

Test Kitchen Thursday: Wheat & Gluten | SESSION GUIDE

Recipes:

Levain

1:1 proportion of flour and water, and feed it on a daily basis , with the same weight if you have 200 Gr of starter add 200gr of new mix every day, after 7-8x doing so you reach the sourdough starter maturity, meaning the yeast that naturally occurs in wheat flour grows enough to proof the dough

Bread Base (Sourdough)

- 800 gr of wheat flour (better if French, Italian or Canadian)
- 700 gr of water
- 30 gr of salt
- 20 gr of cane sugar
- 300 gr of starter (levain)
- 30 gr olive oil

Prep

1. In a mixer with the hook put together starter , water and mixed well in low speed , when the texture is uniform add little by little the rest of the ingredients , keep the mixer in low speed for 10 minutes , after ten minutes add the olive oil and keep working for 3 more minutes than stop.
2. Rub a bowl with some olive oil and add the dough , cover with plastic and keep it in the fridge for 2 hours , after that take it out and shape it , let it rest for 30 minutes before bake it
3. Pre heat the oven at 360 F and bake it for 45 minutes in a Dutch oven or in a sheet tray with flour , once in the oven spray some water over the dough to get it crispy and golden

Focaccia

- Flour 800 gr
- Water 800gr
- Salt 30gr
- Sugar 20 gr
- Levain 160 gr
- (option yeast 29gr)
- Olive oil 40gr (x2)

Prep

1. 1 water + yeast + leavain , mix it up 3 min

2. 2 add the dry stuff 10min low speed
3. 3 add olive 40 3 min
4. Tray with oven paper 16 min 370 F

Key Ingredient Recommendations:

- French Flour: Ma Farine De Ble
- Instant Yeast: Saf-Instant
- Best American Flour: King Arthur