Purist Formula - Community Loaves - version 1.0

Welcome! A quick reminder, **you are not alone.** We support bakers of all experience levels and even the most experienced may have questions with a new formula. We invite you to check out our baker support resources:

Visit Our Baker Forums - https://communityloaves.org/forums-discussions
Send An Email To - bakersupport@communityloaves.org
Baking Sessions - https://communityloaves.org/event/ - virtual discussion and bake with me sessions. Check event calendar for upcoming session

How Many 9 x 5 Loaves Are You Baking?	**4**

Ingredients Needed

Preferment (Levain)	**Weight**	**Bakers %**	**Quick Levain***
High Extraction Flour, T85 or T90	280 g	100%	280 g
Water	208 g	74%	208 g
Starter "seed"*	12 g	4%	68 g

Bread	**Weight**	**Bakers %**	
Flour	**1540** g	**100%**	
High Extraction Flour - T85 or T90	620 g	40%	
Whole Grain Bread Flour	920 g	60%	
Water	960 g	62%	
Salt (Kosher or Fine Sea Salt)	36 g	2.3%	
Honey or Molasses or split	120 g	8%	
Olive Oil	84 g	5%	
Preferment - Levain	500 g	32%	556 g
Porridge			
Rolled Oats (Not Quick Cooking Oat	244 g	16%	
Water	400 g	26%	
TOTAL**	**3884 g**	**230%**	

*If making a "same day levain" use 4 times the amount of starter - will be ready in 4-6 hours
**Loaf weights average 940-960 g before bake, fits a 9x5 loaf pan

Recipe Overview

Enter the number of loaves you would like to make, ingredients adjust automatically.

Step	**Activity**	**Time**
1	Make Preferment	Overnight
2	Autolyse	2 Hr
3	Oatmeal Porridge	6 min
4	Mix	30-40 min
5	Bulk Ferment	2.5 - 4 hrs
6	Divide & Pre-Shape	30 min
7	Shape & Proof	3-4 hrs
8	Bake	35-45 min
9	Cool & Package	Overnight
	Est. Total Active Time	**@ 13 Hours**

Video Links:

Maintaining A Starter

About Rolled Oats
Using A Scale

Purist Formula - Community Loaves | Best Practices

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How many loaves should I make? Bake a quantity of loaves that fits your equipment or physical capacity. The standard recommendation is 4 loaves. Three to donate and one for you and your family to enjoy. That might not work for your size mixer or kitchen, or maybe you can make more. Make the batch size that works for you and please keep a loaf to nourish you and your family.

Why we weigh our ingredients? Consistency is one of our goals. We want everyone to have success and weight is a universal measurement. Surprisingly, cups are not. To make sure we are all speaking the same recipe language, we all weigh our ingredients.

We Are United By The Following Agreements:

- Use only ingredients specified in the Community Loaves recipe.
- Wash your hands and keep your work surface clean.
- Pull long hair back or even better, regardless of hair length, wear a cap, like a ball cap to prevent unwanted hair from falling into your baked goods.
- Make sure loaves are thoroughly baked, nice brown coloring all the way around, and a hollow sound when you gently thump on the bottom.
- Seek assistance through Baker Support - bakersupport@communityloaves.org and through the forums.
- All bread formulas and related materials (including but not limited to handouts, videos, web content), processes or practices are copyrighted materials and the property of our nonprofit Community Loaves.

Formula Guidance

- Set the batch size on the first sheet - Batch Size & Ingredients
- Print the Step-By-Step third tab or use the companion PDF.

Purist Formula - Community Loaves | Best Practices

Overview on Using the Purist Method -
Sourdough formulas do not have to be "sour". It is a reference to the natural levain being used, a "starter culture". There is tremendous variation and variety in flavor profiles bakers can achieve through experimentation. Longer cold retards increase sourness or shorter practices and fresher levains minimize sourness. My sister baking enthusiast, Paula vanHaagen, set out to minimize the "sour" in our Community Loaves sandwich loaf. The loaf is delicious although the recipe requires vigilence in monitoring time and temperature. If your bread gets away from you, all is not lost, you can still donate your loaves. The Purist formula exists for you to create the loaf that works for you.

