

Tangzhong

100 g	Flour	14.3%
300 g	Water	42.9%
300 g	Milk	42.9%

Add flour and water to a pan **stir until smooth**.

Heat while stirring and simmer until a thick, **pudding-like** mixture forms.

Let the pre-dough **cool** and cover it, then refrigerate for about **3 hours**.

Milk bread dough

500 g	Flour	47.2%
200 g	Milk	18.9%
40 g	Eggs	3.8%
50 g	Sugar	4.7%
20 g	Yeast	1.9%
200 g	Tangzhong	18.9%
40 g	Butter	3.8%
10 g	Salt	0.9%

Mix everything (*save 40g milk for later) together and mix it in first gear for 8 min then **knead** it for approx. 3 min (*add rest of milk)

Best dough-temperature: 22°C

Let dough **rest** for 30min to relax

Divide in 100g & make boules

Proof 60-90min in a warm surrounding (covered) and glaze it with eggwash

Bake at 190°C for 12min with humidity

Basic Bread Loaf Recipe

Poolish (pre-ferment)

200g Flour
200g Water (30°C)
6g Yeast (=ca 1h)

Mix and let sit until bubbly and active

Dough

800g Flour
640g Water
160g Poolish
16g Salt

Mix and knead for 20-30 minutes: White bread (30 minutes), Whole grain bread (20 minutes)

Steps

1. Mixing Phase

In the mixing phase, all ingredients are blended so homogeneously that solution and swelling processes can begin. Water attaches to the flour particles, causing them to stick together. Enzymatic processes are activated.

Mixing shorter = softer doughs 😞

Mixing shorter = less water absorption 😞

White bread 30min / Ruch bread 20min -> Must not be changed! 🙅

2. Kneading Phase

During kneading, starch (to a small extent) and proteins swell with the liquid (optimal swelling of the flour at a flour temperature of at least 20°C). The gluten proteins network to form a structure into which other dough components are incorporated. Salt dissolves, the yeasts begin their metabolic activity, and enzymes start breaking down starch and protein.

Kneading -> until the optimal point

Dough temperature 24° C 🙌

3. Resting Phase

After kneading, wheat doughs require a resting period. In this phase, the last components (e.g., salt) dissolve completely. The swelling processes are completed. The gluten structure relaxes from the strain of kneading. The doughs become more elastic, smoother, and workable.

30min bulk fermentation

4. Shaping

During shaping, care must be taken to ensure that all the air, which has developed during the fermentation, remains in the dough. The doughs must be handled gently on the table and must not be pressed. Shaping the loaves with utmost care and without too much flour. The forms may be lightly dusted with a flour sieve. Place the loafs closure up in a proofing basket.

Rising takes at room temperature: 0-15 hours
Minimum resting time at room temperature: 6 hours
Ideal temperature of the loaf before baking: 22° C 🍞

5. Baking at home

Baking is the final 20% of the production. Until then, all work steps must be adhered to with a scale, stopwatch, and thermometer. During baking, the milk sugar in the crust caramelizes simultaneously with the Maillard-reaction.

Loaf of 500g = 45min -> Must not be changed! 🕒
Preheat the home oven with the cast iron pot well to 250°

Take out the hot pot and place the loaf closure down into the pot. Close it and put it in the oven for 15min, then remove the lid. If you are not when its finished, look at the colour (as you like it) and knock on the bottom to hear a hollow sound.

Bread too light? -> Increase temperature
Bread too dark -> Decrease temperature