

A message from Matthew Hulse to all BreadBuilders!

Thank you to everyone who came to the Kitchen Cabinet breadbuilding event. To help jog your memory I have made some notes as promised.

The recipe demonstrated at the session was a three hour ferment. I mixed it in the bakery at 8:30am to be ready for our session at 11:30am.

100% Strong White Bakers Flour
65% water (depending on the flour could be 60-70%)
2% Salt
1% baker's yeast fresh
1% Olive Oil

Mix to 28 degrees C. May have to use the water temperature to control this. Most home mixers will not have a lot of friction to warm the dough. In hot weather mixing to 26 degrees C will help control the fermentation.

Rest in a covered tub for 3 hours. Do not knock back.

Divide: rolls 100g, loaves 500g to 1kg.

Mould up: we did cobs, viennas, high-tops, plaits, four piece squares, Turkish bread and some rolls.

Prove up: in a food grade plastic bag, covered to prevent skinning of the dough.

Bake: 220-240 degrees C is good bread temperature. Rolls 16mins, small loaves 25mins, large loaves up to 45minutes or even an hour is you drop the temperature.

I also spoke of a longer fermented bread: 1 gram of yeast per kilo of flour; fermented for 12-16 hours.

Also soft bread: 2% yeast and the use of a bread improver. (follow packet directions, but usually 1% of flour weight)

I would be happy to answer emails from anyone who is stuck on some details – email info@thekitchencabinet.com.au with the subject Breadbuilders and I will answer them when I get a moment.

Best wishes and happy baking.

Regards

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