Here Are Paula's Notes:

- This formula is recommended for bakers with experience baking bread because of the attention needed to time, temperature and the dough. Experience with the Classic formula puts this version of the Purist formula in any baker's reach.
- The "seed" starter type in this formula is 100% hydration (equal amount of flour and water by weight); the levain is 75% hydration.
- This formula assumes that the starter has been refreshed at least three times before building the levain, with the starter refreshed twice daily.
- Flour: Hydration in this formula is based on Trailblazer. Substituting another flour may affect the amount of water needed.
- This method relies on barely mature starter and levain and a faster process achieved through warmer temperature to reduce the natural sour of 50% whole wheat, high hydration sourdough sandwich loaves. This formula retains a sourdough flavor in the background. Retarding may increase the sour flavor slightly. Over-fermenting at any stage can cause sour to overwhelm the wheat and oat flavors. Strong gluten development is important for loaves to reach full height, lifting the whole grain porridge and wheat.
- To maintain the wheat/oat flavor in the Purist loaf, the baker has to monitor time and temperature throughout the process. The sweet spot is 72-78 F. However, higher or lower temperatures are fine as long as the baker keeps a careful eye on the dough and clock. Above 78F, fermentation can go too fast, resulting in pronounced sour flavor. Temperatures below 72F will create a slower fermentation process that will take longer than indicated times and could result in stronger sour notes. Timers are very helpful to ensure successful bakes. It's easy to get caught up in other activities and lose track of time, to the peril of the bake.
- You can adjust the amount of starter based on your observations and ambient temperature, e.g., 2g/loaf in summer and 4-5g/loaf in winter.

Purist Formula - Community Loaves | Best Practices

Timeframes for Various Stages:

• This formula provides two options for building levain, in 4-5 hours or 10-12 hours, depending on room temperature. Use starter and levain when barely ripe (domed, no popped bubbles), not overly mature (flat or collapsing, popped bubbles). This is critical to contol the sour. It's better to use immature levain than over-ripe.
• **Autolyse** recommended time is 1-2 hours. Because of the higher proportion of whole wheat flour, a shorter period is not recommended, but of course is an option in a time crunch.
• **Bulk ferment** can take 2.75-4 hours, depending on your dough temperature and room temp.
• **Proofing** shaped dough (in loaf pans) takes about 2.75-4 hours, depending on dough and room temp.
• **Retarding:** Bulk Fermentation or Proofing can be retarded (paused) in the fridge. Include at least 2-3 hours after removing from fridge to complete proofing unless the dough already rose significantly before being refrigerated.

Tips for creating a warmer environment for fermenting dough:
• Place dough in oven or microwave oven with a pint of hot water.
• Turn on oven to Proof or Warm until it reaches 80dF, then turn it off. Place dough inside.
• Turn on the oven light. Turn it off when temp reaches 80dF. Place dough inside.
• Use a proofing box with a thermostat.
• When using hot water to heat a space, reheat the water every 30-45 minutes as needed.
• For all methods, use thermometers to monitor air and dough temperature.

Purist Formula | Step-by-Step

The Purist Formula is our most advanced formula. The purist loaf gets its rise from a natural levain, a sourdough starter. Although technically more advanced, bakers love working with all natural leavening for its flexibility and flavor variations. The recipe used today has evolved to limit the sour notes in the loaf. Desired dough temperature, DDT, and time are more closely monitored in this formula to optimize a neutral tasting, but delicious loaf. Remember temperature is an ingredient, cooler environments and ingredients will cause these steps to take a little longer and warmer temperatures can reduce the total time for each step. For those of you working with DDT 75-85 is a nice target window.

Another variable, the number of loaves you are making changes the amount of time at each step. Two loaves mixes up more quickly than six. In all cases, video links help provide instruction when you are uncertain.

Step 1 | Make Preferment (Levain)

Why this step? Prefermented flour is more digestible and adds flavor. Complete this step the night before you want to bake.

Equipment & Ingredients Needed

Equipment | Bowl, cover, mixing spoon

Ingredients | Flour, Water, Starter

Instructions

Make Levain the Night Before

• Mix starter and water. If room temp <70F, use water 90-95 dF; if >70F, use water 50-65 F.
• Mix in flour completely, no dry bits remaining.
• Proof in covered container until a few bubbles show below the surface. At <70dF, 3g/loaf (12g for 4 loaves) should be ready in 12 hours.
• In a warm room (>70 dF), the levain will ferment faster. Check the levain at 8 or 10 hours instead of 12 hours even if you reduced the amount of starter.
• In a cool room (<70dF), use the levain at 12 hours unless starter doesn't have bubbles on the sides of the container. Check to ensure starter is active.
• Use your senses, smell and taste as well as vision. Don't be afraid to taste your starter (or levain or dough). Look for tang, not overwhelming sour.

