

Ciabatta with pre-ferment

Light Italian bread with polish.

Notes

High gluten is required for this so autolyse measurements have been provided. The gluten surface is very important for this one because the dough is not shaped as to retain as much air as possible. Use plenty of folds during ferment. Simply build up the bottom surface of the dough, using olive oil during folds for easy release, and tip out onto surface when fermented, divide and proof on surface.

Classically, the polish (also known as "poolish" or "Vienna bread") was baked using only a preferment for leavening although now it is common to use yeast in addition to the preferment. This can be done and at any level up to a maximum of an additional 1.5%. Pre-ferment should be mixed in advance (temp from mixer 25°) and rested for 3h minimum (at 25°) or 16h minimum refrigerated (at 4°). The polish here is 69% hydration and makes up 15% of the flour weight. It is taken from Raymond Calvel's "Taste of Bread". The polish alone can be found on this site for reference.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Polish Flour	15%	42	84	169	253	337
Polish Water	10.35%	29	58	116	174	233
Polish Salt	0.3%	0.84	1.69	3.37	5	7
Polish Yeast	0.15%	0.42	0.84	1.69	2.53	3.37
White Flour	85%	239	478	955	1433	1910
Autolyse Water	50%	140	281	562	843	1124
Water	17.65%	50	99	198	297	397
Salt	1.7%	5	10	19	29	38