

# BREAD MAKING notes

INGREDIENTS  
TOOLS  
SOURDOUGH STARTER  
BREAD RECIPE

# ingredients

only three:

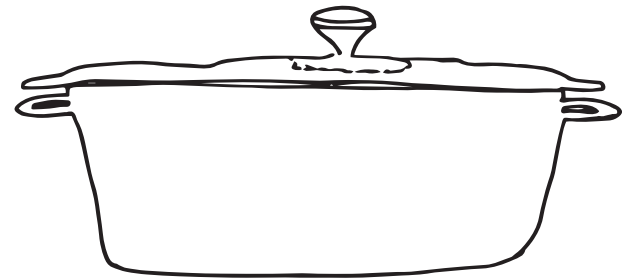
**FLOUR**  
**WATER**  
**SALT**

(but a lot of)

# tools



- metal spoons
- wooden spoons
- silicon spatula
- mason jar
- bowls (big, medium, small)
- cling film
- bench knife
- food thermometer
- room thermometer
- water thermometer
- scale
- masking tape
- fineliner
- notebook
- towels
- iron cast pan / dutch oven
- oven mitts
- bread lame
- parchment paper



# how to START a STARTER

IN 7  
DAYS

## DAY 1

8:00 AM

- 100g whole wheat flour
- 150g lukewarm water

rest: 26°C

## DAY 2

8:00 AM

- 75g yesterday's starter
- 50g whole wheat flour
- 50g white flour
- 100g lukewarm water

rest: 26°C

## DAY 3

8:00 AM

- 75g yesterday's starter
- 50g whole wheat flour
- 50g white flour
- 100g lukewarm water

rest: 26°C

## DAY 4

8:00 AM + 8:00 PM

- 75g yesterday's starter
- 50g whole wheat flour
- 50g white flour
- 100g lukewarm water

rest: 26°C

## DAY 5

8:00 AM + 8:00 PM

- 75g yesterday's starter
- 50g whole wheat flour
- 50g white flour
- 100g lukewarm water

rest: 26°C

## DAY 6

8:00 AM + 8:00 PM

- 75g yesterday's starter
- 50g whole wheat flour
- 50g white flour
- 100g lukewarm water

rest: 26°C

## DAY 7

8:00 AM

- 50g starter
- 100g white flour
- 100g lukewarm water

this is a  
1:2:2 refresh

FROM NOW ON:

- refresh every 12h if kept at room temperature
- refresh max every 5 days if kept in the fridge

# BREAD RECIPE

## DAY 1

### 8:00 AM LEVAIN

- 40g starter
- 80g white flour
- 80g lukewarm water

### 11:00 AM AUTOLYSE

- 1000g white flour
- 700g lukewarm water

### 12:00 PM MIX

- autolyse
- levain
- 20g fine sea salt

### 1:30 PM BULK FERMENTATION

2:00 PM - 2:30 PM - 3:00 PM

make 3 sets of stretches and folds  
spaced out by 30 minutes  
let the dough rest

### 5:00 PM DIVIDE

and pre-shape 2 loaves

### 5:30 PM SHAPE

the loaves and let them rest at room temperature in the proofing baskets

### 9:00 PM PROOF

place the loaves in the fridge

## DAY 2

### 5:00 PM BAKE

- pre-heat the oven (230°C) with the cast iron pan inside
- score the loaf
- place the loaf into the cast iron pan
- bake:
  - 20 minutes covered
  - 40 minutes uncovered
- wait 1 hour and a half before cutting the slices

• TAKE NOTES OF TIMES, TEMPERATURES, AND RESULTS •  
• AT EACH AND EVERY STEP: ADJUST THE RECIPE •

# what TASTES GOOD on a SLICE of BREAD:

- honey
- nutella
- butter + sugar
- jam
- garlic + tomatoes
- grilled veggies
- pickled red cabbage
- oil + salt

enjoy

THIS ZINE WAS MADE BY @giulia.gallini  
drawn, printed, photocopied in Amsterdam

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