Time

Active Time: 5 minutes to weigh & mix.
Overnight Time: 10-12 hours

Tips

- Use starter when barely mature: small bubbles show on the side all the way to the top, the surface is smooth and domed.
-If the starter is flat or has subsided and bubbles have popped, it's gone too far. Refresh and try again.
-If it's ready before the mixing time, put it in the fridge during the autolyse to slow its growth
- It's better to use young levain than fully mature levain in this formula. The fermentation process will ensure full development.

Video Links:

Mixing Your Levain
Using A Scale
Maintaining A Starter

Step 2 | Autolyse

Why this step? The whole point of autolysing is to hydrate the flour. This kick-starts enzymatic activity and gluten development and thus reduces mixing time. If you are short on time, just 30 minutes yields 80% of the benefit. Maximum benefit achieved at 2 hours.

Equipment & Ingredients Needed

Equipment | Bowl, Cover, Bowl Scraper

Ingredients | Flour, Water

Instructions

• 2 hours before the levain will be ripe, weigh out flour and water, (if temping, water target 75-90 degrees.) Do not include the levain.

• Gently mix by hand, cutting in the flour with a bowl scraper and rotating the bowl as you lift the flour from the bottom and incorporate the water.

• You'll be tempted to think it isn't enough water. It is. It will come together and take on a shaggy appearance.

• Once all the flour is incorporated, COVER, and let the magic of gluten development unfold. Place in warm area (72-78dF) if you have one. You want to keep the dough in the 72-78dF range.

• Autolyse for a minimum of 30 min- to 2 hours, minimum 30 minutes. Maximum benefit at 2 hours and some flour degradation if you go over 2 hours.

Video Links:

Autolyse

Time

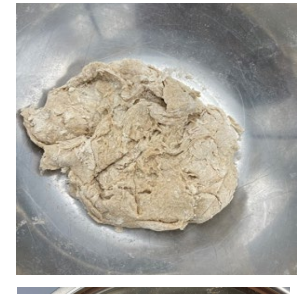
Active Time: 10 minutes to weigh & mix.
Resting Time: 30 min - 2 Hours

Tips

- Think about coating the flour.

- A bowl scraper works better than a mixing spoon.

- Although you can do this in your mixer, I recommend using a separate bowl. In Step 4 you want to layer the preferment in the bottom of the mixing bowl first. (Difficult to do if the autolyse got there first.)



Step 3 | Prepare Oatmeal Porridge

Why this step? The oatmeal porridge is one of the many reasons our pan loaf is delicious and nutritious. Oatmeal adds softness, flavor and fiber. The honey and olive oil help with shelf stability.

Equipment & Ingredients Needed

Equipment | Bowl, Spoon/Spatula, Sheet Tray
Ingredients |Rolled Oats, Water, Honey or Molasses, Olive Oil

Instructions

• Weigh out oats, water, honey or molasses, and olive oil

• Combine water and rolled oats, microwave 3-6 minutes or cook on stove top. Stir to incorporate any remaining uncooked flakes.

• When cooked. Remove from heat and immediately add the oil and honey/molasses to the oatmeal, it prevents the porridge from clumping.

• Set aside to cool. You do not want to add hot oatmeal to your bread mix. To cool more quickly, spread the hot oatmeal out on a baking sheet.

• You can do this entire step the night before. Cover, after it cools, and rest on counter or place in refrigerator. (If you refrigerate, take out first thing in the am to allow to come to room temperature prior to use.)

Video Links:

The Oatmeal Porridge

Time

Active Time: Takes 3-6 minutes in a microwave.
A little longer on the stove top.
Resting Time: 30-40 minutes to cool

Tips

- Not all microwaves are equal. High power for a new machine may require much less time.

- A small batch of oatmeal (1-2 loaves) will take less time to cook than a larger batch.

- Avoid Instant or Quick Cooking oats. Rolled oats are whole flakes that cook and hydrate differently.

- It may appear as if more water is needed. There is enough. If there are a few uncooked flakes, just stir them into the hot cooked portion.

