

Rustic Bread

Polish

1 lb (3 $\frac{5}{8}$ cups) Bread flour
1 lb (2 cups) Water
 $\frac{1}{8}$ tsp Instant dry yeast



Final Dough

1 lb (3 $\frac{5}{8}$ cups) Bread flour
6.1 oz ($\frac{3}{4}$ cup) Water
2 lb Polish (all of above)
1 Tbsp salt
 $1\frac{1}{2}$ tsp instant dry yeast

1. Polish: Disperse the yeast in the water, add the flour, and mix until smooth. Cover the bowl with plastic and let stand for 12 to 16 hours at about 70°F.
2. Mixing: Rustic bread is mixed with an autolyse: Add the Final Dough flour, water, and the ripe polish to the mixing bowl. Do not add the salt or yeast. In a spiral mixer, mix on first speed just until the ingredients come together in a shaggy mass. Cover the mixing bowl with a sheet of plastic and let this rough dough rest or 20 to 30 minutes. At the end of the first rest period, sprinkle the salt and yeast over the dough and turn the mixer to second speed. Mix until the dough is fairly well developed, $1\frac{1}{2}$ to 2 minutes. The dough should be supple and moderately loose.
3. Bulk Fermentation: 70 minutes.
4. Folding: Give a quick fold to the dough twice, once after 25 minutes of bulk fermentation, and again after 50 minutes.
5. Dividing: Gently divide the rectangles into even pieces, also rectangular, weighing 1 pound, 2 ounces. Place the weighed-out pieces onto lightly floured baker's linen, with the floured side of the dough still down and the scrap side up, and cover with plastic.
6. Final Fermentation: The dough will only need 20 to 25 minutes of final proofing at 76°F.
7. Baking: Invert the dough onto the peel so that the floured side is up. Slash the bread with one quick stroke of the blade. Lightly presteam the oven, load the bread, and steam again. Bake at 460°F for about 35 minutes.
8. Cooling: Cool on wire rack or a cool stove-top burner before eating.