

crannach

HAND MADE *Artisan* BREAD

Crannach Ciabatta

The Ferment

350g strong white flour
220g water
2 g yeast
570g Total

Mix together and leave for 20-24 hrs

The Dough

450g strong white flour
10g yeast
The ferment (*see above*)
360g water
50g olive oil
15g salt

Combine all the ingredients, work the dough on an un-floured surface until it comes away in one piece, about 15 minutes. Place the dough in an oiled bowl for 90 minutes.

During this time, stretch the dough and fold back on top of itself every 30 minutes. This procedure traps air inside the dough as it proves.

After the final stretch, let the dough prove for a final 30 minutes.

Transfer dough to a baking tray, carefully without losing any of the trapped air.

Bake at 220 °C for 20 minutes.