About Step 4 | A Guide To The Art of Mixing

- Regardless of how you are going to mix your dough, by hand, by spiral mixer (KitchenAid) or by roller bar (Ankarsrum), the goal is the same, **full gluten development**. Pass the windowpane test and you are on your way to a delicious loaf of bread.
- There are many pathways to a great mix. Experienced bakers, feel free to make changes in the method proposed based on your personal success. If you are new to baking bread, watch the videos that match your chosen mix method. Follow the recipe guidance first before attempting new processes.
- Most home bakers under mix, judging the process by the amount of time that has passed instead of the characteristics of the developed dough. Instead of watching time, mix/knead your dough until it passes a **windowpane test**. If it doesn't pass, keep mixing until it does.
- Total mixing time is influenced by the number of loaves you are trying to mix.

Tips

- Water is your friend. Dough may be sticky, avoid using flour, instead coat your hands lightly with water.
- Layering in the levain and salt as separate steps helps you see and feel the development at each stage. The addition of the salt helps accelerate gluten tightening.

Video Links

A Beautiful Loaf
Windowpane Test

By Hand - Best for 1-3 Loaf Batch

- This is a workout. The more loaves you are trying to mix the more physical it this. This method works best with a 1-3 loaf batch size.
- Hands are sensitive instruments, you can literally feel the salt granules as they dissolve into the dough and the associated strengthening of the gluten as you knead.
- Slap and fold is a classic method. YouTube videos provide additional examples of this process. Developing the dough before adding the oatmeal porridge avoids it splattering all over your kitchen.

By KitchenAid - Batch Size 2-6 Depending On Bowl Capacity

- Smaller artisan mixers can handle 1-3 loaves. Larger 6, 7, 8 quart machines can accommodate 4-5 loaves.
- KitchenAids are great but they can sometimes struggle with bread. Keep the speed low, speed 2. If your mixer is getting hot, stop and rest for two minutes then resume.
- Dough climbing the hook. This is something that happens. Even "Modernist Bread" indicates this is a natural KitchenAid issue. You can reduce this tendency by limiting the batch size to 60%-70% of the bowl capacity. Otherwise just stop the mix and pull the creeping dough off, then resume.

By Ankarsrum - Batch Size 5-6 loaves

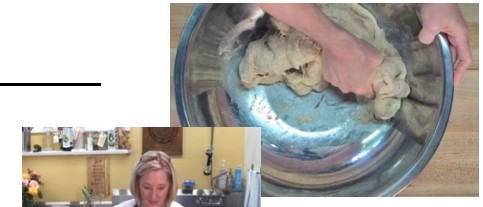
- The new kid on the block, and an emerging favorite by many Community Loaves bakers, has been mixing bread in home kitchens for over 50 years.
- The mixer can easily mix 5-6 loaves. I do six.
- You want to use the roller bar and take a moment to watch the 6-loaf video.

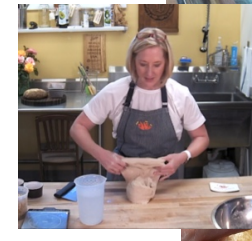
Step 4 | Mix By Hand

Why this step? Mixing & kneading, this is the most critical step. It is all about ingredient incorporation and gluten development. Pass the windowpane test and you're done mixing. If you are mixing only a couple of loaves gluten development will be faster, meaning less slap and fold.

Time

Active Time: 20-35 min. depends on pace and strength





Equipment & Ingredients Needed

Equipment | Large mixing bowl, bowl scraper, bench scraper, finger bowl, timer (optional)

Ingredients |Preferment, Autolyse, Salt, Oatmeal Porridge

Video Links

Hand Mixing

Windowpane Test

Instructions

• Begin with the preferment in the bottom of a large mixing bowl, use all of the preferment even if you have a bit more due to a "quick levain" process. Using your hands, pinch off small chunks of the autolyse, about the size of a racquetball, and drop them on top of the preferment.

• Using a "pincer" like method and/or your bowl scraper work the two different elements together into a cohesive, evenly textured dough. Changing your motion to a gentle lifting and stretching method, while rotating the bowl, to continue to incorporate the preferment cohesively.

• Once everything is blended together, and no pockets of loose preferment or chunky autolyse remain, work in the salt. Pinching it in at the beginning and then shifting to a gentle lifting and stretching motion. You can wet your hands lightly and periodically if that helps get the salt worked in or if the dough is sticking to you.

