

Pre-Ferments



Another way of making bread

If you don't like to use bread improvers, you will still be able to bake excellent bread, however, your preparation needs to change somewhat. In order for the bread flour to be able to release its full flavour, goodness, and still have good handling qualities, you will either need to use a *sponge* or *biga* (this method does not work with ready-mixes)

Sponge or Biga *These are called pre-ferments.*

- ◆ Mix 1/3 to 1/2 of the required flour with 1/3 to 1/2 of the required water (biga), or equal weight of water (sponge), with just a pinch of instant yeast (see guide below).
- ◆ Mix well until a firm (biga) or shaggy (sponge) dough has developed. Cover in a bowl and stand for 6-18 hours at room temperature (20C). The longer you let this stand, the less instant yeast you need: (see table below) [Once good activity is noted, you can refrigerate the mixture for up to 2 days for later use and flavour improvement]
- ◆ Once the pre-ferment has peaked, you are ready to make your final dough. Add all remaining ingredients in your recipe (hold back on the yeast and no improver of course!) and knead well (probably less then you were used to) Rest for 15-25 minutes.

Either shape dough, double and bake, or let dough double, knead back, shape dough and let it double in size. Bake as usual.

Less 8 hours	250g flour	1/4 tsp yeast
8-14 hours	250g flour	1/8 tsp yeast
14-20 hours	250g flour	1/16 tsp yeast

Please note:

This method will NOT work with our premixes.

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