

White yeasted with polish pre-ferment v4

Less acidic flavor than the v4 sourdough.

Notes

I have included autolyse water measurements with this, although it may not be necessary. I imagine it depends on the flour and the kind of bread you like.

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%.

It's listed at 10% wholemeal at the moment. This is negotiable. If you need to go more than $\pm 10\%$ with the wholemeal, you might need to put together a different recipe or make the appropriate adjustments.

This bread is easy to handle and usually gives very good results.

Bake in a loaf tin or shape into a boule.

Note that "Autolyse Water" is water to mix with the flour. "Water" can be mixed with the salt to help when mixing it into the dough or to help incorporate the preferment.

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.

In our oven, this takes 30 minutes at 200° (fan), starting just before the oven has finished heating up.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Polish Flour	15%	45	91	182	273	364
Polish Water	10.35%	31	63	125	188	251
Polish Salt	0.3%	0.91	1.82	3.64	5.45	7
Polish Yeast	0.15%	0.45	0.91	1.82	2.73	3.64
White Flour	75%	227	455	909	1364	1818
Wholemeal Flour	10%	30	61	121	182	242
Autolyse Water	50%	152	303	606	909	1212
Water	4.65%	14	28	56	85	113
Salt	1.2%	3.64	7	15	22	29