• Once the salt is worked in. Begin kneading using a slap and fold method. Remove dough from the bowl. Use your counter and arm strength to develop the bread gluten. Length and time of the manual slap and fold can vary by energy level of the baker. (You don't need to be too aggressive. If this technique is new to you, I recommend watching the video.) You are approximating the revolutions of the mixer, 1000 turns. But it wont' take 1000 and you do not need to count.

• Keep kneading until this dough can pass a windowpane test. See video linked above.

• Once you pass the windowpane test, return the dough to the bowl. Now add the porridge - pinching it in, folding it in, kneading it in, inside the bowl. Your goal, even distribution of the oatmeal and a cohesive dough. Keep kneading in the bowl or return to slap and fold until a fully cohesive dough is restored

• Desired Dough Temperature: 72-78 dF after mixing. This may be hard to reach with slap and folds on a cool work surface. Compensate by starting with warmer water and porridge.

Step 4 | Mix By Machine - KitchenAid Style

Why this step? Mixing & kneading, this is the most critical step. It is all about ingredient incorporation and gluten development. Pass the windowpane test and you're done mixing.

Time

Active Time: 20-35 minutes

Equipment & Ingredients Needed

Equipment | KitchenAid style mixer, bowl scraper, dough hook, finger bowl, timer (optional)
Ingredients |Preferment, Autolyse, Salt, Oatmeal Porridge

Video Links

KitchenAid Mix
Windowpane Test
Be Kind To Your KitchenAid

Instructions

• Begin with the preferment in the bottom of your mixer's mixing bowl, use all of the preferment even if you have a bit more due to a "quick levain" process. Using your hands, pinch off small chunks of the autolyse, about the size of a racquetball, and drop them on top off the preferment.

• Place bowl on stand mixer and with the dough hook attached, **mix on speed 2**, no lower or faster, read your manual. Mix until the dough consistency is even throughout and no pockets of loose preferment or chunky autolyse remain. It is easiest to feel this with your hands. 3-4 minutes. Watch the KitchenAid mixing video and avoid over heating your mixer.

• Now add the salt. Still keeping to speed 1 or speed 2. If your KitchenAid starts to get hot, stop mixing, give the machine a two minute break, then resume. Keep mixing, approximately 15-25 minutes until the dough can pass the windowpane test.

• Perform a windowpane test when you think you might be done. If it passes you're done, if not, keep mixing.

• Now add the oatmeal porridge. Stay on low speed until mixed in and then shift to medium speed - 2 on a KitchenAid - Avoid the urge to go faster. Total time on second speed can vary, another 4-6 minutes.
The goal is to fully incorporate the oatmeal porridge so that no pockets of oatmeal are tucked inside the dough and you have a nice web of oatmeal throughout. Then we're done with mixing.

• Desired Dough Temperature: 72-78 dF after mixing. This may be hard to reach with longer autolyse periods or porridge that has been cooled in the refrigerator. Compensate by starting with warmer water and porridge (80 degrees).

• **KitchenAid recommends using speed 2 for mixing bread. Consult your specific machine's manual for guidance and take breaks if your machine begins to overheat.

Step 4 | Mix By Machine - Ankarsrum

Why this step? Mixing & kneading, this is the most critical step. It is all about ingredient incorporation and gluten development. Pass the windowpane test and you're done mixing.

Time

Active Time: 20-35 minutes

Equipment & Ingredients Needed

Equipment | Ankarsrum mixer, bowl scraper, roller bar, finger bowl, timer (optional)

Ingredients |Preferment, Autolyse, Salt, Oatmeal Porridge

Video Links

Ankarsrum 6 Loaves

Ankarsrum 2 Loaves

Windowpane Test

Instructions

•Set up your Ankarsrum with the dough scraper and roller bar. Tighten the roller bar in place leaving a 1/2" space distance from the side of the bowl.

• Using your bowl scraper, transfer your preferment to the Ank bowl, you want the liquid or loose ingredients in the bowl first. Use all of the preferment even if you have a bit more due to a "quick levain" process. Now, using your hands pinch of small chunks of the autolyse, about the size of a racquetball, dropping them on top off the preferment.

• Begin on low speed - 12:00 o'clock (*Ankarsrums have a one gear - variable speed system. Straight up, or 12:00 is the slowest speed). Gradually increase the speed towards 3:00 to 4:00 o'clock. Mix until the dough consistency is even throughout and no pockets of loose preferment or chunky autolyse remain. It is easiest to feel this with your hands. (Estimate 4-6 minutes.)

