	sea salt	2.25%

## STEP 5 - Delay Fermentation > cool retardation to control and slow fermentation

There are 3 methods to help you fit the baking process into your life.

*Refer to the Sourdough Process document and corresponding videos for detailed explanation of each method.*

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- METHODS:
- #1 - **BUCKET IN THE FRIDGE** - I'VE RUN OUT OF TIME AND/OR ENERGY
  - #2 - **BANNETON IN THE FRIDGE** - I DON'T HAVE TIME TO FINISH THE FINAL RISE
  - #3 - **FINAL PROOF THEN FRIDGE** - I WANT THE BEST SCORING / BREAD ART
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## STEP 6 - Divide and Shape

When shaping Pain au Belle, we do a par shape to establish the shape and a final shape to reinforce it. Building tension in the dough is important, but try not to degas it. Be swift, yet gentle.

*Watch videos for detailed explanation of par and final shaping.*

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*Timeline Example:      Par Shape - 1:10 pm                      Final Shape - 1:30 pm*

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## STEP 7 - Final Proof > 1 to 4 Hours (Temperature Dependent)

This is the last chance to optimize rise. Under-proofed is better than over-proofed, especially if you have done DF METHOD #3. Let your eyes be the judge; look for 25-30% increase in volume in your loaves. Temperature is SO CRITICAL when proofing. Choose a warm spot - 77-82°F / 25-28°C for best results or proof MUCH LONGER. Use the POKE test to determine readiness.

*Watch videos for detailed explanation of par and final shaping.*

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*Timeline Example:      Warm Final Proof (77-82°F / 25-28°C) - 1:30 to 3:15 pm = 1 hour & 45 minutes or less*  
*Cool Final Proof (73-76°F / 23-24°C) - 1:30 to 4:00 pm = 2 hour & 30 minutes or more*  
*Very Cool Final Proof (68-72°F / 20-22°C) - 1:30 to 5:30 pm = 4 hours or more*

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## STEP 8 - The Bake > Bake for a total of 30-35 minutes

1. Preheat oven to the 500°F+ for 45 minutes. Choose steam method - Bread Cloche or Sketchy Method.
2. Score and load loaves into oven. Reduce temperature to 450°F and bake for 15-18 minutes.
3. Remove lid (if using cloche), check for colour. Reduce temperature if dark in colour or leave at 450°F if pale in colour.
4. Bake an additional 8 minutes; check for colour again. Reduce temperature if dark in colour or leave at 450°F if light in colour.
5. Bake the remaining 7-10 minutes or until internal temperature is over 205°F.

Pay attention to hot spots in your oven and rotate loaves if necessary. For a lighter crust, drop the temperature to 375°F after the first 15 minutes and bake longer - 25-35 minutes more. Error on over-baked rather than under-baked.

**NOTE** - cooling is part of the baking process; allow loaves to cool completely (at least 2 hours) or the crumb will be gummy.