

Polish pre-ferment

Recommended polish recipe from 'Taste of Bread'.

Notes

The polish here is 69% hydration and should make up 15% of the flour weight. It is taken from Professor Raymond Calvel's "Taste of Bread". Pre-ferment should be mixed in advance (temp from mixer 25 °) and rested for 3h minimum (at 25 °) or 16h minimum refrigerated (at 4 °). It should be mixed for 4 minutes at first speed and 3 minutes at second speed.

Note that he specifies between 1-2% yeast, which I have averaged to 1.5%. I would assume this can be changed to account for your schedule and environment.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
White Flour	100%	291	581	1163	1744	2326
Water	69%	201	401	802	1203	1605
Yeast	1.5%	4.36	9	17	26	35
Salt	2%	6	12	23	35	47