• Add the salt. Again beginning at 12:00 o'clock and increasing speed, max 4:00 o'clock. Keep mixing, approximately 15-25 minutes until the dough can pass the windowpane test. If it passes you're done, if not, keep mixing.

• Now add the oatmeal porridge. I like to add this gradually, about 1/3 of the porridge at a time. Always beginning at slow speed and then gradually getting faster. The goal is to fully incorporate the oatmeal porridge so that no pockets of oatmeal are tucked inside the dough and you have a nice web of fully incorporated oatmeal. Then we're done with mixing.

• Desired Dough Temperature: 72-78 dF after mixing. This may be hard to reach with longer autolyse periods or porridge taht has been cooled in the refrigerator. Compensate by starting with warmer water and porridge (80 degrees).

Step 5 | Bulk Ferment (Primary Fermentation)

Time

Active Time: 15 minutes
Resting Time: 2.5-4 Hours

Equipment & Ingredients Needed

Equipment | Large enough vessel for the dough to rise 1 1/2 - 2x in size, cover or lid, bowl scraper

Instructions

• Transfer the dough into a suitable sized container. One with the capacity for the amount of dough plus room to grow by 1 1/2 to 2 times. Cover the container to protect from drying out. Keep in a warm place. Any location that is 72-78 dF is perfect.

• Dough that is fermenting at cooler temperatures will take longer.

• 30 minutes into the bulk phase, give the dough a fold: Gently loosen the dough from the sides of the container using a moistened bowl scraper or moistened hands. Now complete the following motion four times: again use two wet hands if the dough is sticky. Beginning with the side farthest from you, lift it up and over to the side nearest your body. Rotate your container 180°, wet your hands again if necessary, and repeat the same stretch and fold. Now, rotate the container a quarter turn. Again, lift the side of the dough farthest from you up and over to the side of the container nearest your body. Rotate the bowl 180° and perform the same fold one final time. I like to finish by gently lifting the dough from the center allowing the ends to fold under, and tidying up the middle of the dough in the process.

• Repeat the fold at 60 and 90 minutes. Then allow dough to continue to "bulk". Dough is ready to divide when it has increased in size by 1 1/2 - 2x.

Tips

- Washable & reuseable bowl covers are a dream.Help us reduce our plastic waste.

- Square containers can make it easier to stretch and fold each side.

- Multiple ways to "complete" a fold in the dough - use any method you prefer.

- If retarding dough during bulk ferment, fold once at 60 minutes, then refrigerate. It is important to allow the dough to start fermentation before retarding it.

Video Links:

Stretch & Fold

Recommended Reading:

Bulk Fermentation Explained

Step 6 | Divide & Pre-Shape

Why this step? Dividing helps ensure equal size loaves. Preshaping gives us one extra chance to add strength to our dough and create a nice smooth skin. If your divided dough feels a little loose or slack, you can give it a slightly tighter preshape. There are many approaches a baker can take to pre-shaping. Some people like to pull the dough together tightly and let it rest with the seam facing up. Others gently gather the dough and let it rest seam-side-down. I prefer seam side down and medium tightness.

Equipment & Ingredients Needed

Equipment | Bench Scraper, Scale, Tea Towel, Bowl Scraper
Ingredients | Flour for dusting

Instructions

• Using a bowl scraper, gently loosen the dough from the sides of the bowl.

• Lightly dust your kitchen work surface with flour and if you wish, you can lightly, very lightly, dust the top of the dough before inverting to your counter.

• Using your bench scraper, divide your dough into "x" equal size pieces. Use a scale to help keep you informed. Your target loaf weight is 940-960g each, 960g or more if using "quick levain"

• Once you have your divided portions, shape them into a round boule. Watch the video. Using your bench scraper and free hand, gently fold the bottom of the dough over the sticker top part. Coax the top to the bottom. Working in a round and using the edge of your free hand, pull the round against the counter, creating a little tension and a taught dough skin. Be gentle with this process. Once you've got the shape, use the bench scraper to relocate, seam side down on a lightly dusted part of your counter top.

• When all preshaping is completed cover with a tea towel, rest for 20 minutes.

Video Links:

Divide & Preshape

Recommended Reading:

Preshaping Bread Dough

Time

Active Time: 5-10 minutes
Resting Time: 20 minutes

Tips

- The formula shows 905g dough per loaf. This is mathematical, not real life. We lose little bits of dough every time we transfer to another container or surface. Note for yourself what your loaf dough weights are for next time.

-If dough was retarded during bulk fermentation, sprinkle flour lightly on work surface. Remove dough from fridge, divide, and cover with bowls, cloth or plastic to warm up for one hour before pre-shaping.

Step 7 | Shape Loaves & Proof (Secondary Fermentation)

Why this step? Shaping a loaf for a pan gives it its signature sandwich shape. The second rise, proof, is an extension of yeast fermentation and the final step before baking. The term proofing bread came from the idea that the dough “proves” that it’s risen enough to bake. During the final rise, gas fills the air pockets, stretching the gluten to expand. The bread rises due to the gas forcing the bread upwards.

Equipment & Ingredients Needed

Equipment | Bench scraper, tea towel, 9 x 5 loaf pans, spray bottle

Ingredients | Rolled Oats for Garnish, Pan Spray (Not Butter)

Instructions

• Grease your 9x5 pans with pan spray, do not use butter.
• Very lightly dust your work surface with flour. Using your bench scraper invert one of the dough pieces so the top side is face down on your work surface.
• Using the flat pads of your fingers, not the finger tips, gently press and coax the round into approx. a 9 x 13 inch rectangle. This does not need to be exact or have perfect corners. You can lift the edges and corners to help guide into place. Your goal an even thickness throughout the rectangle, about 1/2" or less.
• Take the top portion of the rectangle and fold it towards you about 1/3. Like a letter. Then fold the bottom portion up and over that first fold, just shy of lining up the edges. Give it a little pat and press to reinforce. Now turn this 90 degrees so the short end is pointed towards you.
• Roll. Beginning at the top, using the flat part of your hands, lift the dough from the top and slowly roll down. Create some surface tension by pushing away from you as you complete each roll and before repositioing your hands. When you complete rolling, crimp the bottom seam with the heel of your hand and the sides with your fingers.
• Place your finished loaf, seam side down in the prepared pan. Do not worry if it is shorter than the length of the pan. It will fill in during proofing. Repeat for remaining dough balls.
• Now spritz the top of all the shaped loaves with water and sprinkle an oatmeal garnish on top, gently pressing on the oatmeal so it adheres to the loaf.
• Cover with a tea towel to proof.
• **Preheat oven to 425dF 30-45 minutes before baking:** 45+ minutes with a baking stone/steel, 30+ without. Time depends on your oven. Take notes for future bakes.

Video Links:

[Shaping & Proofing A Pan Loaf]

Recommended Reading:

[Shaping A Pan Loaf]
[Proofing]

Time

Active Time: 10-15 minutes
Proofing Time: 3 - 3.75 hours

Tips

- Signs of a well "proved" loaf? Nicely domed above the pan, marshmallow feel/density. Use a "poke" test: gently and firmly press a finger tip against the dough, leaving a dimple. Watch the dimple. A slight rebound says "ready". If it springs back or half-fills the dimple, it's not ready.
- Over-proofed dough has proofed too long and the gluten network stretched too thin. When poked, it collapses. All is not lost, you can reshape an overproofed loaf, and proof again.
- If retarding loaves in fridge, proof 1 hour on the counter, then move to fridge. After removing from fridge, proof 2.5-3 more hours until loaf rises to the rim and arcs above. Timing depends on fridge temp and room temp.

Step 8 | Bake

Why this step? This isn't cookie dough. Bread is better baked!

Equipment & Ingredients Needed

Equipment | Preheated Oven, Cooling Racks, Oven Mitts

Instructions

• This dough does not need steam for rising. The olive oil keeps it flexible. Use steam if you like, or spritz the tops with water.
• Place loaves in preheated oven and **reduce temperature to 375dF**
• Set timer for 25 minutes, the loaves will not be finished baking but it is a good idea to check in on them. If the tops are cooking too quickly or unevenly you can roate the loaves or cover them with a loose piece of aluminum foil.
• This formula takes 40-45 minutes, depending on the oven's accuracy, dough temperature and number of loaves. Retarded loaves that are still cool will take longer.
• When loaves appear done, remove one loaf from pan. The bottom and sides should be a nice golden brown, not pale, and the top dark brown. Give it a thump on the bottom, listen for a hollow sound. Alternatively, take temperature using probe. If loaf has hollow sound or is above 205dF, place loaf back in its pan and on the rack to cool. Remove remaining pans from oven to cool.
• After cooling 4-5 minutes, carefully remove hot loaves from pans to cool on the rack. Remember to use tongs or gloves, don’t touch the loaves with your hands.
• Cooling for 24 hours before packaging, cover with a clean tea towel.

Video Links:

Checking in on the Bake

Time

Baking Time: 35-50 minutes
Resting Time: 24 hours

Tips

- Ovens vary. They can have hot spots, cool spots. You may need to rotate your loaves half way through the bake.

- If tops are done but not the bottoms, you can remove from the tin and place the loaf directly on the rack of the oven. Just for 2-3 more minutes to help the bottoms brown up.

- Loaves are delicious and donatable regardless of a side seam crack or a divot or two

Step 9 | Cool, Package, Donate or Freeze

Why this step? Admittedly this could be combined with the previous step but it helps me reinforce the necessity of making sure loaves are completely cool before you package them.

Equipment & Ingredients Needed

Equipment | Community Loaves Packaging Kits

Instructions

• In the morning, day after your bake, go ahead and package up the loaves.
• When labeling your bags, the hands of the logo point to the opening of the bread bag. Place the base of the label 3 1/2" - 4" from the bottom of the bag. This helps everything look beautiful at the food pantry.
• No bare hand contact at this point. Using tongs to place the loaf in the bread bag.
• Squeeze as much air as you can and then twist tie tightly at the base.
• Set aside to take to your hub for donation Sunday
• Or if a mid-week bake, package and place in your freezer for a future donation date.

Video Links:

Packaging

Recommended Reading:

Coming Soon : Freezing Practices

Time

Active Time: 15 minutes
Resting Time: 24 hours

Tips

- The packaging kits come with pressure adhesive labels. They stick better if you place a weight on them and **let the label "cure"** for an hour or so before using.

- I like to make all 20 kits up at the same time, them I'm ready for a couple of rounds.

Equipment We Love

You can bake delicious bread without a bunch of fancy equipment. There are a few items that are essential, like a scale and 9x5 pans. We've included here items that bring many of us BreaderTogether bakers joy. Some of these items, those that are on our website shopping cart help fund our efforts. We greatly appreciate your support.

Essential Items

To Purchase

- **Scale -** Bakers weigh their ingredients for accuracy. For loaf consistency we do to! You can find scales many places including second hand shops. They range in price from $25 to $55. Our favorite for durability and its pull out reader is the Oxo Good Grips 11 lb scale.

Amazon

- **9 x 5 x 2.75 Loaf Pan (1.25 lb) -** You want to have enough of these pans to accomplish your baking goals. If you are baking 4 loaves at a time, you'll need 4 pans.

You can find loaf pans many places. Do watch out for different sizes, if you pans are larger or smaller than indicated you'll need to adjust the bread formula to accommodate.

Our favorite pan is a USA 1.25 lb pan and we're are fortunate to make these available to our bakers for a discounted price. It is a member only benefit. They are a commercial grade pan that typically retails for $22 on Amazon. You can purchase these pans through the Community Loaves Order Supplies link.

Community Loaves

- **A bench scraper**, sometimes called a bench knife, a dough scraper, or any number of other variations, is a flat, rectangular piece of steel with a handle along one edge. In short, it's like the chef's knife of the baking world, the tool that, if that's your line of work, you hold in your hand more than any other. Great for dividing and shaping loaves and a real friend when it comes time to clean up your counters.

Amazon

- **A flexible bowl scraper -** seems like you can never have enough of these handy tools. A flexible bowl scraper helps you get every bit of an ingredient out of the bowl. Waste not, want not and of course you can help support Community Loaves with our logo'd version.

Community Loaves

*As an Amazon Affiliate, Community Loaves earns from qualifying purchases made through the links in this

Equipment We Love

Non Essential But Nice To Have Items

To Purchase

- **Reuseable Bowl Caps**

- **Breader Together Hat** - What a great way to support our bread mission, share the great news about our program and keep your hair out of the dough!

Community Loaves

- **Breader Together Apron** - Coming December

- **Ankarsrum Kitchen Assistant** - We have a very special arrangement with Bread Beckers based in Atlanta Georgia. Bread Beckers a has been educating bakers on the value of whole grain baking and nutrition for decades. In support of our work they provide a unique discount on the Ankarsrum Mixer to our volunteer bakers. Follow the link to learn how you can save $100 on a new mixer and at the same time Bread Beckers will donate $100 to our non-profit. That's win/win!

Community Loaves

- **KitchenAid Stand Mixer** -

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